

Fine Motor & Tactile Skills Checklist**For Young Adults with Visual Impairments****Supporting Braille, Independent Living & Hand Skills****Name:** _____**Date:** _____**Educator/Trainer:** _____**Rating Scale**

- ☐ Independent
 - ☐ Performs with verbal guidance
 - ☐ Requires physical support
 - ☐ Skill needs further development
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1. Hand Grip & Object Control**Goal:**

Develop hand strength, control and precision needed for tactile exploration, Braille use and everyday tasks.

Activities:

- ☐ Opening and closing different containers
- ☐ Handling objects of different sizes and textures
- ☐ Using tools (scissors, hole punch, stapler, rulers)
- ☐ Squeezing and manipulating materials (stress balls, therapy putty, clay)
- ☐ Holding and controlling writing/drawing tools
- ☐ Using kitchen tools safely (spatula, spoon, whisk, etc.)
- ☐ Carrying and positioning objects accurately

Observation Notes:

2. Finger Dexterity & Precision Movements

Goal:

Improve finger coordination for Braille reading, technology use and daily tasks.

Activities:

- ☐ Picking up small objects using fingertips
- ☐ Sorting small items by shape, size or texture
- ☐ Managing coins, buttons and keys
- ☐ Using zippers, buttons and fasteners
- ☐ Handling jewellery, clips or small accessories
- ☐ Threading beads or similar precision tasks
- ☐ Using a keyboard, phone or touchscreen accurately
- ☐ Manipulating small household objects

Observation Notes:

3. Bilateral Hand Coordination

(Using both hands together)

Goal:

Develop coordinated hand movements required for independent activities.

Activities:

- ☐ Cutting materials while stabilising with the other hand
- ☐ Opening packages and containers
- ☐ Folding clothes or paper
- ☐ Wrapping or organising objects
- ☐ Using kitchen equipment requiring two hands
- ☐ Holding an object while manipulating another part
- ☐ Organising personal belongings
- ☐ Completing craft, repair or practical tasks

Observation Notes:

4. Hand & Finger Strength

Goal:

Increase endurance and control for Braille reading and daily activities.

Activities:

- ☐ Using resistance tools or therapy putty
- ☐ Squeezing objects with controlled pressure
- ☐ Opening tight lids
- ☐ Using clips, pegs or fasteners
- ☐ Carrying objects safely
- ☐ Pressing buttons and controls
- ☐ Using tools requiring controlled force

Observation Notes:

5. Finger Isolation & Control

Goal:

Improve independent finger movement needed for tactile reading.

Activities:

- ☐ Moving individual fingers independently
- ☐ Pressing specific buttons or controls
- ☐ Exploring objects using fingertips
- ☐ Tracing raised shapes and patterns
- ☐ Identifying details using one or two fingers
- ☐ Practising controlled finger movements across surfaces

Observation Notes:

6. Tactile Sensitivity & Light Touch

Goal:

Develop sensitivity needed to recognise Braille dots and tactile information.

Activities:

- ☐ Exploring textures using fingertips
- ☐ Identifying objects through touch only
- ☐ Recognising differences in materials
- ☐ Moving fingers lightly across textured surfaces
- ☐ Maintaining gentle finger pressure during exploration
- ☐ Detecting raised patterns and symbols

Observation Notes:

7. Tactile Tracking Skills

Goal:

Improve ability to follow information through touch.

Activities:

- ☐ Following raised lines from left to right
- ☐ Tracking patterns and paths using fingertips
- ☐ Following tactile symbols in sequence
- ☐ Locating specific objects among similar objects
- ☐ Identifying changes in patterns or textures
- ☐ Practising movement across Braille cells
- ☐ Maintaining consistent finger movement

Observation Notes:

8. Tactile Discrimination

Goal:

Improve recognition and interpretation of information through touch.

Activities:

- ☐ Sorting objects by texture
- ☐ Sorting objects by size
- ☐ Sorting objects by shape
- ☐ Identifying materials through touch
- ☐ Recognising everyday objects without vision
- ☐ Comparing similar objects and identifying differences
- ☐ Identifying raised patterns, symbols or Braille characters

Observation Notes:
