

Montessori Practical Life Activities for 1-5 Years

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Please be aware of and follow all age recommendations on all products used in these activities. Mama's Happy Hive is not liable for any injury when replicating any of the activities found on this blog or in this printable packet.

If you have any questions, please contact Vanessa at mamashappyhive@gmail.com

Montessori Practical Life Activities for 1-5 Years

Gross Motor Skills

- 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 on the Line
- Sit on the Line
- Sit/Walk Next to the Line
- Stack a Tower with Blocks or Nesting Boxes
- Clap Hands to Music
- Tap Sticks to Music
- Dance without Falling
- Outdoor Play – Climbing
- Enjoy Daily Walks

Care for Self

- Feed Self with a Fork, Spoon, & Cup
- Use Dressing Frames
- Dress Self – Zipper, Shoes, Velcro, Shirt, Pants, Underwear, Jacket
- Use Toilet, Wipe, & Flush
- Wash Hands, Face, & Body
- Brush Teeth
- Clean & Clip Nails

Life Skills

- Insert Batteries into a Flashlight
- Match Locks & Keys
- Threading & Unthreading Nuts on Bolts
- Wooden Hammer & Pegs
- Dial 9-1-1, Learn Home Address & Phone Number (3 y/o)
- Recycle
- Take out the Trash
- Hammer Nails (4 y/o)
- Pack an Overnight Bag (4 y/o)
- Wrap a Present (5 y/o)

Kitchen Life Skills & Food Prep

- Sort Cutlery
- Open and Close Lids
- Screw and Unscrew Lids
- Sort Beans
- Pour Water
- Pour Water into a Funnel
- Sponge Transfer
- Wash Vegetables and Fruit
- Wash Dishes
- Wash the Table
- Peel a Carrot
- Peel and Cut a Banana
- Cut an Apple
- Set a Table
- Fold Napkins with Napkin Rings
- Pour Grain, Beans, Rice, Salt
- Spoon Grain, Beans, Rice, Salt
- Slice Eggs
- Old-fashioned Egg Beater or Whisk
- Pack a Lunch or Snack
- Pour Water from a Thermos
- Clean a Placemat
- Sift Flour
- Stir a Mixture
- Scoop/Spoon flour, sugar, salt
- Cut a Piece of Bread
- Use a “real” Knife
- Crack Nuts
- Butter a Piece of Bread (3.5 y/o)
- Make Orange Juice (3.5 y/o)
- Help with Simple Cooking
- Turkey Baster for Liquid Transfer
- Use a Rolling Pin and Cookie Cutters (4 y/o)
- Serve Liquid with a Ladle (4 y/o)
- Pour Water into a Narrow Neck Bottle (4 y/o)

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Care for Clothes

- 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 for the Environment

- Use a Dustpan and Brush
- Sweep with a Broom
- Wipe up a Spill
- Dust
- Polish – Wood, Metal, Leather
- Plant a Seed
- Garden Work
- Clean a House Plant
- Clean a Window or Mirror
- Flower Arranging
- Put Materials Away on the Shelf

Care for Animals

- Feed a Pet
- Wash a Pet
- Keep a Clean Environment for the Pet
- Gentleness for the Pet

Manners

- Daily Greeting
- Draw a Person's Attention
- Say "Please" and "Thank You"
- Table Manners
- Answer the Telephone
- Blow the Nose
- Cough and Sneeze

Fine Motor Skills

- Transfer Activities – Fingers, Tweezers, Tongs, Eyedroppers, Magnets
- Q-Tips & Toothpicks Transferring into Corresponding Holes
- Stack Coins (4 y/o)
- Grate Soap (4 y/o)

Art – Fine Motor Work

- Wash an Easel
- Clean a Vinyl Apron
- Sharpen Pencils
- Color Salt
- Drawing
- Sponge Painting
- Rubbings
- Stickers
- Stamping
- Modeling with Clay
- Unwinding and Winding Yarn
- Tearing Tissue Paper
- Cutting with Scissors
- Gluing
- Mix Colored Water (4 y/o)

Sewing

- Threading Napkin Holders onto a Scarf
- Threading Large Beads onto a Straw
- Bead Stringing
- Sort Buttons by Size/Color
- Sequencing
- Weave a Ribbon (4y/o)
- Lacing
- Braiding
- Simple Use of Thread and Needle
- Sew a Button onto Cloth