



Occupational Development Checklist

4 ½- 5 ½ years

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- Pumps self on swing
- Copies and cuts a square
- Cuts easy foods with a knife
- Copies color/shape sequence
- Zips most zippers
- Traces around own hand with a crayon
- Completes simple dot to dot pictures

5 – 5 ½ years

- Performs a few sit-ups
- Skips
- Performs jumping jacks
- Moves fingers in fine, localized movements when writing with marker
- Reads and writes numerals to 5
- Matches letters in a group of different letters
- Draws a face with mouth, nose, and eyes, and a person with 6 or more parts
- Copies first name, although letters may be large, awkward, or reversed
- Ties shoes (starts at 5, but may not be mastered until 6)
- Prints a few capital letters without copying
- Copies a triangle