



the Willow

Some exercise of practical life.... please know these are just suggestions and we will not be upset if you choose not to do them.

It is also worth noting that some of the activities will be beyond what your child has learnt and so please do not push them too far as it can put them off. The intent of all of these activities is to HAVE FUN. Nothing is ever wrong as self correction is one of the biggest parts of learning e.g. spilt water can be sponged up by the child.

Gross Motor Skills

- Roll a Mat and Put it Away
- Walk Around the Mat
- Carry Objects on a Tray
- Carry Liquids on a Tray
- Draw a Line and ask the Child to Walk or Sit on it
- Walk next to the line – advance to toe to heel if possible
- Stack a Tower with Blocks
- Clap to the Rhythm of Music
- Tap to Music with Sticks
- Dance and Sing without Falling
- Outdoor Play in your Garden- Climb, Swing, Run
- Enjoy Daily Walks Outside

Shown	Trying	Able

Kitchen Skills

- Open and Close Lids – jars and bottles
- Pour Water from a Jug – Use a pincer grip on the handle and place two fingers under the bottom side to keep steady – have a sponge at the ready
- Sponge Water Transfer – Don't worry if it spills, that's what the sponge is for
- 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 etc.
- Whisk, Stir, Sift, Ladle, Use a Rolling Pin and/or Cookie Cutters, Bake, Cook
- Pack a Lunch or Snack
- Learn Knife Skills and Butter Bread
- Squeeze Orange Juice

Shown	Trying	Able

Care of Self

- Feeding Self (Fork, Spoon, Cup)
- Dressing Self – Give them time to do their shoes, socks and coats etc.
- Using a Toilet, Wiping and Flushing
- Washing Hands, Face and Body
- Brushing Own Teeth
- Cleaning and Clipping Nails
- Roll a Pair of Socks
- Hang out Washing
- Put Clothes Away
- Hang a Jacket on a Hook
- Fold a T-Shirt – 3.5 years and older
- Folding Work - Towels

Shown	Trying	Able

Care of the Environment

- Use a Dustpan and Small Brush – Draw a circle on the floor and let them brush into it (sticking a circle of string to the floor can also work if you don't want to write on it)
- Sweep with a Child Size Broom
- Wipe up a Spill and Use a Mop
- Vacuum (hand held)
- Dust
- Polish – Wood, Metal, Leather
- Plant Vegetable Seeds
- Clean and Water a House Plant
- Clean a Window or Mirror
- Flower Arranging
- Return Materials or Toys to a Shelf
- Look after Pets

Shown	Trying	Able

Manners

- Daily Greetings & Introduction of Self
- Say “Please” and “Thank you”
- Table Manners
- Answer the Telephone
- Blow the Nose
- Cover a Cough/Sneeze
- Say “Excuse Me”
- Learn to Listen (Silent Game)
- Wait Your Turn & Stand in Line
- Practice Kindness
- Gently Care for Animals
- Pick Up Trash & Recycle
- Respect Living Things (Insects/Plants)

Shown	Trying	Able

Fine Motor

- Threading Napkin Holders onto a Scarf
- Threading Large Beads on a Straw
- Bean Stringing
- Sort Buttons by Size/Colour
- Weave a Ribbon (4 yr and upwards)
- Lacing and Braiding
- Simple Use of Thread and Needle
- Sewing Button onto a Cloth (3 yr and upwards)
- Transfer Activities – Fingers, Tweezers, Tongs, Eyedroppers, Magnets
- Stack and Sort Coins
- Grate Soap (4 yr and upwards)

Shown	Trying	Able

Art & School Skills

Life Skills

- Wash an Easel
- Clean a Vinyl Apron or Table Cloth
- Sharpen a Pencil
- Colour & Paint
- Salt Drawing (with Letters and Numbers too)
- Sponge Painting
- Rubbings & Stamping
- Modeling with Clay
- Unwinding and Winding Yarn
- Tearing Tissue Paper
- Cutting with Scissors
- Gluing
- Colour Mixing

Shown	Trying	Able

- Insert Batteries into a Torch
- Match Locks and Keys
- Threading and Unthreading Nuts on Bolts (3 yrs upwards)
- Wooden Hammer & Pegs
- Feed and Care for an Animal
- Dial 9-9-9 and Explain Use
- Learning Home Address & Phone Number (3 yrs upwards)
- Wrap a Present
- Hammering nails (4 yrs upwards)
- Wrap a Present (4 yrs upwards)
- Pack an Overnight Bag
- Show and Tell to Family Members

Shown	Trying	Able

Demonstrate, let them have a try, let them show you how.

It is worth mentioning that nearly all of these activities can be graded by difficulty, e.g. pouring of water from a jug can progress to pouring into equal quantities, through a funnel, and then graded into amounts in each jug etc. Hours of fun!

Don't forget to let them have lots of free play. This is just as important.