



Domain: Physical Well Being, Health, and Motor Development
Age: 24 Months

Strand	Topic	Code	HELDS Standard
Motor Development	Gross Motor Skills	PHM/GK.24.a	Experiment with different ways of moving (e.g. walks across room; marches; walks backwards; etc.)
Motor Development	Gross Motor Skills	PHM.24.b	Experiment with different ways of balancing (e.g. squat to pick up toys; kneel when playing, etc.)
Motor Development	Fine Motor Skills	PHM.24.c	Hold an object in one hand and manipulate with the other hand
Motor Development	Fine Motor Skills	PHM.24.d	Grasp objects and pick up objects with thumb and forefingers
Physical Development	Physical Exercise	PHM.24.e	Sustain physical activity such for at least three to five minutes at a time
Health and Personal Care	Daily Living Skills	PHM/SE.24.f	Seek out familiar adult when facing a challenging situation
Health and Personal Care	Daily Living Skills	PHM/SE.24.g	Change focus and listen when adult is speaking to them
Health and Personal Care	Daily Living Skills	PHM.24.h	Recognize basic health care workers in books, pictures, or photographs
Health and Personal Care	Daily Living Skills	PHM.24.i	Attempt or complete basic hygiene practices with adult support
Health and Personal Care	Safe Practices	PHM/GK.24.j	Cooperate with basic safety practices
Health and Personal Care	Rules and Regulations	PHM/GK.24.j	Cooperate with basic safety practices