



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

- | | |
|---|---|
| <input type="checkbox"/> Nose wiping (tissues + bin) | <input type="checkbox"/> Pouring water (small pitcher) |
| <input type="checkbox"/> Brushing teeth (simple routine) | <input type="checkbox"/> Pouring dry goods (beans before rice) |
| <input type="checkbox"/> Zipping (jacket or pouch) | <input type="checkbox"/> Spooning transfer (beans between bowls) |
| <input type="checkbox"/> Folding simple clothing (washcloths first) | <input type="checkbox"/> Washing fruit |
| <input type="checkbox"/> Sweeping crumbs (child broom + dustpan) | <input type="checkbox"/> Setting the table |
| <input type="checkbox"/> Dusting shelves | <input type="checkbox"/> Walking the line (tape line) |
| <input type="checkbox"/> Washing dishes (basin method) | <input type="checkbox"/> Transferring with tongs |
| <input type="checkbox"/> Scrubbing vegetables | <input type="checkbox"/> Interrupting politely (hand on shoulder, wait) |
| <input type="checkbox"/> Sorting recycling | <input type="checkbox"/> Offering help (“Can I help you?”) |
| <input type="checkbox"/> Peeling a banana | <input type="checkbox"/> Table manners (napkin, please/thank you) |
| <input type="checkbox"/> Spreading (butter/hummus) | |



Montessori Practical Life Activities by Age

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

If you love our work, please subscribe, like and share. Thank you ❤️



Montessori Parent Guide



www.montessoriparentguide.com



Name:Montessoriparentguide