

# Montessori Activities for Home, Ages 2-6

10 practical life activities you can set up in under 5 minutes, based on the same principles used in our classrooms — brought to you by [childdaycaretracy.com](http://childdaycaretracy.com)

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## 1. Pouring Practice

Set out two small pitchers and let your child pour water (or dry rice for less mess) from one to the other. Builds fine motor control and concentration.

## 2. Spooning Transfer

Use a small bowl of dry beans or pasta and a spoon. Have your child transfer items from one bowl to another, one spoonful at a time.

## 3. Sorting by Color or Size

Gather buttons, blocks, or small toys and sort them into muffin tins or small containers by color, size, or shape.

## 4. Dressing Frames

Practice buttons, zippers, and snaps using an old jacket or a dedicated practice board. Builds independence with self-dressing.

## 5. Table Washing

Give your child a small sponge and a shallow bowl of water to practice wiping down a table. A real task, not just pretend play.

## 6. Flower Arranging

Let your child snip stems and arrange flowers in a small vase. Combines fine motor skill with a creative outcome they can display.

## 7. Simple Food Prep

Spreading butter with a dull knife, peeling a banana, or washing fruit builds independence and practical life skill.

## 8. Folding Cloths

Practice folding small washcloths or napkins into halves and quarters. A calming, repeatable task.

## 9. Nature Basket Sorting

Collect leaves, rocks, and pinecones on a walk, then sort them by type back at home.

## 10. Self-Care Station

Set up a low mirror, comb, and small basin so your child can practice basic grooming tasks independently.

*Tip: Keep activities on a low shelf your child can access independently, and rotate them every week or two to keep interest high.*

### Curious what a full Montessori-influenced day looks like?

See how these same principles show up in our classroom curriculum. [See our preschool program →](#)

### Want to see it in person?

Schedule a visit and we'll walk you through how these activities connect to our full daily curriculum for ages 2-6.

👉 [Contact Us to Schedule a Visit →](#)