

# 6+ Years Ability Checklist

It is important to look at your child's overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if a child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

	Yes	No
<b>Play and Social Skills</b>		
Is interested in, aware of, and able to maintain eye contact with others		
Is able to initiate play with another child of the same age		
Would rather play with a friend or children rather than adults		
Has several friends and enjoys playing with them		
Enjoys participating in family outings		
Enjoys playing in a new setting		
Is able to resolve conflict with friends or other children without teacher or parent intervention		
Participates in crafts / activities that involve wet textures, such as glue		
Is interested in exploring varied environments, such as new playground or friend's house		
Is able to play in and accommodate to new social situations		
Enjoys rough but safe play with peers, siblings, or parents		
Enjoys playing with new toys		
Enjoys swinging on playground swings		
Is able to locate objects you are pointing to		
Enjoys playing with a variety of toys intended for children of the same age		
Is aware of risky and unsafe environments and behavior		
Usually does not bring non-food objects to mouth		
Is able to think of various ways to play with one toy		
Is not overly controlling of play with other children		
Pretend play is rich and varied and does not require adult direction		
Can start and finish age appropriate activities within a reasonable amount of time		

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	Yes	No
<b>Coordination</b>		
Enjoys and seeks out various ways to move and play		
Has adequate endurance and strength to play with peers		
Coordinates movements needed to play and explore		
Usually walks with heel toe pattern and not primarily on toes		
Can maintain balance to catch ball or when gently bumped by peers		
Is able to walk and maintain balance over uneven surfaces		
Walks through a new room without bumping into objects or people		
Only leans on furniture, walls or people and sits slumped over when tired		
Coordinates movement needed for quicker sport-like activities (e.g. soccer, kickball, hopscotch, and gross motor video games)		
Coordinates hand and finger movements needed to participate in table top games and activities		
Uses appropriate force when playing with peers or pets or when holding objects		
Is able to maintain good sitting posture needed for school tasks		
Is able to quickly maneuver around peers moving on the playground		
Participates in challenging tasks that require balance, such as riding a bike		
Is able to use fingertips to pick up small objects, such as coins from a table or small game pieces (e.g. Lite Brite)		
Is able to copy simple designs		
Participates in fine motor activities such as coloring, writing, and cutting		
Has an established hand preference		

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	Yes	No
<b>Daily Activities</b>		
Is able to use utensils to pick up pieces of food		
Has an established sleep schedule		
Is usually able to self calm to fall asleep		
Is able to tolerate and wear textures of new and varied articles of clothes		
Is able to take appropriate bites of food, does not always stuff mouth		
Is able to tolerate haircuts and nail cutting		
Is able to adapt to changes in routine		
Can take bath or shower, although preference may be present		
Eats a diet rich in various foods, temperatures, and textures		
Need for crashing, bumping and moving fast does not interfere with participation in activities and family life		
Is able to independently complete everyday tasks that have multiple steps, such as dressing		
Frequently wakes up rested and ready for a new day		
Is able to eat without making a mess		
Is aware when food is on mouth or face		
Is able to follow multiple step directions when motivated		
Can organize self and day to accomplish age appropriate tasks independently		
Can pay attention in a busy environment such as a classroom		
Enjoys participating in loud fun settings, such as birthday parties		
Is not overly controlling of daily tasks such as dressing or mealtimes		

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	Yes	No
<b>Self-Expression</b>		
Is generally happy when not hungry or tired		
Has grown accustomed to everyday sounds and is usually not startled by them		
Has an established and reliable sleeping schedule		
Is able to enjoy a wide variety of touch, noise, and smells		
Cries and notices when hurt		
Is able to self calm down after upsetting event		
Is able to transition to new a environment or activity		
Is able to pay attention and is not distracted by sounds not noticed by others		
Is able to cope with unexpected change		
Is able to accommodate unexpected touch by others		
Uses simple strategies to remain calm when experiencing stress		
Does not require excessive consoling when upset		
<b>Total (out of 71)</b>		