

ACTIVITY CHECKLIST FOR PRESCHOOL CHILDREN WITH DEVELOPMENTAL DISABILITIES

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**ACTIVITY CHECKLIST FOR PRESCHOOL CHILDREN
WITH DEVELOPMENTAL DISABILITIES (ACPC-DD)**

(Note: In the following tables,

“m” indicates the age in months when the given activity is expected to be achieved IV:
Infant Version; TV; Toddler Version; PV: Preschooler Version)

No.	Sensory (S)	Toy Code
1	Shows sucking reflex responses to finger/nipple in mouth (1m)	IV9
2	Turns head sideways reflexively when cheek is touched (1m)	
3	Pouts reflexively when lips are tapped slightly on surface (1m)	
4	Startle reflex to loud sounds (1m)	IV2, IV10, IV14, IV16
5	Blinks or closes eyes reflexively when tapped on forehead (1m)	
6	Closes fingers reflexively when touched in the palm (1m)	
7	Bends fingers forward reflexively when pressed above toe (1m)	
8	Bends fingers backward reflexively when pressed on toe (1m)	
9	Makes stepping movements reflexively when held upright (1m)	
10	Creeps forward reflexively when on stomach & pressed on toe (m)	
11	Fixates eye on bright/colorful object (1m)	IV1, IV4
12	Turns head to source of light (1m)	IV1
13	Turns head to source of sounds (m)	IV2, IV10, IV14, IV16, IV17
14	Gazes intently at own fingers (2m)	
15	Visually tracks moving light (2m)	IV1
16	Notices dangling objects 6-8 inches away (2m)	IV17
17	Stops activity to listen sounds of bell (2m)	IV2
18	Gazes intently at human face (3m)	IV5
19	Makes eye to eye contact consistently (3m)	IV5
20	Visually tracks moving objects/persons (3m)	IV17
21	Sits in protective cradle to swing (4m)	IV18
22	Regards own image in mirror (6m)	IV6
23	Splashes water when placed in tub (6m)	
24	Tickles into laughter a (7m)	
25	Removes cloth form face that obscures vision (8m)	
26	Reacts to different pleasant/unpleasant smells (8m)	IV11
27	Reacts to different tastes placed on tongue (8m)	

28	Nods head in accompaniment to rhythm (8m)	IV14
29	Carries feet to mouth (8m)	
30	Enjoys flexing of legs to tummy when lying on back (8m)	
31	Enjoys peek a boo game/activities (9m)	
32	Enjoys swirling motions when held at hip level (9m)	
33	Shows hand preference (12m)	
34	Looks through viewing instruments (24m)	TV1-2
35	Listens through hearing devices (30m)	TV3
36	Sits on rocking horse (30m)	IV19
37	Discriminates "hot-cold" (36m)	
38	Sorts by primary shapes (36m)	TV29
39	Identifies different tastes (36m)	
40	Sorts by size (36m)	TV29
41	Sorts by colors (36m)	TV30
42	Discriminates "rough-smooth" on tactile rug (42m)	TV31
43	Identifies objects by touch (42m)	TV31
44	Stands in balance when in motion (48m)	
45	Imitates breath holding: Breathing exercises (48m)	TV21
46	Walks in balance when blindfolded (48m)	PV1
47	Identifies shapes by touch (48m)	TV29
48	Identifies objects from superimposed pictures (60m)	
49	Identifies & seeks for correction of tastes in food (66m)	
50	Discriminates "left-right" (72m)	

No.	Gross Motor (GM)	Toys Code
1	Lifts head when on tummy by freeing nose Gross Motor (GM) off ground (3m)	
2	Bears weight on elbows when lying on stomach (5m)	
3	Creeps forward when lying on stomach (6m)	
4	Clasps both first together and bangs at own mouth (7m)	
5	Rolls over (stomach to back or vice versa) (7m)	
6	Sits self with support (8m)	
7	Pulls self to standing position from sitting/vice versa (9m)	
8	Sits without support (9m)	
9	Waves ta-ta or bye-bye (9m)	
10	Bounces when held by armpits in standing positions (9m)	
11	Crawls (12m)	
12	Stands without support (12m)	
13	Takes 2-3 independent steps before collapsing (12m)	
14	Walks on own for at least ten steps (15m)	
15	Seats self without support (12m)	
16	Turns head down as though initiating a somersault (18m)	
17	Climbs up a chair/small heights (18m)	
18	Hurls ball in specified direction (18m)	TV27
19	Jumps with both feet off floor (24m)	
20	Kicks ball in specified direction (24m)	TV27
21	Kneels on both feet (24m)	
22	Runs (24m)	
23	Squats (24)	
24	Jumps off one feet height (24m)	
25	Maintains balance when walking along straight line (24m)	
26	Sits cross legged (24m)	
27	Stands/balances on one foot (30m)	IV3
28	Stands with balance of book on head (30m)	
29	Marches to rhythm/instructions (30m)	
30	Walks upstairs/downstairs on own feet (36m)	
31	Pushes large sized boxes across ten feet (36m)	
32	Throws ball into container from a distance (42m)	TV27
33	Catches ball with arms when thrown from distance (42m)	TV27
34	Climbs 4-5 steps on inclined ladder (42m)	
35	Dusts/wipes furniture on instruction (42m)	
36	Somersaults (48m)	
37	Take 4-5 steps backwards without loosing balance (48m)	
38	Coordinates to hit ball with bat (48m)	TV27
39	Sweeps using broom (60m)	
40	Frog jumps (60m)	
41	Hops at least five steps (66m)	

42	Skips using feet alternatively (66m)	
43	Clings to horizontal bars for ten seconds (66m)	
44	Swims (72m)	
45	Polishes shoes or footwear (72m)	
46	Skates (72m)	
47	Bounces ball for at least ten counts (72m)	
48	Sack walks (72m)	
49	Aims-hits target 5 feet away using medium size ball (72m)	
50	Clips nails (72m)	

No.	Fine Motor (FM)	Toy code
1	Retains cube in one hand (cylindrical grasp) (6m)	
2	Shows hook grasp (6m)	TV27
3	Shows hook grasp (6m)	
4	Shows opponent grasp (6m)	TV10
5	Reaches for small objects dangled in front (6m)	IV17
6	Fisting eliminated in both hands (6m)	
7	Shows palmar grasp (6m)	PV16
8	Reaches out with extended arms when lying on back (9m)	
9	Grasps/holds rattle or toy in palm (9m)	IV10
10	Reaches or pats image in mirror (9m)	IV6
11	Shows Pincer grasp (12m)	IV7
12	Pulls away thin string or thread from face (12m)	
13	Turns pages singly of a book (12m)	IV3
14	Stoops to pick up a toy (15m)	IV15
15	Puts small objects into a container (18m)	IV7
16	Inverts small bottle to obtain pea/raisin inside (18m)	
17	Opens/closes door latches(24m)	
18	Unscrews lid of a bottle (30m)	TV10
19	Drops peas/pins into narrow mouth containers (30m)	IV7
20	Shows tripod grasp on writing instruments (30m)	PV8, PV21, PV37
21	Bead on wire/knitting needle (30m)	TV11
22	Inserts money into piggy box (36m)	TV13
23	Inserts Key into lock hole (36m)	TV8, PV12
24	Zips/unzips clothing or leather goods (36m)	TV5
25	Folds handkerchief into four (36m)	
26	Screws lids of bottles (42m)	TV10
27	Walks on toes (42m)	
28	Puts rubber band to strap small objects (42m)	TV14
29	Opens/closes safety pins (42m)	PV6
30	Cube Assembly: Level 1-Stracks tower of 4 cubes (42m)	
31	Uses eraser (42m)	PV8
32	Pastes paper using gum/glue (42m)	PV42
33	Cube Assembly: Level 2-Marks train of 5 cubes (42m)	
34	Uses cello-tape (48m)	PV7
35	Folds paper and inserts into envelope (48m)	PV9
36	Uses pencil sharpener (54m)	PV10
37	Cube Assembly: Level 3-makes train of 5 cubes (60m)	
38	Ties tags, slip knots or shoe laces (60m)	PV11
39	Operates lock and key to bolt a door (66m)	
40	Tears paper folded into four (66m)	
41	Fills water through a funnel into bottle (66m)	
42	Strikes a match stick (66m)	PV4

43	Uses office instruments like staples, punch,& pins (66m)	PV13-14
44	Coordinates well in pebble play (66m)	PV31
45	Cube Assembly: Level 4-Makes stairs of 10 cubes (72m)	
46	Threads a medium size needle (72m)	PV5
47	Cuts primary shapes using a pair of scissors (72m)	PV17
48	Wrings wet cloth by holding 6-7 playing cards (72m)	TV16
49	Shows lateral grasp by holding 6-7 playing cards (72m)	PV19
50	Makes simple geometric designs on floor (rangoli) (72m)	

No.	Communication (C)	Toy Code
1	Is quieted by voice (3m)	
2	Localizes source of sounds (3m)	I V2, IV10, IV14
3	Responds to own name (6m)	
4	Imitates babbles sounds made by others (6m)	
5	Shows/extends an object when asked (9m)	
6	Responds to own name by pointing to self (9m)	
7	Comprehends simple commands that call for action (12m)	
8	Uses more than three words with consistency (12m)	
9	Ask for objects by vocalizing/pointing gestures (15m)	
10	Vocalizes sounds of animals/machinery ⁷ on request (18m)	
11	Understands "all gone" (24m)	
12	Comprehends 5 functional commands (24m)	
13	Uses "mine" constantly (24m)	
14	Understands "yes-no" (24m)	
15	Points to five body parts (30m)	IV12, PV32, TV32
16	Understands/uses "Up-Down" (30m)	
17	Understands/uses "Here-There" (30m)	
18	Answer "What is this?" with name of object (30m)	TV17
19	Names household articles (30m)	TV17
20	Tells names of family members (36m)	
21	Repeats rhymes/songs (36m)	
22	Points to different objects when named (36m)	TV17
23	Differentiates "Front-Back" (36m)	
24	Differentiates "Inside-Outside" (36m)	
25	Differentiates "Fast-Slow" (36m)	
26	Differentiates "Young-Old" (42m)	
27	Differentiates "On-Off" (42m)	
28	Differentiates "Good-Bad" (42m)	
29	Differentiates "Near-Far" (42m)	
30	Tells name of five friends (42m)	
31	Mimics/uses gesture during verbal communication (42m)	
32	Carries out series of two related commands (42m)	
33	Understands "now-sooner-later" (48m)	
34	Tells own age (48m)	
35	Tells/sings TV commercial from memory (48m)	
36	Uses small courtesies like "Thank you/Please" (48m)	
37	Tells use of familiar objects (48m)	
38	Relates make believe tales (54m)	
39	Converses on telephone (60m)	TV20
40	Tells name of town/village (60m)	
41	Listens to a story (60m)	
42	Describes action in pictures (60m)	TV18

43	Follows three step instructions sequentially (60m)	
44	Defines words in terms of use (60m)	
45	Tells name of state and country (66m)	
46	Gives witness account of short video/TV serials (66m)	
47	Gives occupation of parents (66m)	
48	Makes an independent query from stranger (66m)	
49	Points/identifies/names five different fingers (66m)	
50	Givers complete residential address (72m)	

No.	Play (P)	Toy Code
1	Bangs objects (9m)	
2	Plays pat a cake (9m)	
3	Rolls ball in specific direction from sitting position (9m)	TV27, IV8
4	Regards play with shadows (12m)	
5	Skips using feet alternatively (24m)	PV2
6	Sings or dances alone to music (30m)	
7	Transfers liquids from Cup/glass unassisted (30m)	
8	Strings four medium sized beads (30m)	TV11
9	Imitates peers in pre rule/kindergarten play (30m)	
10	Awaits turn during kindergarten play (36m)	
11	Blows bubbles from soapy water (36m)	
12	Slides down garden equipment (36m)	
13	/swings in sitting position (36m)	
14	Aims and hits large sized objects using ball (36m)	TV27
15	Hits target coins on carom board games (36m)	PV28
16	Paints impressions using different objects (42m)	PV41
17	Plays with toys/dolls (42m)	TV26, PV32
18	Blows a whistle (42m)	TV23
19	Squeezes through a tunnel (42m)	
20	Scolds Playmates, dolls or animals in games (42m)	
21	Claps hands/sings/dances in group song (42m)	
22	Pretends animals-crawls on fours, makes noises/actions (42m)	
23	Shares own belongings with others (42m)	PV28-30
24	Acts out nursery rhymes (48m)	
25	Shows imitative play involving rudimentary rules with peers (48m)	
26	Plays leap frog games (48m)	
27	Swings in standing position by propelling self (48m)	
28	Recognizes and preserves own play materials (48m)	
29	Strikes coins on carom games to drop into pocket (48m)	PV28
30	Constructs geometrical shapes using match sticks (48m)	
31	Clings on a bar for 30 seconds (48m)	
32	Imitates motor sequences like drill/asanas (48m)	
33	Shows or offer toys to peers/visitors (48m)	
34	Runs to catch out peers (48m)	
35	Rides a tricycle (54m)	PV50
36	Plays hide and seek games 60m)	
37	Involves in symbolic/representational play (60m)	
38	Plays skill games "freeze" or "status" (60m)	
39	Keeps secrets during play (60m)	
40	Play blind man's buff (60m)	
41	Guides younger peers/play mates during games (66m)	
42	Makes paper planes, ships or similar objects (66m)	

43	Aims well at marble games (72m)	PV31
44	Plays hopscotch (72m)	
46	Detects breach of rules in games (72m)	PV19
47	Maintains basic safety for self/others during play (72m)	
48	Frolics to cheat playfully in games (72m)	
49	Engages self usefully during leisure (72m)	
50	Walks with balance of book on head (72m)	IV3

No.	Self Help Activities (SHA)	Toy Code
1	Eating: Controls drooling (12m)	
2	Discriminates edibles/non-edibles (12m)	
3	Drinks from cup/glass (12m)	
4	Chews solid foods like biscuits (15m)	
5	Fingers feeds solid food (18m)	
6	Unwraps candies (24m)	
7	Eats seeded fruits with sufficient mastery (24m)	
8	Retains liquids in mouth (30m)	
9	Peels fruits (banana/candies) (36m)	
10	Makes function by releasing water from mouth (36m)	
11	Picks food with own fingers to put in mouth (36m)	
12	Blows (36m)	TV21-23
13	Mixes rice food with hand (42m)	
14	Sucks through straw (42m)	TV25
15	Spits liquids (42m)	
16	Swallows liquids (42m)	
17	Eats with spoon (42m)	
18	Follows etiquette in public eating (66m)	
19	Uses knife and fork (72m)	
20	Dressing: Removes headwear (9m)	
21	Take off clothes if unbuttoned (24m)	
22	Removes pair of socks (24m)	
23	Removes or puts on elastic pants/knickers (30m)	
24	Unbuttons elastic inner/outer wear (26m)	TV6
25	Undresses elastic pants/outer wear (36m)	
26	Buckles elastic /sandals (48m)	TV6
27	Puts on Pair of socks (48m)	
28	Buttons clothing (48m)	TV6
29	Applies facial powder/creams (48m)	
30	Puts on vest/frock (48m)	
31	Uses safety (66m)	PV6
32	Ties simple knots/shoe laces (66m)	TV6
33	Grooms hair (66m)	
34	Understands to change clothing for laundry (72m)	
35	Toilet: Indicates toilet consistently with gesture/words (24m)	
36	Seats self appropriately on toilet seat (24m)	
37	Wipes hands/face with handkerchief (24m)	
38	Soaps and washes hands (24m)	
39	Washes self if water is poured in toilet (36m)	

40	Wipes/blows/cleans nose (36m)	
41	Washes self in toilet (66m)	
42	Brushing: Brushes teeth (30m)	
43	Cleans tongue (36m)	
44	Applies paste on toothbrush (42m)	
45	Bathing: Pours water on self for bathing (48m)	
46	Towels body (48m)	
47	Washes face with soap and water (60m)	
48	Bathes self assisted (66m)	
49	Applies soap on body (66m)	
50	Bathes self unassisted (72m)	

No.	Cognitive Activities (cg)	Toy Code
1	Clock & Time: Differentiates "Darkness-light" (36m)	
2	Relates time to clock (36m)	
3	Differentiates "now-later"(36m)	
4	Differentiates "Day-night"(40m)	
5	Differentiates "morning-evening" (44m)	
6	Tells time to hour from small hand on clock (60m)	
7	Differentiates "breakfast-lunch-dinner" (60m)	
8	Differentiates " Yesterday-today-tomorrow" (72m)	
9	Counts by fives (72m)	
10	Calendar: Rote recites days of week (60m)	
11	Rote recites days of week-with checks after (66m)	
12	Rote recites months in year (66m)	
13	Rote recites months in year-with checks after (66m)	
14	Rote recites days of week-with checks before (72m)	
15	Rote recites months in year-with checks before (72m)	
16	Reports seasons in year (72m)	
17	Identifies/names "day" (72m)	
18	Identifies/names specific days on calendar (72m)	
19	Money: Preserves coins/notes as money (24m)	PV26
20	Sorts coins from other metallic objects (30m)	PV26
21	Knows money can buy things or has tender value (36m)	PV26
22	Discriminates coins/notes (60m)	PV26
23	Goes to neighborhood shops for single item (48m)	PV26
24	Discriminates coins/notes (48m)	PV26
25	Reads values of coins/notes (66m)	PV26
26	Identifies values of coins (66m)	PV26
27	Adds coins below one rupee(72m)	PV26
28	Shops 3-4 items with chits (72m)	PV26
29	General: Matchers two Objects (24m)	
30	Matches objects to pictures or vice versa (24m)	
31	Discriminates "more-less" in liquids (30m)	
32	Understands/uses "Open-Close" (36m)	
33	Identifies primary colors (36m)	PV49
34	Identifies primary shapes (36m)	PV48
35	Arranges sizes in ascending/descending order (36m)	PV47
36	Recalls at least 4 out of 5 objects named to child (36m)	
37	Discriminates sex (36m)	
38	Sequences action/story pictures (48m)	TV18

39	Names/discriminates two sizes (48m)	
40	Repeats rhythm claps made by examiner (48m)	
41	Compares two weights ("Heavy-Light) (48m)	
42	Performs alternate sequencing activities (48m)	
43	Differentiates "Beautiful-Ugly (60m)	
44	Identifies secondary colors (60m)	
45	Defines secondary colors (60m)	
46	Performs double alternate sequence activities (60m)	
47	Differentiates "Sooner-Later" (60m)	
48	Tends plants/feeds pets (60m)	
49	Tells age(60m)	
50	Names colors (66m)	

No.	Pre-Academics (PA)	Toy Code
1	Pre-reading: Matches similar pictures (36m)	
2	Recalls at least 4 out of 5 objects shown in picture (48m)	
3	Points/identifies/reads 5 pictures of animals (48m)	TV17
4	Identifies object from half closed pictures (48m)	
5	Reads own name (48m)	
6	Points/identifies/reads 5 pictures of vehicles (48m)	TV17
7	Points/identifies reads 5 pictures of vegetables (48m)	TV17
8	Points/identifies reads 5 pictures of furniture (48m)	TV17
9	Points/identifies reads 5 pictures of occupations (48m)	TV17
10	Identifies missing parts of a picture (60m)	
11	Describes/imitates action pictures (60m)	TV18
12	Spots single difference between pairs of pictures (60m)	
13	Detects absurdities in pictures (60m)	
14	Arranges picture sequentially to form a story (72m)	
15	Pre-writing: Holds writing instruments safely to scribble (24m)	PV8
16	Draws vertical and horizontal strokes on imitation (24m)	
17	Draws cross and plus on imitation (24m)	
18	Draws circle on imitations (36m)	
19	Copies a square (48m)	
20	Draws a man with at least 6 parts (60m)	
21	Copies a triangle (60m)	
22	Draws a man with at least four parts (48m)	
23	Traces outline of own palm on paper using pencil (72m)	
24	Copies inverted triangles (72m)	
25	Pre-arithmetic: Rote recites numbers up to 5 (36m)	
26	Sorts objects to criteria of color, shape, use, size (36m)	
27	Matches similar numbers of objects/pictures (36m)	
28	Repeats two digits forward (36m)	
29	Reads/identifies printed numbers below five (48m)	
30	Understands/uses "more-Less" (48m)	
31	Rote recites numbers up to nine (48m)	
32	Understands/uses "Before-After" (48m)	
33	Reads identifies numbers below ten (48m)	
34	Repeats three digits forward (48m)	
35	Repeats two digits backward (48m)	
36	Reads a cast dice below six (48m)	
37	Counts and gives objects below nine (54m)	
38	Differentiates "big-small" number below nine (60m)	

39	Repeats three digits backward (60m)	
40	Denotes next number to a specific digit below nine (66m)	
41	Reads a pair of four coins (66m)	
42	Names values of four coins (66m)	
43	Enters numbers below nine in to calculator (66m)	
44	Casts dice/makes appropriate move in board games (72m)	
45	Understands ordinal position of numbers below 9 (72m)	
46	Rote counts by tens up to hundred (72m)	
47	Repeats four digits forward (72m)	
48	Adds single digit numbers within ten (72m)	
49	Subtracts single digit numbers within ten (72m)	
50	Adds two digit numbers without carry over (72m)	

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