

Occupational Therapy Suggested School-age Milestones

Note: Every child develops at his/her own rate, and these items below are just a general guideline to help determine any potential skill areas to address and focus on for your kiddo(s). Exposure and practice of these skills are key! ☺

5-Year Olds (60 months+):	6-Year Olds (72 months+) and older:
✓ Copies a triangle and other simple geometric shapes	✓ Uses a dynamic tripod grasp on writing tools
✓ Can draw a person with at least 6 body parts	✓ Reads 10 or more printed words
✓ Can print some letters or numbers	✓ Writes his/her first and last name from memory
✓ Pastes and glues appropriately	✓ Writes numerals 1-19 without a model
✓ Can complete a simple maze	✓ Writes simple words, sentences, and texts
✓ Colors numerous small areas in detailed picture, with attention to stroke and color	✓ Pictures and stories appear much more recognizable and legible
✓ Uses a fork and spoon during mealtimes, and possibly a table knife	✓ Accepts valid criticism without crying, pouting, or refusing to continue
✓ Can use the toilet on his/her own	✓ Accepts social rules but sees them as changeable (i.e., rules of a game can be changed if those playing agree)

✓ Can brush teeth, wash and dry hands, and/or get undressed without help	✓ Learns better ways to describe experiences and talk about thoughts and feelings
✓ Tells birthday (month and day)	✓ Starts to do chores and is able to complete them
✓ Swings and climbs	