

Self-Care, Sensory, and Fine Motor Goals

These self-care, sensory, and fine motor goals may be appropriate for your student with autism, depending on the child's age and functioning level.

Early Childhood and Preschool

- The student will be able to dress himself or herself, including putting on underwear, pants, a shirt, and socks, on four out of five opportunities.
- The student will be able to feed himself or herself at mealtime 80% of the time.
- The student will learn two alternative behaviors for a sensory-prompted behavior that is not socially appropriate, as measured on four out of five opportunities.
- The student will be able to hold a pencil appropriately on four out of five opportunities.
- The student will use the restroom as needed 80% of the time.

Elementary School

- The student will be able to put on his or her own outerwear, including hat, boots or shoes, coat, and mittens on four out of five opportunities.
- The student will be able to navigate six different types of closures, including zippers, ties, snaps, buttons, hook and loop, and buckles, on four out of five opportunities.
- The student will identify objects or situations that cause sensory discomfort and communicate that discomfort to an adult 80% of the time.
- The student will be able to write letters, numbers, and symbols with a pen or pencil on four out of five opportunities.
- The student will use the restroom as needed 100% of the time.

Middle School and High School

- The student will be able to request a sensory break when needed 80% of the time.
- The student will be able to write legibly 80% of the time.
- The student will be able to follow a set schedule and navigate the school building 80% of the time.
- The student will be able to engage in purchasing interactions appropriately, including selecting something to buy and paying for it, 80% of the time.
- The student will be able to cook a simple meal for himself or herself on four out of five opportunities.