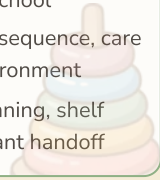


# Practical Life 12-Week Lesson Plan

A simple Montessori practical life sequence for classroom shelves, homeschool rhythm, or small-group planning. Repeat each activity as long as the child is engaged; the week labels are a planning scaffold, not a deadline.



**Format** Printable web page  
**Age** Toddler to preschool  
**Focus** Independence, sequence, care of self and environment  
**Use** Classroom planning, shelf rotation, assistant handoff



WEEK	LESSON	MATERIALS	TEACHER NOTE
1	<b>Pouring dry goods</b>	Two small pitchers, lentils or rice, tray	Move material from left pitcher to right pitcher with slow, controlled hands.
2	<b>Water pouring</b>	Small jug, two cups, towel	Pour water between vessels, wipe spills, reset the tray independently.
3	<b>Spoon transfer</b>	Two bowls, large spoon, beans or pom-poms	Transfer one item at a time and return materials to the shelf.
4	<b>Tong transfer</b>	Child tongs, cotton balls or pasta	Open and close tongs with control while crossing the midline.
5	<b>Table washing</b>	Small sponge, spray bottle, drying cloth	Spray, wipe from left to right, dry, and check the surface.
6	<b>Sweeping crumbs</b>	Child broom, dustpan, tape square	Sweep crumbs into a marked square, then into the dustpan.
7	<b>Plant care</b>	Small watering can, cloth, classroom plant	Check soil, pour gently, wipe drops, return the watering can.
8	<b>Food preparation</b>	Banana, child-safe knife, small plate	Peel, slice, serve, and clean the work space.
9	<b>Hand washing sequence</b>	Step stool, soap, towel	Follow the sequence: wet, soap, rub, rinse, dry, return towel.
10	<b>Dressing frame practice</b>	Button, snap, or zip frame	Practice one fastening slowly before trying it on clothing.
11	<b>Table setting</b>	Placemat guide, plate, cup, cutlery	Match each item to the guide and count one place per person.
12	<b>Care of classroom</b>	Shelf cloth, basket, small bin	Choose one care task, complete it, and record what changed.

## Safety and setup notes

- Use child-sized tools and supervise water, food preparation, and small transfer objects.
- Adapt every activity to the child's readiness rather than the calendar week.
- Reset trays simply so the child can repeat the work without adult correction.

## Observation prompts

- What did the child repeat without adult prompting?
- Where did concentration break down?
- Which material needs a simpler or harder variation?
- What independence habit transferred into daily life?

