

# Preschool Hand Development Checklist

The following checklist shows the normal development expectations of preschoolers ages 3, 4, and 5.

## Three Year Old Normal Development:

- Cut across paper
- Use one hand consistently during activities
- Walks up stairs alternating feet
- Stacks a tower of 10 cubes
- Holds pencil between first two fingers and thumb
- Imitates a bridge made with blocks
- Adapts to reversal of a simple 3-piece puzzle
- Adds 2 parts to a person
- Uses utensils (spoons and fork) when eating
- Washes hands, and can pull up pants with assistance
- Able to copy a circle
- Fasten and unfasten large button
- Can zip and unzip
- Matches colors

## Four Year Old Normal Development

- Build tower of 6-8 blocks generalized to horizontal, to make a train
- Active imitation of copying skills
- Use of individual fingers in holding writing utensils
- Buttons, coins can be manipulated
- Can place pegs in pegboard
- Instead of tearing paper by separating the two hands, advanced wrist control allows one hand to tear toward the body and other to tear away from the body
- Developing open/close motion of scissors
- Generally establish hand preference
- Learn to anchor paper while drawing, coloring
- Match objects by color, some sizes and by shapes
- Can feed and dress themselves
- Washes hands and can pull up pants with assistance
- Blows own nose

- Washes hands after toileting
- Able to draw a circle
- Begins shoe tying
- Fasten and unfasten large button
- Zips and unzips
- Stands on one foot for 10 seconds
- Walks a balance beam
- Matches colors

Five Year Old Normal Development:

- Cuts out pictures and shapes
- Colors within lines of medium sized pictures
- Folds paper in half and quarters with model – aligns edges
- Builds structures with blocks from models, and creates new ones
- Strings small beads, can reproduce patters by color, size and shape
- Holds pencil with three fingers, keeps shoulders still and moves pencil more with wrist and fingers
- Draws circle, square, triangle, lines
- Can do simple mazes
- Begins letter recognition of name
- Places four pictures in sequence to tell story
- Cooperative group play begins
- Manages buttons and zippers by self
- Blows own nose
- Washes hands after toileting
- Begins shoe tying
- Stands on one foot for 10 seconds
- Walks a balance beam
- Matches colors