

PRIMARY IDEAS

PRACTICAL LIFE

- Help with cooking
- Feed the animals
- Scrub tables (they love this)
- Choosing own clothes and dressing themselves
- Washing own face
- Hair Brushing
- Wash hands/ cleaning nails with a nail brush
- Take shoes off/on
- Putting coat on - practice button, zip, tie, velcro
- Prepare own snack (cutting up a banana, peeling a carrot, squeezing an orange)
- Eating with a knife and fork, cutting up own food (where possible)
- Help with baking (crack an egg, use a measuring cup, pour into bowl)
- Match and Fold socks
- Fold wash cloths - sorting dirty clothes into light/dark piles, pouring liquid into the machine
- Set the table
- Dust
- Take care of plants- watering and cleaning leaves with a wet sponge
- Sweep floors, vacuuming
- Mirror/window cleaning with a squeegee
- Making own bed, stripping sheets off bed, putting on a pillowcase
- Using tongs or tweezers to place items on a tray
- Pouring from one container to another - dry or wet, using measuring cups or like containers and a mixing bowl or tray beneath to catch spills
- Baby washing (doll/toy washing - trucks)
- Making bubbles - water in a bowl, whisk, small amount of dish soap