


 We made this simple Maths activity today, to help with number recognition. It's so easy to do at home !

It is brilliant for enhancing their fine motor skills too, ready for holding a pencil  .

 My 2 year old loved it!



100 MONTESSORI PRACTICAL LIFE SKILLS

 Mama's Happy Hive

Gross Motor

- Roll a Mat and Put it Away
- Walk Around the Mat
- Carry a Chair
- Carry Objects on a Tray
- Carry Liquids on a Tray
- Walk or Sit on the Line
- Walk Next to the Line
- Stack a Tower with Blocks
- Clap to Music with Your Hands
- Tap to Music with Sticks
- Dance and Sing without Falling
- Outdoor Play – Climb, Swing, Run
- Enjoy Daily Walks Outside



Kitchen Skills

- Open & Close Lids
- Pour Water from a Pitcher
- Sponge Water Transfer
- Wash Vegetables and Fruit
- Wash Dishes & the Table
- Peel & Cut a Carrot, Banana, Apple
- Set a Table, Sort Cutlery, Fold Napkin
- Pour/Spoon Beans, Rice, Salt
- Whisk, Stir, Sift, Ladle, Bake, Cook
- Pack a Lunch or Snack
- Learn Knife Skills & Butter Bread
- Crack Nuts
- Squeeze Orange Juice
- Use a Rolling Pin & Cookie Cutters



Care of Self

- Feeding Self (Fork, Spoon, Cup)
- Dressing Frames
- Dressing Self
- Using Toilet, Wipe, & Flush
- Washing Hands, Face, Body
- Brushing Teeth
- Cleaning & Clipping Nails
- Clip Clothespins
- Roll a Pair of Socks
- Use Clothes Pegs
- Hang Up and Put Clothes Away
- Wash Clothes
- Hang Jacket on Low Hook
- Fold a T-Shirt (3.5 y/o)
- Folding Work (Towels)



Care of the Environment

- Use a Dustpan and Small Brush
- Sweep with a Child-Sized Broom
- Wipe up a Spill and Use a Mop
- Vacuum (hand-held)
- Dust
- Polish – Wood, Metal, Leather
- Plant Vegetable Seeds
- Clean a House Plant
- Clean a Window or Mirror
- Flower Arranging
- Return Materials to the Shelf



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Sensorial

- *Colour* – Children can spot colours of spring flowers, of different animals and birds etc. Colour matching games are often popular [e.g. "Can you find two things that are yellow?"]. Try to expand your children's vocabulary by describing different colours: magenta, cream, olive, beige, crimson etc. Colour mixing activities with paint can also be good fun.
- *Sound* – When singing songs, also sing them quietly and loudly. Listen out for what they can hear in the garden and on walks. Practice silence. Expose children to different musical instrument sounds.
- *Taste* – When eating, mindfully discuss the taste of foods. Are they sweet, salty, bitter, sour?
- *Touch* – Sand, water, playdough, foam, bubbles, paint and more!

Threading Cheerios onto spaghetti, a perfect fine motor skills activity 🍝



👍 Kept them busy for a little while. Thanks to @zoelouiseandian for the idea!









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