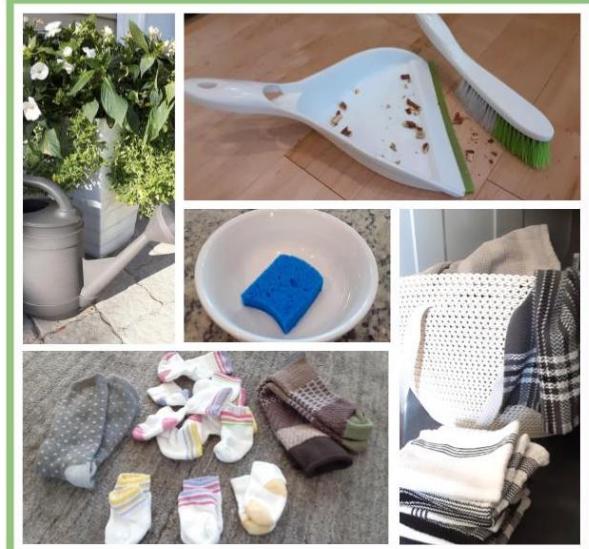


# Practical Life Activities at Home



"I want to do it myself". Have you heard this from your child? Have you heard it often? It is a universal expression of a child's inward drive toward learning and independence.

Within the Montessori classroom is the **Practical Life area**. It is the foundation for future learning within the classroom. It is composed of four main areas:

1. Control of Movement
2. Care of the Person
3. Care of the Environment
4. Grace and Courtesy

The repetition of activities within these areas help the child to develop coordination, concentration, independence and a sense of order.

The activities listed below focus mostly on care of the environment.

1. **Watering an indoor or outdoor plant:** Materials consist of a watering can or pitcher/measuring cup and a plant. The child can add the water to the watering can with assistance if needed, then carefully carry the watering can with two hands. Carefully pour the water into the plant container using both hands.

2. **Folding Laundered Dish Towels and Wash Cloths:** Work of the child consists of folding each dishtowel in half and then in half again, pile them up. Fold and pile the washcloths the same way. Children really enjoy doing this.
3. **Matching Socks:** Materials consist of a basket of clean laundry that includes socks. The child can sift through the laundry to find all the socks, then match the pairs or the adult can pre-sift to find all the socks and the child can then match the pairs. An older child may child is able to fold all the socks as well.
4. **Cleaning Your Table Space After Eating a Meal or Snack:** Materials needed are a semi-wide, semi shallow bowl, half of a dish sponge (for small hands) and approximately two tablespoons of water. Adult set up consists of placing sponge and water into bowl. Work of the child consists of squeezing the sponge with two hands to remove excess water, then the child goes about wiping his/her place at the table.
5. **Sweeping Crumbs on the Floor After Eating:** Materials consist of a small dustpan and sweeper. Work of the child consists of the child sweeping the crumbs into a pile, then sweeping the pile onto the dustpan, then dumping contents into a compost bucket or trashcan. Do not be surprised if your child lies on his or her belly on the floor and has a grand old time sweeping.