

PRESCHOOL ADAPTIVE SKILLS CHECKLIST

- Can the child use the toilet with little to no assistance?
- Does the child understand when a parent or a teacher approves / disapproves of their actions?
- Can the child settle down to take a nap during the day?
- Is the child interested in sitting with a book and browsing through the pages?
- Is the child good at expressing emotions?
- Can the child dress and undress independently, including unzipping coats or unbuttoning large buttons?
- Does the child wait to take turns during group activities?
- Can the child manage to brush their teeth and hair well enough?
- Can the child play in a group of 2-3 children?
- Can the child self-feed with a spoon and fork?
- Does the child know how to wash their hands with soap and water?
- Can the child wipe their hands and face with a tissue or a towel?
- Does the child enjoy or can tolerate messy play?

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- Can the child remember where familiar things are kept?
- Does the child put things back in place when told to do so?
- Does the child love to engage in imaginative play?
- Can the child distinguish clearly between poop and pee and name them correctly?
- Can the child say when they need to use the toilet?
- Does the child try to problem-solve before asking for help?
- Does the child stick to one activity until it finishes?
- Can the child make a choice when given multiple options?
- Does the child know how to blow their nose?
- Does the child know how to sneeze safely in their elbow?
- Does the child adapt to new situations without difficulty?
- Does the child communicate needs and wants and ask for help when required?