

ELEMENTARY SCHOOL CHECKLIST FOR OCCUPATIONAL THERAPY

Following are some of the symptoms that may indicate a need for an evaluation by an occupational therapist who can assess the development of foundational skills needed to support academic and personal success in typical childhood activities.

- Dislikes puzzles, has difficulty forming letters and numbers
- Does not enjoy small manipulative toys, difficulty with fastenings
- Dislikes coloring, writing, cutting, or drawing
- Messy eating habits, difficulty using utensils
- Appears awkward in movement (fine and gross motor)
- Difficulty learning new motor tasks
- Difficulty sitting still for an activity, fidgety, moves constantly
- Avoids physical activity, sports
- Falls frequently
- Difficulty remaining in busy or group situations
- Complains that clothing is uncomfortable
- Avoids putting hands in messy substances, picky eater
- Distracted by sounds, hears sounds others don't notice, overly sensitive to noises
- Hard to understand when speaking
- Has trouble following 1-2 step commands
- Delayed speech development
- Does not accept changes in routine easily, has difficulty with transitions
- Easily frustrated
- Impulsive, accident-prone
- Frequent outbursts or meltdowns
- Prefers playing alone, does not read non-verbal cues
- Poor endurance, leans on others or furniture, seems weaker than peers
- Difficulty with throwing and catching a ball
- Does not like hair washed, nails cut, going to the dentist
- Seems unaware if cut
- Seeks physical activity (e.g. roughhousing and crashing), touches everything
- Short attention span, distracted by auditory and visual stimuli
- Falls out of chair
- Verbalizes or shows poor self-concept, does not enjoy going to school
- Is unorganized
- Has difficulty expressing emotions appropriately
- Appears anxious, is inflexible
- Unable to open snacks
- Does not work independently, needs directions repeated, difficulty getting started
- Does not have a dominant hand, does not cross midline, does not stabilize paper
- Performs inconsistently from day to day
- Has sleep difficulties