



## **Personal/Self Care Skills**

Toileting  
Dressing and Clothing  
Hygiene and Grooming  
Health

Personal/Self Care Skills Assessment Tool

Skill	Emerging	Developing	Mastery	Generalization
<b>Toileting</b>	<b>Enter Dates Below</b>			
Recognizes when he/she needs to be changed (wet or dry)				
Communicates the need for a washroom break or is on a fixed schedule				
Identifies the closest washroom facility (male/female, accessibility symbols)				
Controls or holds bladder/bowel movements until appropriate (can wait five minutes if needed)				
Identifies the major parts of a washroom and understands their functions (toilet, sink, urinal, stall)				
Uses the toilet appropriately (urination and bowl movements, manages clothing, flushes, uses tissue)				
Practices proper hygiene and etiquette while using the washroom (washes hands, uses sanitizer, wipes, respects privacy)				



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<b>Dressing and Clothing</b>	<b>Enter Dates Below</b>			
Identifies clothing appropriate for different situations and seasons (physical education clothing, outside clothing, work clothing versus weekend clothing)				
Dresses and undresses appropriately (shoes on the right feed, snow pants before boots)				
Consciously makes the decision to leave on appropriate clothing (leaves toque on in the winter)				
<b>Hygiene and Grooming</b>	<b>Enter Dates Below</b>			
Uses proper procedures and hygiene to blow nose (uses tissues, washes hands, discards tissues)				
Uses proper procedures to clean teeth (brush, floss, mouthwash)				
Aware of and uses proper procedures to keep body parts clean (washing of hair, face, hands)				
Recognizes the need to perform general body care (brushing hair, trimming nails, washing marker off of skin)				

Personal/Self Care Skills Assessment Tool

**NOTES**

(e.g. level of prompting, augmentative equipment, challenges, next steps)

*Continued...*

Personal/Self Care Skills Assessment Tool

Skill	Emerging	Developing	Mastery	Generalization
<b>Hygiene and Grooming (cont.)</b>	<b>Enter Dates Below</b>			
Identifies and addresses body odour (mouth wash, deodorant, changing clothes, changing pad/tampon)				
Tracks and manages menstruation cycle (using/changing/disposing of feminine hygiene products)				
Uses grooming tools appropriately (shaving legs or face, applying makeup)				
<b>Health</b>	<b>Enter Dates Below</b>			
Recognizes and communicates when feeling unwell or injured (headache, nausea, stomach pains)				
Has basic first aid awareness (minor cuts, burns, minor injuries, nosebleeds, sunburns)				
Seeks help from appropriate people when required (telling a teacher, friend, parent or doctor)				
Recognizes and uses appropriate safety precautions in various situations (sunscreen, helmet, railings/ramps)				

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**NOTES**

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*Continued...*

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Skill	Emerging	Developing	Mastery	Generalization
<b>Health (cont.)</b>	<b>Enter Dates Below</b>			
Recognizes the difference between types of medications and uses them appropriately (over the counter versus prescription, taking only your own, dosage)				
Identifies personal emotions and feelings and conveys them in a healthy manner (understanding personal mental health)				
Aware of and uses self-regulation strategies to support physical and mental health (adequate rest, calming, interest/spiritual development, diet)				



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**NOTES**

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