



# Montessori Practical Life Activities for 1–5 Years



Montessori House of West Linn



## Introduction

Practical life activities are the foundation

of 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 imitate.
3–4 yrs	Dressing	Buttons, zippers, shoes	Encourage child to practice buttons, zippers, and putting on shoes.
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 classmates 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 jug 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	String beading	Colorful blocks, or buttons	Guide child to sort by color simple or size.
3–4 yrs	Transferring liquids	Small pitchers, cups	Teach child pouring to avoid spills, careful spills.
4–5 yrs	Folding napkins	Napkins	Encourage child to pick and move 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.