



# Montessori Practical Life Activities for 1-5 Years



Montessori House of West Linn



## Introduction

Practical life activities are the foundation

Montessori education. They help children develop independence, coordination, concentration, and a sense of responsibility. Activities are designed to be meaningful and suited to a child's developmental stage: ● ● ●



### 1. Self-Care Activities

Age	Activity	Materials Needed	Steps / Guidance
1-2 yrs	Washing hands	Small basin, soap, towel	Show child how to wet hands, apply soap and rinse.
2-3 yrs	Brushing teeth	Child-sized toothbrush, toothpaste	Demonstrate brushing technique let child practice.
3-4 yrs	Dressing	Buttons, zippers, shoes	Encourage child to practice buttons, zipping, and setting out.
4-5 yrs	Hair care	Comb, brush	Teach combing, brushing, and tying simple hairstyles.



### 2. Care of Environment

Age	Activity	Materials Needed	Steps / Guidance
1-2 yrs	Putting away toys	Baskets, shelves	Encourage child to place toys back after use.
2-3 yrs	Table wiping	Small cloth, spray bottle	Demonstrate wiping crumbs or spills
3-4 yrs	Plant watering	Small watering can, plants	Guide child to water plants carefully.



### 3. Practical Life Skills (Care of Others)

Age	Activity	Materials Needed	Steps / Guidance
2-3 yrs	Helping peers	Everyday classroom items	Encourage child to assist in simple tasks.



### 4. Fine Motor & Coordination Activities

Age	Activity	Materials Needed	Steps / Guidance
1-2 yrs	Pouring water	Small jugs, cups	Guide child to pour water from one to another.
2-3 yrs	Spoon-transferring	Bowl, spoon, small objects	Show child to sort crumbs or spills to a spoon.
3-4 yrs	Threading beads	Large beads, string	Demonstrate threading beads to make simple patterns.



### 5. Practical Life Activities for Concentration

Age	Activity	Materials Needed	Steps / Guidance
1-2 yrs	Object matching	Cards, objects	Encourage matching objects with corresponding pictures.
2-3 yrs	Stringing beads	Colorful blocks, or buttons	Guide child to sort by color, shape or size.
3-4 yrs	Transferring liquids	Small pitchers, cups	Teach child to transfer liquids to avoid spills.
4-5 yrs	Folding napkins	Napkins	Encourage child to fold and mow items using tweezers.

#### Tips for Teachers and Parents



**Child-Sized Materials:**  
Use child-appropriate tools



**Demonstration:**  
Model activities slowly and clearly.



**Observation:**  
Allow independent practice.



**Environment:**  
Keep the area tidy and accessible.



**Patience:**  
Let the child learn at their own pace.