

Motor Skills Worksheet (24-35 Months)

Child's Name: _____ DOB: ____/____/____ Age: ____

Screening Site: _____ Date of Screening: ____/____/____

Gross Motor Skills: 24-35 months

OT F Refer

- Able to stand on one foot for 1-3 seconds
- Walking with smooth pattern, changing speed and directions smoothly without falling
- Avoids obstacles while walking
- Runs with a consistent pattern and enjoys moving fast
- Jumps easily with a two-footed take-off and landing; enjoys jumping
- Plays ball with a partner, catches and returns with both hands, smooth movements
- Joins peers in active play, aware of self and others
- Kicks a ball without falling
- Navigates playground elements happily; adventurous on familiar playground

Red Flags for Gross Motor Development (24-35 months)

- Body/movements appears stiff or floppy
- Minimal body awareness, frequent loss of balance
- Toe walking
- Cannot stand on one foot briefly or seeks support
- Not jumping or loses balance when trying to jump
- Unable to catch a playground ball, or turns his/her face away from a tossed ball
- Limited variety of play positions, w-sitting
- Orbits active play, plays alone primarily
- Lots of leaning/slouching/propping, fatigues easily
- Minimal climbing or exploring; explores but hesitant/fearful

Observations:

Fine Motor / Sensory Skills: 24-35 months

OT F Refer

- Enjoys coloring and scribbling, beginning to pretend to “write”
- Turns single pages in a book
- Holds crayons using the thumb and finger-tips
- Builds a tower of 5-6 large blocks
- Able to feed themselves, using utensils
- Participates in dressing and undressing, beginning to do more themselves
- Anticipates routine, can tolerate changes with support
- Enjoys a wide variety of messy play, textures, materials and experiences
- Calms easily with familiar adult/routine or play item
- Looks to name, consistent eye contact, engages actively in play with caregivers

Red Flags for Fine Motor Development (24-35 months)

- Excessive leaning or laying down to play
- Arms or hands seem very weak
- Holding a crayon with a full fist
- Not helping or participating in dressing
- Cannot stack several blocks
- Not feeding self or only uses hands to eat
- Not beginning to use a cup independently, some spillage is typical
- Excessively on the go—falling, crashing, yelling
- Excessive force with playing
- Excessive upset with change in routine
- Requires strong adult support for transitions
- Requires significant time/adult support to calm once upset
- Limited repertoire of foods; only eats certain textures

Observations: