

VISUAL MOTOR SKILLS CHECKLIST

For Ages 0 - 6 Years Old

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All activities are designed to be completed with adult supervision. Please use your judgment when setting up these activities for your child and do not provide items that could pose a choking hazard for young children. Never leave a child unattended when completing any of these activities. Please also be aware of all age recommendations on the products you are using with your child. The author is not liable for any injury caused to your child while completing any of these activities.

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For Ages 0 - 6 Years Old

0-5 Months

- Tracks a rattle while lying on their back
- Tracks an object towards the middle (midline) or starts at the midline to either side
- Follows objects in a circular motion
- Looks at an object and attempts to reach for that object (visually directed reaching)
- Touches fingers together
- Reaches with both hands at the same time
- Tracks an object to the right and left sides, past the midline
- Regards their own hands
- Tracks a ball side to side as it rolls across a table left to right and right to left
- Tracks a rattle from side to side while lying on their back
- Touches both hands together while lying on their back
- Reaches to midline for a toy or object while lying on their back

6 -11 Months

- Extends hands to reach for a toy while lying on the back
- Watches your mouth when you talk
- Reaches for an object with the right or left hand
- Uses a raking grasp (all fingers at the same time) to pick up small objects
- Shakes a rattle
- Transfers objects from one hand to the other
- Starts to make eye contact
- Begins to play games like peek-a-boo
- Brings hands together to grasp a block/toy while sitting supported on an adult's lap
- Uses an inferior pincer grasp (pads of index finger and thumb) to pick up small objects like round cereal
- Develops eye-hand coordination by crawling
- Claps hands together
- Releases an object upon request
- Removes large pegs from a pegboard
- Finds a small object after watching it be hidden
- Follows an object as it is dropped
- Feeds themselves finger foods

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12-17 Months (1 to 1.5 years old)

- Judges distances to throw an object with some accuracy
- Begins to scribble on paper with a crayon
- Places objects into a medium or large container
- Removes socks
- Turns pages of a board book
- Imitates stirring with a spoon
- Looks to where a ball is rolled
- Removes or dumps out objects from a container
- Points at objects with their finger
- Places small objects into a small container
- Identifies 1 body part on themselves
- Imitates a tower, 2-3 blocks high
- Imitates a vertical line or scribbles
- Pats or touches pictures

18-23 Months (1.5 to 2 years old)

- Builds a tower 4-6 blocks high
- Imitates a circle shape through scribbling
- Imitates a vertical line when drawing
- Turns a few thicker pages in a book
- Pushes, pulls, and dumps items out
- Turns a picture right side up if it is given to them upside down
- Identifies 3 body parts on themselves
- Matches pictures of items to real objects
- Attempts to kick a ball by walking into it or swinging their leg (they may also miss the ball)
- Throws a small ball a few feet while standing
- Scoops food from one container to another
- Feeds themselves some food without spilling

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For Ages 0 - 6 Years Old

24-29 Months (2 to 2.5 years old)

- Removes a lid that twists and screws
- Turns 1 page at a time while looking at a book
- Builds a tower up to 8 blocks high
- Strings 4 large beads onto a piece of yarn
- Sort objects that vary in color when given an example
- Imitates a 2-4 block train design with a chimney
- Imitates horizontal lines on paper
- Begins to imitate a single, circle shape
- Identifies 4 body parts on themselves
- Turns an object right-side up
- Kicks a ball forward with either foot without support
- Throws a large ball
- Undresses with help only with fasteners and pullover clothing

30-36 Months (2.5 to 3 years old)

- Imitates a single, circle shape
- Snips paper with child-safe scissors
- Builds a tower 10 blocks high
- Cuts paper in half with child-safe scissors
- Matches blue, red, and yellow objects by color
- Matches identical, simple pictures
- Completes a 3-piece puzzle
- Catches a large ball thrown gently and from a close distance
- Makes small snips with scissors on a straight line
- Dresses with help for fasteners

36 Months - 41 Months (3 to 3.5 years old)

- Copies vertical/horizontal lines, and circle shapes
- Begins to imitate a cross shape
- Makes continuous cuts with child-safety scissors
- Throws a small ball overhand with one hand
- Imitates a 3-block bridge design
- Catches a large ball thrown from 5 feet away
- Sorts circle, square, and triangle shapes when shown how
- Matches items by texture
- Recalls some aspects of pictures
- Names an object when only part of it is shown

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For Ages 0 - 6 Years Old

42-47 Months (3.5 to 4 years old)

- Counts up to 5 objects aloud
- Points to or names 4 basic colors
- Completes a 4 to 5 piece puzzle
- Places shoes on the correct feet
- Brushes teeth with horizontal and vertical motions
- Kicks a large ball while it is rolling away, or rolled from 4 feet away
- Throws a small ball underhand up to 5 feet and hits a target at least 2 feet off the ground

48 - 53 Months (4 to 4.5 years old)

- Draws a person with 3 different body parts
- Pedals a tricycle around obstacles and makes u-turns
- Dresses and undress without much help
- Points to the smallest object when asked
- Points out two groups of objects that are alike based on shape, color, or size
- Chooses long, longer, and longest from a group of 3
- Copies color and shape patterns with blocks or beads

54 - 59 Months (4.5 to 5 years old)

- Sorts objects by color, size, and shape
- Follows moving objects with their eyes
- Selects big, bigger, and biggest and small, smaller, and smallest in a group of objects
- Copies a cross shape
- Begins to imitate a square shape and left/right diagonal lines
- Cuts a large circle with scissors
- Connects a series of dots spaced 1/2 inch apart to make a simple drawing
- Cuts easy food with a knife
- Bounces a ball 2-3 times

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60 - 65 Months (5 to 5.5 years old)

- Copies the cross shape, square shape, and diagonal lines
- Imitates the "X" shape and triangle shape
- Catches a small ball with hands and chest
- Draws a person with 6 or more body parts
- Connects two dots (6 inches apart) with a straight line that does not deviate more than 1/4 inch
- Knows most basic colors and color names
- Reads and writes numerals 1-5
- Matches letters in a group of many different letters
- Groups objects that vary in 2 ways such as blue square, blue circle, and red square
- Ties shoes

66 - 71 Months (5.5 to 6 years old)

- Names most uppercase but not most lowercase letters
- Recognizes their name in uppercase letters
- Recognizes their name when printed with lowercase and capital letters
- Completes a 6-12 piece interlocking puzzle
- Brushes or combs their hair well
- Cuts most food with a knife
- Prints their own name in either upper or lowercase letters without a model
- Cuts a simple picture following a general outline within 1/4 inch
- Copies an X shape and a triangle shape

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References

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