

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

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			
Eats with spoon			
Eats with fork			
Spreads with knife			
Cuts with knife			
Sets table			
Clears table			
Gets own snack			
Prepares cold breakfast			
Makes toast			
Makes sandwich			
Cooks prepared food (mac n cheese)			
Uses a can opener			
Uses measuring cups and spoons			
Follows written or picture recipe			
Uses oven (sets temperature and timer)			
Puts groceries away			
Identified boxed/canned food by label			
Stores leftover foods properly			
Discards spoiled food			

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			
Washes and dries hands			
Washes and dries face			
Takes bath or shower independently			
Uses deodorant			
Washes and rinses hair			
Washes and rinses body in bath or shower			
Dries self after bathing			
Brushes teeth			
Shaves (if appropriate)			
Applies makeup (if appropriate)			
Combs and brushes hair			
Trims fingernails/toenails			
Uses a tissue to blow nose			
Uses feminine hygiene products appropriately			
Uses toilet and toilet paper			

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			
Make own bed			
Clears table after eating (puts dishes in sink and garbage in wastebasket)			
Takes out trash			
Dusts			
Vacuums			
Washes windows or mirrors			
Cleans sink Cleans toilet			
Washes and dries dishes			
Loads dishwasher			
Separates clean from dirty clothes			
Sorts light from dark clothes			
Loads washing machine (knows what setting to use)			
Measures soap			
Uses dryer			
Hangs up clothes neatly			
Folds clothes neatly			
Puts clothing away appropriately			

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

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			
Throws and catches a large ball 3 – 6 feet			
Throws and catches a small ball 3-6 feet			
Hits ball off of a tee			
Hits a ball when pitched			
Aims basketball at basket at appropriate height for age or size			
Dribbles basketball standing in place			
Dribbles basketball while running			
Kicks a ball at goal or target			
Kicks a ball while running			
Rides a tricycle			
Rides a 2 wheel bike			
Rides a razor scooter			
Rides a skateboard or inline skates			
Swims – is safe near water			