THE FULL LIST OF ACTIVITIES FOR AT HOME FOR TODDLERS AND PRESCHOOLERS

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Locks and Keys	Around 13 months +	• A lock and key with the key strongly attached to a string	• Activities for eye- hand coordination	
Slotted Box with Chips	Around 13 months +	 A box with a slot cut into it Latch on box adds a challenge for the fingers Examples of posting items are large coins, small letters (laminated), and poker chips Use a tray to hold slotted box and basket of posting items 	• Refinement of eye- hand coordination and grasp	
Table wiping	Once a child can walk	 A tray or basket with a sponge/drying mitt A supply of replacement drying mitts 	• Care of environment	
TODDLER 14/16	MONTHS TO 3 YEARS			
Age	Activity name	Description	Area of development	
14 months +	Objects with Identical Cards for matching	 Classified sets of objects that have matching cards Identical pictures where the object can be put on top and completely cover it, identical in size and colour if possible 	 Aids language development Helps a child move from 3D object to a 2D representation 	

14 months +	Objects with Similar Cards for matching	 Classified sets of objects that have matching cards Similar pictures where the object can be put on top and completely cover it, identical in size and colour if possible 	 Aids language development With similar cards, allows the child to extract the essence of the object 	
14 months +	Wooden Box with Sliding Lid	 Box with a sliding lid, object inside, changed regularly 	• Refinement of eye- hand coordination and grasp	
14 months +	Box with Bins	 A wooden box with three bins that open out Three different objects, placed in each bin 	 Refinement of eyehand coordination and grasp To exercise the wrist motion 	

14 Months+	Mail box	 Boxes for posting different shapes and sizes Basic set with a single shape, eg, one lid with a circle, one with a square, one with a triangle, and one with a rectangle More challenging, eg, two shapes cut out of one lid then even more challenging, eg, four shapes cut out of lid 	 Refinement of eyehand coordination and grasp Introduction to, and naming of, geometric solids
14 Months+, walking steadily	Watering plants	 Tray (to protect shelf) Small watering can A small container with a small piece of sponge A plant 	• Care of environment
14 Months+	Undressing, Dressing and Storing Clothes	• Putting on their own coat, shoes, clothing and hanging them on a hook or in a basket	• Care of self
14 Months+	Handwashing at sink	Use a bar of soap or liquid soapTowel	• Care of self

14 Months+	Wiping the nose	 Tissues - can be cut in half and folded A mirror A small garbage bin, with swinging lid Show them how to wipe the mucous on your own nose; then allow them to wipe their nose 	• Care of self	
14 Months+	Brushing teeth	 Bathroom sink Someplace to store toothbrush Toothbrush Toothpaste Allow child to first brush their teeth; then offer to finish for them 	• Care of self	
14 Months+	Dressing frame: velcro	 A wooden frame, two pieces of fabric fastened with velcro To practise opening and closing velcro 	• Care of self	
14/16 months	Climbing	Eg, climbing frames, poles, climbing wall, obstacle courses, trees	• Activities for gross motor movement	
14/16 months	Pushing/Pulling	Eg, a wheelbarrow for pushing and a wagon for pulling	• Activities for gross motor movement	
14/16 months	Brachiating - swinging by arms like a monkey	Eg, monkey bars, rings	• Activities for gross motor movement	
14/16 months	Sliding	Ideally with large platform at top and wide enough for them to manage independently	• Activities for gross motor movement	

14/16 months	Running	Eg, running tracks with arrows; a basket of balls and child carries ball from basket at end to basket at beginning of track	• Activities for gross motor movement
14/16 months	Jumping	Eg, jumping over a line flat on the floor; once jumping with both feet, can introduce something with elevation	• Activities for gross motor movement
14/16 months	Riding	Eg, balance bike or low-trike pushing feet on floor; then from 2½ years can introduce pedal tricycles	• Activities for gross motor movement
14/16 months	Balancing	Initially walking holding onto a wall in front of them; then walking forward on beam holding onto wall with one hand; then one foot on beam, one foot on ground (and then alternate feet so other foot is on beam etc); then can alter height or move beam away from wall; can also crawl on a wide balance beam	• Activities for gross motor movement
14/16 months	Swinging	Ideally seat low to ground so child can get on and off on his own and push himself. Can lie over seat and push feet or sit on seat and then backing up, lift feet and go.	• Activities for gross motor movement

14/16 months	Other movement possibilities	 Platform on semicircular base (a.k.a, therapy top) - very good for vestibular system and proprioceptive feedback Y shaped tunnels made of natural elements or other Labyrinths from box hedge Sand pits Ball swing Gardening and composting A cave made out of natural elements Running water 	• Activities for gross motor movement	
14 to 16 months +	Discs on Horizontal Dowel	• Straight horizontal dowel made of metal on a wooden base with one to three discs	 Refinement of eyehand coordination and grasp To test crossing the midline To work on wrist movements 	
14 to 16 months +	Discs on Serpentine Dowel	• Serpentine dowel made of metal on a wooden base with one to three discs	 Refinement of eyehand coordination and grasp To test crossing the midline To work on wrist movements 	

Around 15/16 months +	Washing leaves	 A little (leaf-shaped) dish with sponge cut to size inside dish A tray to protect shelf from water 	• Care of environment	
Around 15/16 months +	Latches	• A collection of latches attached to different furniture or doorways in a room, eg, latch with chain, hook latch, bar latch	 Refinement of eye- hand coordination and grasp 	
Around 15 to 18 months +	Hair brushing	 Mirror A tray on the table, to carry hairbrush A dish with hair clips and hair bands 	• Care of self	
Around 15 to 18 months +	Three Pegs with Small Rings	 Wooden square base with three pegs in primary colours Three rings of each colour 	• Refinement of eye- hand coordination and grasp	

Around 16 to 18 months +	Clay	 Plastic mat or special table with canvas covering for clay work A lump of real mud clay (white/terracotta) wrapped in a damp cloth in a container OR white DAS clay OR playdough OR kinetic sand Tools to sculpt with and cut 	• Art/Self expression
16-18 months	Sweeping	 Broom You can use a sweeping guide to show where to collect the dirt Dust pan and brush 	• Care of environment
16-18 months	Dusting	• Dusting cloth	Care of environment
16-18 months	Mopping	 Child sized mop or 'vileda' flat mop with washcloth attached Hang mop on cleaning stand 	• Care of environment

16-18 months	Dusting plants	 A handmade plant duster made out of wool Container to hold duster 	• Care of environment	
16-18 months	Dressing frame: zipper	 A wooden frame, two pieces of fabric fastened with a zipper. The fabric does not come apart - the zipper is attached at the bottom. Metal ring can be placed on the zipper pull. To practise using a zipper 	• Care of self	
16 to 18 months +	Bead Stringing	 A piece of plastic tubing used as thread - easier to use initially as it allows the child to push a bit of thread through the bead 5 or 6 wooden beads - can build to more beads More challenging: a thicker string; bigger beads; a shoe string with small beads 	• Refinement of eye- hand coordination and grasp	

18 months +	Flower arranging	 Collection of different vases Doilies Flowers - cut to length to be used A tray with a lip A small jug A small funnel A sponge The child can pour water into the vase using the funnel and arrange on a table or shelf with the doily underneath 	• Care of environment	
18 months +	Hanging up cloths	 Wet items of laundry - napkins, hand mitts, wash cloths, aprons Washing line Wooden dolly pegs 	• Care of environment	
18 months +	Collecting debris and placing it on the compost pile	 Debris Child-sized rake, dustpan and brush A wheel barrow A compost pile [compost bin optional] 	 Care of environment Outdoor environment 	CV

18 months +	Germinating seeds	 Seeds - a small glass jar with a picture on the outside of what the seeds grow into. Choose seeds that will germinate quickly (peas, beans, corn, radishes, pumpkin, sunflowers) Small pots - clay pots, newspaper pots, or peat pots Small gardening hand tools - including trowel, rake Apron A small tray with a little dish On window sill or near light source, have a small gardening tray and jug Dirt - from outside or if necessary a tin of dirt 	• Care of environment	
18 months +	• Other activities to take care of the outdoor environment	 Sweeping Raking Digging Scrubbing pavers, tables and benches Watering plants Collecting debris in wheelbarrow and taking to compost pile Picking and grooming flowers Planting a garden, vegetable garden or herb garden that then requires ongoing care 	• Care of environment	

18 months + (able to carry a jug)	Handwashing	 Small basin for washing hands Jug Soap dish with small piece of soap Apron Washcloth - for drying hands Mitt - to dry table Discard bucket Suitable for child wanting to repeat handwashing at sink 	• Care of self	
18 months +	Cleaning shoes	 A mat Brush - a brush with handle or a toe-nail brush 	• Care of self	1100
18 months +	Setting table	 Help to set table with a basket for cutlery Help to lay table cloth Help to fold napkins Help to make warm wash cloths 	• Food	
18 months +	Help to clear table	Wipe face with warm wash clothBring plate and cutlery to kitchen	• Food	

18 months +	Preparing crackers	 Small spreaders Small container with spread Small box of crackers Child spreads a small amount of spread onto the cracker and sits to eat Can prepare standing or sitting 	• Food	
18 months +	Squeezing orange juice	 Orange juicer - look for a press or squeezer they can use independently Jug to collect juice Glass for drinking Child can squeeze orange and bring the peel to the bin 	• Food	
18 months +	Cutting banana	 Banana prepared by cutting a slit at the top of the banana so child can peel off skin, strip by strip A chopping board A butter knife/non-serrated knife to cut banana Child can bring peel to bin Can place in bowl to serve on table 	• Food	

18 months +	Peeling and cutting apple	 A peeler An apple cutter/corer A chopping board Child can peel apple by laying the apple on the board and peeling from top to bottom The apple cutter is pushed from top to bottom to divide the apple in 8 segments and remove the core Can place in bowl to serve on table 	• Food	
18 months +	Pour a glass of water	 Access to a tap/small jug/water dispenser Glass Have a sponge and hand mitt ready for spills 	• Food	
18 months +	Water colour painting	 Tray Water colour tablet Small jam jar with water Brush Cloth to wipe up spills Underlay Paper Show child how to wet brush, put paint on brush, paint onto paper 		

18 months +	Sorting objects	• A dish with three sections and two different kinds of the same item, eg, shells, nuts, seed pods, geometric shapes - four of each kind	 Works with refinement of tactile sense Aids in classification abilities Helps to develop stereognostic sense - the ability to feel around an object 	
18 months +	Vocabulary cards	 Sets of classified cards that somehow relate to the child's life Start with simple classifications 	 Aids language development To increase vocabulary 	
18 months +	Basket with Containers	• Basket of different containers with different opening possibilities, eg, a basket, bag, pouch etc	• Refinement of eye- hand coordination and grasp	

18 months +	Sewing	 In a basket or box Scissors Thread A needle case with a blunt tapestry or embroidery needle First sewing card is diagonal line on a square card with pre-punched holes; then holes in a square and circle shape; then tapestry forms or sewing buttons 	 Refinement of eyehand coordination and grasp To learn the practical skill of sewing To practise precision and exactness 	
18 months - 22 months (depending on fine motor dexterity)	Dressing frame: buttons	 A wooden frame, two pieces of fabric attached with three large buttons Buttonhole is vertical To practise buttoning 	• Care of self	
18 months - 22 months	Dressing frame: press studs	• A wooden frame, two pieces of fabric fastened with press studs	• Care of self	BB
18 months - 2 years	Table washing	• A tray with a bowl, soap, brush and sponge for scrubbing table	• Care of environment	

18 months - 2 years +	Mirror polishing	 A little container of non toxic polish A rectangular sponge as an applicator A finger mitt An underlay to place items on 	• Care of environment	
18 months - 2 years +	Wood polishing	 A container that is easy for the child to handle A bottle of polish Small dish A finger mitt Items to polish 	• Care of environment	
18 months - 2 years +	Gluing	• A gluing box with space for brush, glue pot with small amount of glue, up to 6 large shapes, and paper to glue onto	 Refinement of eyehand coordination and grasp To teach the practical skill of gluing Refine movement of fingers 	

Around 2 years +	Washing dishes	 Some kind of table with two tubs A dish brush with small handle or a small sponge A small travel sized bottle of dishwashing detergent with small amount of liquid A jug - plastic and transparent; can put strip on jug to show desired water level Apron A drying mitt A hand drying cloth 	• Food	
Around 2 years +	Drying dishes	• Lay the drying cloth on table, place bowl or glass on cloth; fold cloth into the bowl or glass; press; unfold	• Food	
Around 2 years +	Cleaning windows	 A spray bottle with 1 cup of water and ¼ cup of vinegar A small squeegee A piece of chamois 	• Care of environment	

Around 2 years +	Washing cloths	 Some kind of table with two tubs A small scrub board A bar of soap Soap dish A jug Two plastic baskets on either side of table on the floor Apron A drying mitt A hand drying cloth 	• Care of environment	
Around 2 years +	Use of scissors	 Pair of small scissors in scissors case Handmade envelopes Narrow strips of paper of index card weight - narrow strips allow the child to cut across the strip in one snip 	 Refinement of eyehand coordination and grasp To learn practical skill of cutting To develop precise hand movements 	
Around 2 years +	Classified Stereognostic Bags (mystery bags)	 An attractive bag with 5 - 8 related objects A bag you can't easily look in so child feels around the object Examples Cooking implements - child sized spreader, cookie cutter, sieve, bamboo whisk, spatula Bag made out of kimono containing Japanese items Hair items Gardening tools 	 To aid in the development of the stereognostic sense To increase vocabulary 	

Around 2 years +	General Stereognostic Bags	• As above with unrelated objects	 To aid in the development of the stereognostic sense To increase vocabulary 	
Around 2 years +	Stereognostic Bags with Paired Objects	• As above with two of each object	 To aid in the development of the stereognostic sense To increase vocabulary 	
Around 2 years - the child needs some language	The Questioning Exercise	 Kinds of conversations that occurs any moment throughout the day, eg, when folding laundry, preparing food An example: "Do you remember when we planted the basil and then it started growing?" "Where did we plant the basil seeds?" "What did we have to use to pick the basil?" Done very naturally and conversationally 	 To use vocabulary he is developing To broaden child's thinking, help them abstract information from his experiences, and verbalise it Builds self confidence Allows the adult to model language usage 	

2.5 years +	Polishing shoes	 Some kind of a container which everything fits in A container of shoe polish (small amount) Finger mitt for applying polish Soft bristled brush An underlay that covers the whole table A shoe horn - if outdoor shoes worn A piece of vinyl - if indoor shoes worn 	• Care of self	• • • • • • • • • • • • • • • • • • • •
2.5 years +	Dressing frame: buckles	 A wooden frame, two pieces of leather fastened with three or four buckles To practise buckles 	• Care of self	
2.5 years +	Helping with baking	 Child can help measure ingredients Stir ingredients Sweep and clean up after baking 	• Food	
3+ YEARS - AC	TIVITIES FOR AT HOME			
Age	Activity name	Description	Area of development	
3 years +	Help to unpack dishwasher	 Assist in unpacking the dishwasher 	• Daily life	
3 years +	Help with recycling	• To sort recycling and bring it to container	• Daily life	
3 years +	Make bed (Pulling up a duvet)	• To make their own bed - duvet only	• Daily life	

3 years +	Use toilet independently	 Have a step stool and a smaller toilet seat available OR use a potty 	• Daily life
3 years +	Assisting with more advanced cooking	• eg, helping to make lasagne	• Food
3 years +	Feeding pets	 A small amount of fish food can be placed in an egg cup Getting a dog water Giving food to cat, hamster etc 	• Daily life
3 years +	Help to fold laundry and socks	• Take part in the clothes washing process	• Daily life
3 years +	Helping to get ready for visitors	 Making beds Clearing spaces/toys etc Preparing meal 	• Daily life
3 years +	First board games	 Orchard by Haba Shopping List and other games by Orchard Toys Simple card games like snap Games can be simplified depending on the age of the child 	 Turn taking Understanding simple rules Fun
3 years +	More difficult sewing, art and craft materials	 Cards with more complicated shapes, eg, heart Sewing buttons Sewing embroidery patterns Sewing a cushion Art projects with more than one step 	• Art/Self expression

3 years +	Exploration of world around us	 eg, nature collections, birds, animals, plants and trees 	BotanyCultural studiesLife sciences	
3 years +	More refined threading, sorting	 A shoelace with small beads A piece of wool with small pieces of straw using an embroidery needle 	Eye-hand coordinationRefining the grasp	
3 years +	Composition puzzles - 12+ pieces	• More difficult puzzles including layered puzzles and composition puzzles and puzzles with more pieces	 Refinement of eye- hand coordination and pincer grasp Develops the ability to recognise a background shape 	
3 years +	Hammering shapes in corkboard	 A corkboard Wooden shapes Small nails and hammer 	• Eye-hand coordination	

3 years +	Prick work	 Felt underlay Prick pen Shape to prick The child follows along the line until the shape can be removed 	• Refinement of eye- hand coordination and grasp	
3 years +	Grading sizes of nuts and bolts	 A wood board with various sized holes Nuts and bolts that fit in the holes in a container 	• Eye-hand coordination	
3 years +	Stretching elastic bands in a grid board	• Using a geo board to stretch elastics - can make patterns or open ended	• Eye-hand coordination	
3 years +	I Spy	 If showing interest in sounds of letters Use phonetic sounds of letters	 Language development Pre-reading skills 	

3 years +	Calendar	 Make your own simple calendar where the child can change the day, month, weather Can add more details as the child gets older There are some commercially available too 	• Time	Today is The month is The month is The weathers The we
3 years +	Lots of free play and outdoor play	• Allow time every day to be outdoors and unstructured time for the child to play	 Daily life Outdoor environment Fun 	
3 years +	Wedgits	• Wedgits can be purchased - allows building in sequence and various patterns can be made	• This is not a Montessori activity but something that would be suitable for the home environment	
3 years +	Well selected building materials	• eg, lego, magnatiles	• These are not a Montessori activity but something that would be suitable for the home environment	

3 years +	Marble run	• There are beautiful wooden marble runs that the child can build themselves	• This is not a Montessori activity but something that would be suitable for the home environment
4 years +	More difficult board games	Animal YahtzeeSleeping QueensStratego Junior	 Turn taking Understanding simple rules Fun
5 years +	More difficult board games	 Cluedo Junior, who ate the chocolate cake Mastermind Connect Four 	 Turn taking Understanding simple rules Fun