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# 100 MONTESSORI PRACTICAL LIFE SKILLS



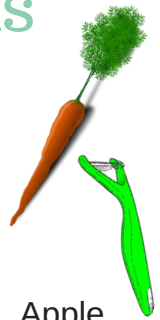
## Gross Motor

- Roll a Mat and Put it Away
- Walk Around the Mat
- Carry a Chair
- Carry Objects on a Tray
- Carry Liquids on a Tray
- Walk or Sit on the Line
- Walk Next to the Line
- Stack a Tower with Blocks
- Clap to Music with Your Hands
- Tap to Music with Sticks
- Dance and Sing without Falling
- Outdoor Play – Climb, Swing, Run
- Enjoy Daily Walks Outside



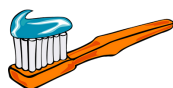
## Kitchen Skills

- Open & Close Lids
- Pour Water from a Pitcher
- Sponge Water Transfer
- Wash Vegetables and Fruit
- Wash Dishes & the Table
- Peel & Cut a Carrot, Banana, Apple
- Set a Table, Sort Cutlery, Fold Napkin
- Pour/Spoon Beans, Rice, Salt
- Whisk, Stir, Sift, Ladle, Bake, Cook
- Pack a Lunch or Snack
- Learn Knife Skills & Butter Bread
- Crack Nuts
- Squeeze Orange Juice
- Use a Rolling Pin & Cookie Cutters



## Care of Self

- Feeding Self (Fork, Spoon, Cup)
- Dressing Frames
- Dressing Self
- Using Toilet, Wipe, & Flush
- Washing Hands, Face, Body
- Brushing Teeth
- Cleaning & Clipping Nails
- Clip Clothespins
- Roll a Pair of Socks
- Use Clothes Pegs
- Hang Up and Put Clothes Away
- Wash Clothes
- Hang Jacket on Low Hook
- Fold a T-Shirt (3.5 y/o)
- Folding Work (Towels)



## Care of the Environment

- Use a Dustpan and Small Brush
- Sweep with a Child-Sized Broom
- Wipe up a Spill and Use a Mop
- Vacuum (hand-held)
- Dust
- Polish – Wood, Metal, Leather
- Plant Vegetable Seeds
- Clean a House Plant
- Clean a Window or Mirror
- Flower Arranging
- Return Materials to the Shelf



# 100 MONTESSORI PRACTICAL LIFE SKILLS



## Manners

- Daily Greeting & Introduction of Self
- Say "Please" and "Thank You"
- Table Manners
- Answer the Telephone
- Blow the Nose
- Cover a Cough/Sneeze
- Say "Excuse Me"
- Learn to Listen (Silent Game)
- Wait Your Turn & Stand in Line
- Practice Kindness
- Gently Care for Animals
- Pick Up Trash & Recycle
- Respect Living Things (Insects/Plants)



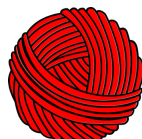
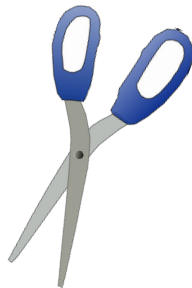
## Fine Motor

- Threading Napkin Holders onto a Scarf
- Threading Large Beads on a Straw
- Bead Stringing
- Sort Buttons by Size/Color
- Weave a Ribbon (4y/o)
- Lacing & Braiding
- Simple Use of Thread and Needle
- Sewing Button onto Cloth
- Transfer Activities – Fingers, Tweezers, Tongs, Eyedroppers, Magnets
- Stack and Sort Coins
- Grate Soap (4 y/o)



## Art & School Skills

- Wash an Easel
- Clean a Vinyl Apron
- Sharpen Pencils
- Color & Paint
- Salt Drawing
- Sponge Painting
- Rubbings & Stamping
- Modeling with Clay
- Unwinding and Winding Yarn
- Tearing Tissue Paper
- Cutting with Scissors
- Gluing
- Color Mixing



## Life Skills

- Insert Batteries into Flashlight
- Match Locks & Keys
- Threading & Unthreading Nuts on Bolts
- Wooden Hammer & Pegs
- Feed and Care for an Animal
- Dial 9-1-1 Instructions
- Learning Home Address & Phone Number (3 y/o)
- Hammering Nails (4 y/o)
- Wrap a Present (4 y/o)
- Pack an Overnight Bag (4 y/o)
- Show & Tell (Public Speaking)

