

# Montessori Practical Life Activity

Here's a simple, hands-on Montessori activity you can use at home or in the classroom. Practical Life activities help children build focus, independence, and coordination while also giving them meaningful responsibilities.

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## What You Need

- A small tray or basket
  - A child-sized pitcher and cup (or two small bowls)
  - Dry beans, rice, or water with food coloring
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## Steps

1. Place the tray on a low shelf where the child can reach it independently.
  2. Show the child how to slowly pour from one container to the other.
  3. Allow them to try. It might spill—that's okay! Keep a sponge or cloth nearby so they can clean up themselves (another lesson in independence).
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 This simple activity strengthens fine motor skills, patience, and concentration—all while giving the child real responsibility in a fun, engaging way!

