

# **HTKS:** Head Toes Knees Shoulders Task

## Full Profile Review

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## **Name of the measure**

HTKS: Head Toes Knees Shoulders Task

## **Author(s) / Publisher(s)**

- English original (US): <https://health.oregonstate.edu/labs/kreadiness/measure>

Author: C.Cameron, & M. McClelland.

Publisher: Oregon State University

## **Age Range**

0-3 years, 3-7 years

## **Age Range Information**

3-8 years

## **SEL Skills targeted**

Self-management

## **Scales and Subscales**

Overall score on child self-regulation

## **Sources of information**

Child

## **Formats for administration**

Direct assessment

## **Administration**

It takes around 7 minutes to administer; individual child assessment

## **Scoring**

Manual

## **Psychometric Properties**

Good convergent validity with observer reports of behavioural regulation; Found to be a valid and reliable measure.

## **Training**

Training and certification required

## Other Relevant Information

A valid and reliable measure of self-regulation that has been translated into over 20 languages and is being used worldwide; it is currently available for research purposes only.

Ponitz, C. C., McClelland, M. M., Jewkes, A. M., Connor, C. M., Farris, C. L., & Morrison, F. J. (2008). Touch your toes! Developing a direct measure of behavioral regulation in early childhood. *Early Childhood Research Quarterly, 23*, 141-158. <https://doi.org/10.1016/j.ecresq.2007.01.004>

## Citation

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