

## FINE MOTOR

3-4  
YEARS OLD

- Stacking 10 small blocks (1" size)
- Copying simple block designs (train, bridge, wall)
- Placing beads onto a string
- Nearing a tripod grasp, grasping a writing instrument with the index finger and thumb
- Mastery or near mastery of complex rotation (turning an object more than 90\*) and in-hand translation

**KIDS IN MOTION**  
IN-HOME OCCUPATIONAL THERAPY

## VISUAL MOTOR/ PERCEPTUAL

3-4  
YEARS OLD

- Snipping with safety scissors and beginning to follow a line with scissors
- Completes simple form boards or puzzles (3-10 pieces)
- Copying vertical lines, horizontal lines, circles and intersecting lines
- Basic item sorting by color or shape
- Throws and kicks a ball
- Can identify colors

**KIDS IN MOTION**  
IN-HOME OCCUPATIONAL THERAPY

## SELF-CARE

3-4  
YEARS OLD

- Putting on and taking off simple clothing items
- Opening simple food packages and containers
- Simple fasteners such as large buttons, zippers and basic lacing
- Self feeds using utensils
- Independent toileting
- Tolerates and assists with tooth brushing

**KIDS IN MOTION**  
IN-HOME OCCUPATIONAL THERAPY

## SENSORY/ BODY AWARENESS

3-4  
YEARS OLD

- Attends to tasks for about 6-8 minutes
- Understands basic safety such as holding a hand to cross the street, hot/cold, not running away in unfamiliar environments, not falling from high surfaces
- Participates in associative play (same task but might not demonstrate joint attention)
- Begins to take turns with peers
- Expresses basic emotions and can self-regulate some challenging feelings

**KIDS IN MOTION**  
IN-HOME OCCUPATIONAL THERAPY