

'I Am Independent' Checklist

Colour in the happy face when you can do this.

I can...

...put my shoes on the right feet.



...put my coat on and **zip it up**.



...dress and undress myself.



...wash my hands before eating and after going to the toilet.



...brush my teeth.



...use a spoon, fork and **knife**.



...use the toilet by myself.



...talk about how I am feeling.



...play with others and share toys.



...say goodbye to my family when I spend time with others.



...complete some tasks/chores.

