Self-Care Skills Worksheet

A. Activity level of the class (low = quiet; medium = active; high = emotional/loud): _______________

Activity level of the subject (low = quiet; medium = active; high = emotional/loud): _______________

Specific activity of the subject: _______________________________________________________

B. Putting on jacket
   1. Grabs correct coat
   2. Pushes first arm through sleeve
   3. Pushes second arm through sleeve
   4. Does adult hold coat? (Y/N)
   5. Connecting zipper
   6. Zips up coat
   7. Snaps coat

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<th>Yes/No</th>
<th>D/UN:0</th>
<th>25% I:0.25</th>
<th>50% I:0.50</th>
<th>75% I:0.75</th>
<th>I:1.00</th>
<th>Not ob.</th>
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C. Hand washing
   8. Turns water on
   9. Obtains soap
   10. Rubs soapy hands for ≥10 sec
   11. Rinses hands until soap is off
   12. Turns water off
   13. Dries hands with paper towel
   14. Throws paper towel away
   15. Dries with item other than paper towel

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D. Utensil use
   16. Picks up food with utensil
   17. Brings utensil to mouth
   18. Frequency spoon/fork use

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E. Mood of participant (as stated by the teacher):
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Notes:
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Researchers initials __________