



Montessori Practical Life Activities by Age

These age ranges are just a gentle guide—every child develops on their own timeline, so use what fits your child's interest and readiness and skip what doesn't. In Montessori we “follow the child,” so if a skill isn't clicking yet, it's not failure—just information to simplify the task, adjust the setup, or try again later.

12-18 Months

- Hand washing
- Brushing hair
- Putting on socks
- Putting on shoes (slip-ons first)
- Washing face with a warm cloth
- Wiping a table
- Cleaning a spill (sponge + cloth)
- Watering plants (small pitcher)
- Carrying a tray (two hands)
- Opening and closing containers
- Greeting (hello/goodbye)

18 Months-3 Years

<ul style="list-style-type: none"><input type="checkbox"/> Nose wiping (tissues + bin)<input type="checkbox"/> Brushing teeth (simple routine)<input type="checkbox"/> Zipping (jacket or pouch)<input type="checkbox"/> Folding simple clothing (washcloths first)<input type="checkbox"/> Sweeping crumbs (child broom + dustpan)<input type="checkbox"/> Dusting shelves<input type="checkbox"/> Washing dishes (basin method)<input type="checkbox"/> Scrubbing vegetables<input type="checkbox"/> Sorting recycling<input type="checkbox"/> Peeling a banana<input type="checkbox"/> Spreading (butter/hummus)	<ul style="list-style-type: none"><input type="checkbox"/> Pouring water (small pitcher)<input type="checkbox"/> Pouring dry goods (beans before rice)<input type="checkbox"/> Spooning transfer (beans between bowls)<input type="checkbox"/> Washing fruit<input type="checkbox"/> Setting the table<input type="checkbox"/> Walking the line (tape line)<input type="checkbox"/> Transferring with tongs<input type="checkbox"/> Interrupting politely (hand on shoulder, wait)<input type="checkbox"/> Offering help (“Can I help you?”)<input type="checkbox"/> Table manners (napkin, please/thank you)
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3-6 Years

- Buttoning (shirt or frame)
- Flower arranging
- Cleaning windows (spray bottle + cloth)
- Putting away groceries (light to heavier items)
- Slicing soft foods (child-safe knife)
- Juicing citrus
- Cracking an egg (tap, then open)
- Quick presentation

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Montessori Parent Guide



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