

Montessori Practical Life Checklist

provided by **SUGAR + SPICE
and glitter**



Preliminary Exercises

walking around the mat
standing quietly
sitting down and getting up from the floor
sitting down and getting up from a chair
carrying a chair
carrying a table

carrying trays or boxes
carrying a bucket
carrying a jug (fill and empty it)
opening and closing drawers
opening and closing a door

Primary Lessons

removing & matching lids on boxes/bottles
using tongs
water transfer (baster to eye-dropper)
locks and keys
pouring water #1 - jug to jug
pouring water #2 - jug to glass
pouring water #3 - jug to glasses
pouring water #4 - jug to glasses at various levels
pouring water #5 - jug to tea cup and saucer
spooning
whisking

nuts and bolts
using a screwdriver
washing hand at a tap
squeezing a sponge
wringing a cloth
pouring rice
carrying, rolling, and unrolling mats
folding cloths
paper punch
pin poking
tweezers

Care of the Environment

sweeping
brushing mats
dusting
sponging up spills
polishing glass
polishing wood
polishing metal
washing a table
washing linen
Sewing a button

folding clothes
care of plants
flower arranging
lighting a match
cutting snippets
cutting lined paper
cutting newsprint
pasting
making a braid

Care of the Self

washing hands and nails
brushing clothes
hanging clothes on a hanger
cleaning shoes
large button dressing frame
small button dressing frame
snap dressing frame
zipper dressing frame
hooks and eyes dressing frame
bow dressing frame

buckle dressing frame
safety pin dressing frame
shoe lacing dressing frame
buttons with hook
blowing nose
cutting
spreading
peeling (carrots, etc)
juicing

Grace & Courtesy

making way for someone to pass
interrupting someone
sneezing, yawning, coughing
walking on the line
The Silence Game

greeting and introducing
offering to a guest
giving and receiving compliments
interrupting someone
sneezing, yawning, coughing