

## Pre-School Checklist (3-5 years)

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Year Level: \_\_\_\_\_

Do you notice any of the following behaviours?

FINE MOTOR	Always	Occasionally	Never
<b>Pencil skills</b>			
Difficulty tracing on a line			
Difficulty holding pencil correctly and presses too hard			
Difficulty copying shapes/letters/numbers			
Dislikes or avoids colouring, drawing, writing			
Difficulty recognising letters in their own name			
<b>Scissor skills</b>			
Difficulty holding scissors			
Looks uncoordinated when using scissors			
<b>Manipulation</b>			
Difficulty with construction activities (lego, model building or paddle pop building)			
Difficulty manipulating puzzle pieces			
Difficulty threading beads or lacing cards			

GROSS MOTOR	Always	Occasionally	Never
<b>Balance and coordination</b>			
Appears clumsy			
Unintentionally too rough in play/ handling objects			
Invades people's personal space			
Cautious on the playground			
Slumps, fidgets or moves often while trying to sit still (i.e. dinner table, mat time, and table)			
<b>Endurance and strength</b>			
Looks less skilful on the playground			
Tires quickly or lacks consistent energy			
<b>Participation and outcome</b>			
Responds negatively without knowing expectations			
Fearful to jump, go up or down stairs, climb or do somersaults			
Wants constant physical support from adults			
Difficulty mastering general physical skills (walking, running, ball skills, swimming, climbing steps etc)			

<b>SENSORY PROCESSING</b>	<b>Always</b>	<b>Occasionally</b>	<b>Never</b>
<b>Self care</b>			
Bothered by typical self care tasks such as cleaning teeth, brushing hair, cutting nails, wearing particular clothing			
Clothing choice is not weather appropriate (choice is influenced more by preference or dislike)			
Limited range of foods eaten			
Difficulty using utensils appropriately			
<b>Attention and concentration</b>			
Moves quickly from one activity to the next			
Difficulty containing high energy levels			
Readily distracted by environmental stimulus (eg looking around)			
Difficulty transitioning from one activity to another with appropriate attention levels (playground to classroom)			
Take a long time to calm after becoming distressed			
Seeks out movement experiences to the point that it interferes with other tasks (e.g. spins excessively)			
<b>Learning</b>			
Difficulty retaining learnt skills if not practiced			
Difficulty reading social cues of peers (eg. Not interested in playing with them) and adults (eg. When angry)			
Over-reacts to situations or incidents			
Overly sensitive to sounds (e.g. vacuum, hair dryer, hand dryers)			

<b>SELF CARE</b>	<b>Always</b>	<b>Occasionally</b>	<b>Never</b>
<b>Organisation at pre-school/kindy</b>			
Unstructured in completing a task (unorganised work area, many things on the go at once, not recognise the sequence)			
Loses track of personal items			
Has difficulty following instructions, whether verbal or following visual demonstration			
Uses other children to guide play choices and copies			
Difficulty packing up and putting items in the right position			
<b>Organisation at home</b>			
Difficulty completing known routine without step-by-step instructions			
Difficulty playing independently with a broad range of activities			
<b>Independence and performance</b>			
Has physical difficulty dressing (buttons, pants etc)			
Difficulty putting clothes on in the correct order			
Avoids participating or does not initiate interaction with others			
Lacks confidence or is overly fearful of new situations			

**Main areas of concern:** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**How concerned are you about the above:**

- Not concerned       Mildly concerned       Moderately concerned       Extremely concerned

If you notice 2 or more behaviours in any area on this checklist, your child may benefit from being assessed by an Occupational Therapist.