

Self Help and Functional Skills Checklist

Please check the box that most appropriately describes your child's ability to perform the following Functional skills. When selecting skills to teach, start with those your child can already partially do.

Dressing	Can not do. Requires full assistance	Can partially do. Needs some help	Can do independently. Does not require any help.
Removes pants (does not include unfastening)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Puts on pants (does not include fastening)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Puts on socks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Puts on a pullover shirt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Puts on a front opening shirt or jacket	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Puts on shoes (does not include tying)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Threads a belt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Buckles a belt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Zips up a zipper once it is started	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Buttons by self	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Starts a zipper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ties shoes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hangs up clothes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Puts dirty clothes in hamper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wears clothes that are clean and wrinkle free	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Selects clothes that fit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Selects clothes that match	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Selects age-appropriate clothes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Selects clothes appropriate to weather	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Selects clothes appropriate to context	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Eating/Food Preparation	Can not do. Requires full assistance	Can partially do. Needs some help	Can do independently. Does not require any help.
Drinks from cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eats with spoon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eats with fork	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spreads with knife	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cuts with knife	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sets table	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clears table	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gets own snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prepares cold breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Makes toast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Makes sandwich	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cooks prepared food (mac n cheese)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Uses a can opener	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Uses measuring cups and spoons	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Follows written or picture recipe	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Uses oven (sets temperature and timer)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Puts groceries away	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Identified boxed/canned food by label	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stores leftover foods properly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Discards spoiled food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Grooming and Hygiene	Can not do. Requires full assistance	Can partially do. Needs some help	Can do independently. Does not require any help.
Uses toilet and toilet paper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Washes and dries hands	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Washes and dries face	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Takes bath or shower independently	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Uses deodorant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Washes and rinses hair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Washes and rinses body in bath or shower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dries self after bathing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brushes teeth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shaves (if appropriate)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Applies makeup (if appropriate)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Combs and brushes hair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trims fingernails/toenails	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Uses a tissue to blow nose	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Uses feminine hygiene products appropriately	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Uses toilet and toilet paper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Cleaning and Laundry	Can not do. Requires full assistance	Can partially do. Needs some help	Can do independently. Does not require any help.
Puts toys away	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make own bed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clears table after eating (puts dishes in sink and garbage in wastebasket)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Takes out trash	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dusts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vacuums	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Washes windows or mirrors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cleans sink Cleans toilet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Washes and dries dishes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Loads dishwasher	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Separates clean from dirty clothes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sorts light from dark clothes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Loads washing machine (knows what setting to use)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Measures soap	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Uses dryer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hangs up clothes neatly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Folds clothes neatly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Puts clothing away appropriately	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Play and Social (indoor)	Can not do. Requires full assistance	Can partially do. Needs some help	Can do independently. Does not require any help.
Pays attention to someone speaking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grasps or holds large toys or objects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grasps or holds crayons or pencils	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pushes, pulls, and turns toys	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Follows 1 step direction about toys or objects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Follows 2 step directions about toys or objects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Plays simple hide-and-peek games (peek-a-boo, hunts for missing toy)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sits and plays alone for up to 5 minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sits and plays alone for up to 10 minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Imitates movements and gestures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stacks toys such as blocks up to 3 high	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stacks toys such as blocks up to 6 high	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scoops, sand, water or beans from one container to another	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cuts with scissors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pastes with glue stick	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scribbles with a crayon staying on paper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Colors with a crayon, mostly in the lines	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does simple non-interlocking puzzles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does simple interlocking puzzles of up to 4 pieces	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does simple interlocking puzzles of up to 12 pieces	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does complex interlocking puzzles of up to 25 pieces	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Play simple matching games such as memory matching	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Plays simple board games such as Chutes and Ladders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Plays more complex board games such as Sorry or Life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Plays complex board games such as monopoly, chess, checkers or backgammon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Plays computer or video games once they are set up by adult	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Can load, turn on and set up a video or computer game	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Works with other children using same play materials	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shares and takes turns in play	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Play and Social (outdoor)	Can not do. Requires full assistance	Can partially do. Needs some help	Can do independently. Does not require any help.
Throws and catches a large ball within 2 feet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Throws and catches a large ball 3 – 6 feet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Throws and catches a small ball 3-6 feet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hits ball off of a tee	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hits a ball when pitched	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Aims basketball at basket at appropriate height for age or size	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dribbles basketball standing in place	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dribbles basketball while running	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kicks a ball at goal or target	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kicks a ball while running	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rides a tricycle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rides a 2 wheel bike	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rides a razor scooter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rides a skateboard or inline skates	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swims – is safe near water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>