

Functional skills checklist

The skills described here are appropriate for kids from ages 3-4. All of the following may be done with the help of an adult.

SELF-CARE

- wash their body
- wash their hands
- brush their teeth
- dress themselves

HOME MANAGEMENT SKILLS

- setting the table
- cleaning after themselves
- throwing trash in the can
- putting away dirty clothes
- putting away toys

DECISION-MAKING SKILLS

- knowing what is good and bad
- being able to differentiate between the two options and choose the right one

MONEY SKILLS

- understanding that things cost money
- knowing how certain coins look like

TIME MANAGEMENT SKILLS

- abiding to a daily schedule
- focusing at a task withing s given time

SELF-EXPRESSION SKILLS

- knowing names of feeling (mad, sad, happy, tired)
- being able to express likes and desires

COMMUNICATION SKILLS

- making eye-contact
- knowing about taking turns
- turn to adults for help to resolve conflicts
- play with other kids