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The ultimate list of Montessori activities for babies, toddlers and preschoolers

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by
The Montessori
Notebook

ACTIVITIES LIST FOR BABIES, TODDLERS AND PRESCHOOLERS				
Ages are to give an indication only. Follow your child. See which activities keep their attention, remove those that are too hard or too easy. These are just ideas.				
BABIES UP TO 6 MONTHS				
Age	Activity name	Description	Area of development	
All ages	Music/dance/movement/singing	<ul style="list-style-type: none"> • Playing musical instruments • Listening to beautiful music (preferably not as background music but turn on to listen) • Dance - for example, held by adult • Movement - from birth on a mat with mirror lengthways; time to move, stretch, explore the body • Singing - from birth 	<ul style="list-style-type: none"> • Music and movement 	
All ages	Books	<ul style="list-style-type: none"> • Collection of realistic books of interest to a young child - want to relate to life young child is living • One picture per page for infant THEN one picture with one word THEN a picture with a sentence THEN build to simple stories THEN more complex stories • Arranged so that children can see their fronts and access them easily, eg, small basket for a few books, small bookshelf • Start with board books and move onto hardcover and paperback 	<ul style="list-style-type: none"> • Language 	

All ages	Rhythmic Language	<ul style="list-style-type: none"> • Poetry, songs, rhyming ditties • Need to be simple • Should not be too long - if it is too long, it is overwhelming for the child • Be fairly realistic • Finger and body movements that go along with them or can create your own • Can make a poem that is basically a song • Examples: action rhymes, finger rhymes, Haiku (Japan), pat-a-cake • Can continue as the child gets older and older 	<ul style="list-style-type: none"> • Language 	
From shortly after birth	Self expression	<ul style="list-style-type: none"> • Odd moments during the day, when the child wants to share something with the adult • For a non-verbal child it can be making sounds, expressions or poking out their tongue • A verbal child will use words, then phrases and sentences • The adult needs to get down to his eye level, maintain eye contact (if culturally appropriate) and be present • We can restate what he has said; sometimes all she can say is "really. oh my goodness. wow. amazing." • Through body language and language the adult transmits that she is very interested in what he is sharing. 	<ul style="list-style-type: none"> • Language 	

Newborn	Munari mobile	<ul style="list-style-type: none"> • black and white mobile • hang at baby's focussing distance, not more than 30cm away (from birth they can generally focus the distance to their parent's face when held) 	<ul style="list-style-type: none"> • Visual development 	See image here
From 2 or 3+ weeks old	Music box	<ul style="list-style-type: none"> • A music box that hangs and adult/child pulls string to activate (or with a crank suitable for an older child) • Plays classical piece of music • Initially adult starts music box for baby; once the child is sitting, the music box can be attached to a wall and child can be shown how to pull cord to make it play • Can also become a post natal point of reference if used as part of a routine, eg, nappy changing 	<ul style="list-style-type: none"> • Auditory materials 	
Around 2+ months	Octahedron mobile	<ul style="list-style-type: none"> • 3 different colours, light reflects on reflective paper • introducing primary colours 	<ul style="list-style-type: none"> • Visual development 	See image here
Around 2+ months	Interlocking circles	<ul style="list-style-type: none"> • One full circle and one with slot card half the diameter of the circle • Initially place in baby's hand using their reflexive grasp • As reflexive grasp changes to intentional grasp, the baby will reach and grasp with whole hand, a finger etc. • An older baby will do hand to hand transfer, roll along ground etc. 	<ul style="list-style-type: none"> • Grasping materials 	

Around 2 to 3 months	Gobbi mobile	<ul style="list-style-type: none"> • a colour gradation of 5 or 7 balls • may use any colour, eg, purple, orange, green • arranged from lightest to darkest in increasing lengths of cotton or coming to lowest point in the middle • Thread used for hanging each ball is the same colour thread as used for the ball 	<ul style="list-style-type: none"> • Visual development 	See image here
Around 3+ months	Stylised paper figures, eg, reflective paper dancers	<ul style="list-style-type: none"> • Some kind of figure made of reflective paper which would realistically move, eg, dancers, fish, pinwheels 	<ul style="list-style-type: none"> • Visual development 	See image here
Around 3+ months	Other mobiles	<ul style="list-style-type: none"> • Using an embroidery hoop, can hang elements off the hoop and three strings then hang the hoop parallel to ground • Examples, cut a picture of a face and hang in the hoop; reflective paper or leaves from strings 	<ul style="list-style-type: none"> • Visual development 	
Around 3+ months	Stylised wooden figures	<ul style="list-style-type: none"> • Different elements suspended made of wood that has realistic movement, eg, dolphins, birds, waves • Use of attractive colour to attract attention • 3 to 7 elements 	<ul style="list-style-type: none"> • Visual development • Stimulation for reaching, grasping and batting 	See image here

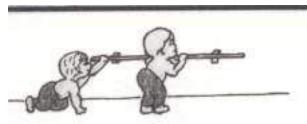
Around 3+ months	Rubber ball with protrusions	<ul style="list-style-type: none"> Non-toxic rubber, vinyl or plastic sphere than has any number of protrusions Initially placed in baby's hands - the child manipulates it and sucks on nipples. Relatively easy to grasp. An older child will do hand to hand transfer, banging and explore different ways of using it 	<ul style="list-style-type: none"> Grasping materials 	
Around 3+ months	Sphere or toy with little balls	<ul style="list-style-type: none"> Place within baby's reach for reaching, grasping, manipulating 	<ul style="list-style-type: none"> Grasping materials 	
Around 3 to 3½+ months	Three coloured spheres - red, blue, yellow	<ul style="list-style-type: none"> Three coloured balls suspended at an angle or in a triangle with the longest thread in the middle The three colours may be red, blue, yellow or another colour combination; darkest colour hangs lowest Size of ball should allow the baby to place hand around it but not too small to be a choking hazard 	<ul style="list-style-type: none"> Visual development offer a stimulation for reaching and grasping and batting 	See image here
Between 3 and 4+ months	Grasping beads	<ul style="list-style-type: none"> Five wooden beads threaded and knotted onto raw hide Baby holds, manipulates and mouths 	<ul style="list-style-type: none"> Grasping materials 	

Around 4+ months	Bell on a ribbon	<ul style="list-style-type: none"> Hanging a bell threaded onto a ribbon with elastic on top to allow baby to pull bell to him 	<ul style="list-style-type: none"> auditory development Visual development offer a stimulation for reaching and grasping and batting 	See image here
Around 4+ months	Ring/bangle on a ribbon	<ul style="list-style-type: none"> Ring/bangle can be made from bamboo, metal, wood and suspended on a ribbon with elastic at the top The ring should be big enough for baby's hand to fit through and grasp 	<ul style="list-style-type: none"> Visual development offer a stimulation for reaching and grasping and batting 	See image here
Around 4+ months	Interlocking rings	<ul style="list-style-type: none"> Three or four rings which interlock Made of metal or wood - different materials produce a different sound Place within baby's reach for reaching, grasping, manipulating 	<ul style="list-style-type: none"> Grasping materials 	

Around 4+ months	Home objects	<ul style="list-style-type: none"> • Examples include: <ul style="list-style-type: none"> • Honey dipper (handle cut shorter and sanded) • Wooden 'dolly' clothes peg • Salt scoop with bell • Spoon • Belt buckle • Bangles • Keys • To provide grasping and manipulating experiences from objects found around the home. Explores use of their hands. • Check for safety, eg, choking hazards or sharp edges 	<ul style="list-style-type: none"> • Grasping materials 	
Around 4+ months	Bamboo cylinder rattle	<ul style="list-style-type: none"> • Rice, tiny pebbles, or grains placed inside bamboo and then the ends are plugged with wood putty • The baby holds it, shakes it and experiences the sound it makes 	<ul style="list-style-type: none"> • Auditory materials • tactile experiences 	
Around 4+ months (or earlier with reflexive grasp)	Cylinder rattle with bells	<ul style="list-style-type: none"> • Piece of doweling sanded smooth and a bell attached to each end or hollow with wire to hold bell at each end • Check for sharp bits which may cut the baby • The baby holds it, shakes it and experiences the sound it makes 	<ul style="list-style-type: none"> • Auditory materials • tactile experiences 	

Around 4+ months (or earlier with reflexive grasp)	Commercial rattles	<ul style="list-style-type: none"> • Look for rattles that are wooden or natural materials • Ones that are easily grasped and not too big so the baby can hold it to make a sound • For shaking and experiencing sound and tactile experiences 	<ul style="list-style-type: none"> • Auditory materials • tactile experiences 	
Around 4+ months	Cube with bell	<ul style="list-style-type: none"> • Hollow cube with rounded corners and bell inside • For shaking and experiencing sound 	<ul style="list-style-type: none"> • Auditory materials • tactile experiences 	
Around 4+ months (or earlier with reflexive grasp)	Bells on leather strap	<ul style="list-style-type: none"> • Three bells attached to leather • Tiny baby can place in hands, older baby can grasp it and manipulate 	<ul style="list-style-type: none"> • Auditory materials • tactile experiences 	
Around 4+ months (or earlier with reflexive grasp)	Silver rattle	<ul style="list-style-type: none"> • Lightweight silver rattle • Adult can place in hands of tiny baby; an older baby can grasp it and manipulate it 	<ul style="list-style-type: none"> • Auditory materials • tactile experiences 	
Around 5+ months	Other - for example, musical instruments and gourds	<ul style="list-style-type: none"> • For shaking and experiencing sound 	<ul style="list-style-type: none"> • Auditory materials • tactile experiences 	

OLDER BABY FROM 6 MONTHS TO 14/16 MONTHS					
Activity name	Age	Description	Area of development		
Toy on a suction cup base	Around 5+ months or once sitting	<ul style="list-style-type: none"> • Material on a suction cup base that will rock when it is hit • eg, a clear ball filled with lots of tiny balls on a rubber suction stand • Child bats, reaches and attempts intentional grasping without material moving away 	<ul style="list-style-type: none"> • Activities for eye-hand coordination 		
Basket with Known Objects	5 or 6 months +	<ul style="list-style-type: none"> • 2 or 3 of the child's toys which are very familiar to him, in a small soft basket • Change objects as favourite ones change • Baby lies or sits and chooses one of the aids • To offer a beginning choice 	<ul style="list-style-type: none"> • Activities for eye-hand coordination 		
Knitted or crocheted ball	5 to 7 months +	<ul style="list-style-type: none"> • Pliable soft knitted or crocheted ball • When child grabs it, can get fingers into it • Placed near baby to encourage movement 	<ul style="list-style-type: none"> • Activities for gross motor movement 		

Cylinder with Bell	Around 6 to 8 months +	<ul style="list-style-type: none"> Placed near baby to encourage movement 	<ul style="list-style-type: none"> Activities for gross motor movement Auditory stimulation is used as an incentive stimulus 	
Ottoman	Once baby starts to pull up, from 7 months +	<ul style="list-style-type: none"> Heavy, stable ottoman so it does not tip when baby pulls to standing The height of the ottoman should be stomach height for the baby 	<ul style="list-style-type: none"> Activities for gross motor movement Offers independent means for pulling to standing and cruising 	
Bar on wall	Once baby starts to pull up, from 7 months +	<ul style="list-style-type: none"> Bar secured safely to the wall to enable baby to pull up and cruise 2 or 3 cm from wall to allow the hand to wrap around the bar At chest height for the child Could put mirror behind bar 	<ul style="list-style-type: none"> Activities for gross motor movement Offers independent means for pulling to standing and cruising 	
Egg in an egg cup/Cup with ball	Between 7 and 9 months +	<ul style="list-style-type: none"> Wooden egg cup with a wooden egg inside OR a large egg in a cup To practice removing and releasing an object into a container 	<ul style="list-style-type: none"> Activities for eye-hand coordination 	

Box with cube	Between 7 and 9 months +	<ul style="list-style-type: none"> A wooden cube that fits into a handmade box To practice removing and releasing an object into a container 	<ul style="list-style-type: none"> Activities for eye-hand coordination 	
Box with Tray and Ball	Around 8 months +	<ul style="list-style-type: none"> Rectangular shape box with tray attached with a hole in the top of the box for posting the ball Ball may be made of various materials - should have a nice sound to it, eg, wood, table tennis ball To practise posting and to intentionally release an object To help child understand object permanence You can observe grasp on ball, eg, whole hand, four finger grasp, two finger grasp 	<ul style="list-style-type: none"> Activities for eye-hand coordination 	
Basket of balls	Once child is creeping, around 8/9 months +	<ul style="list-style-type: none"> A collection of balls of different size and texture Examples, rattan ball, nipple ball, mini football Can kick the balls, roll them, chase them, manipulate them, feel them with hands 	<ul style="list-style-type: none"> Activities for gross motor movement 	
Stair	From creeping until walking well, around 8/9 months +	<ul style="list-style-type: none"> Three stairs up to bridge and three stairs down from bridge with railing to hold onto Stairs are broad but not very high 	<ul style="list-style-type: none"> Activities for gross motor movement 	

Tracker	From creeping, around 8 to 10 months +	<ul style="list-style-type: none"> A series of ramps in a frame with a small ball A hole at top left for posting the ball and there is a hole at the end of each ramp for the ball to drop onto the next ramp 	<ul style="list-style-type: none"> Activities for gross motor movement Visual tracking Auditory tracking from sound of ball in tracker 	
Low Heavy Table	When child pulls to standing, around 8 to 10 months +	<ul style="list-style-type: none"> Low table made of very heavy wood 	<ul style="list-style-type: none"> Activities for gross motor movement 	
Rings and Peg on Rocking Base	Once child is able to sit stable, around 8 - 11 months	<ul style="list-style-type: none"> Old fisher-price toy, smaller 5 ring model, with rocking base Initially use with the largest ring only A rocking base is used so that the base rocks rather than falls over 	<ul style="list-style-type: none"> Activities for eye-hand coordination 	
Rings/Peg on Stable Base	8 to 12 months + (depends on skill level of previous activity)	<ul style="list-style-type: none"> A wooden base with a peg and a ring Initially the ring should have a very large opening 	<ul style="list-style-type: none"> Activities for eye-hand coordination 	

Top	Around 8 to 12 months +	<ul style="list-style-type: none"> • A spinning top which moves 	<ul style="list-style-type: none"> • Activities for gross motor movement 	
Box with Drawer and Ball	Between 9 and 11 months +	<ul style="list-style-type: none"> • Box with drawer that opens with a hole on top for posting ball • To practise posting and to intentionally release an object • To help child understand object permanence 	<ul style="list-style-type: none"> • Activities for eye-hand coordination 	
Box with Knitted Ball	Between 9 to 12 months +	<ul style="list-style-type: none"> • Square shaped box with drawer that opens with knitted ball slightly bigger than hole • To practise posting and to intentionally release an object • To help child understand object permanence 	<ul style="list-style-type: none"> • Activities for eye-hand coordination 	
Box with Balls to Push	Around 10 months +	<ul style="list-style-type: none"> • Closed rectangular shape box with three holes and balls on top • To practise posting and to intentionally release an object • To help child understand object permanence 	<ul style="list-style-type: none"> • Activities for eye-hand coordination 	

Furniture with Keys	From 10 months +	<ul style="list-style-type: none"> Any piece of furniture with a lock and key that the child could work to open Attach key with string 	<ul style="list-style-type: none"> Activities for eye-hand coordination 	
The wagon	10 to 12 months +	<ul style="list-style-type: none"> A wagon that is weighted with either a sandbag or in its construction - needs to be heavy enough so it does not tip as child pulls up on it 	<ul style="list-style-type: none"> Activities for gross motor movement 	
Cabinet Doors and Drawers	10 to 12 months +	<ul style="list-style-type: none"> Cabinet doors and drawers in the kitchen, bathroom vanity cupboards, drawers in vanity The adult places things for the child to find, eg, plastic items and pots and pans in kitchen cupboard or a drawer in bathroom with hairbrushes, clips etc 	<ul style="list-style-type: none"> Activities for gross motor movement 	

Basket with Rings and Peg	10 to 12 months +	<ul style="list-style-type: none"> • 2 or 3 rings in a basket and a base with peg • Thickness of rings can be the same or varied for additional challenge 	<ul style="list-style-type: none"> • Activities for eye-hand coordination 	
Spindle with Napkin Rings	11 to 12 months +	<ul style="list-style-type: none"> • Spindle with 2 or 3 round napkin rings of identical size (rings may be metal or wooden) • On shelf, rings sit on the spindle OR could be on a tray with a basket for the rings 	<ul style="list-style-type: none"> • Activities for eye-hand coordination 	
Scribbling	12 months +	<ul style="list-style-type: none"> • A block crayon or think chunky pencil (like Stabilo 3-in-1 pencil) • Paper - different sizes, colours, textures • An underlay - protects table, either covering whole table or small table mat size 	<ul style="list-style-type: none"> • Art/Self expression 	
Easel - chalk	12 months +	<ul style="list-style-type: none"> • A chalkboard - eg, <ol style="list-style-type: none"> 1. On the other side of a painting easel; 2. A very large piece of plywood with chalkboard paint wall mounted low to ground; and/or 3. A small chalkboard that sits on a shelf in the classroom • Chalk - start with white and gradually introduce colours and different types of chalk • Small eraser 	<ul style="list-style-type: none"> • Art/Self expression 	

Easel - paint	Able to stand unaided	<ul style="list-style-type: none"> • An easel • Paper cut to completely cover surface of easel • Start with one colour of (quite thick) paint in a paint pot. Gradually introduce other colours one by one. Can use two or more pots for an older child. • A chunky paint brush with short handle • A painting smock/apron • A cup hook to hang smock/apron • Paper rolled in bin • A wet cloth to wipe up spills 	<ul style="list-style-type: none"> • Art/Self expression 	
Base with Rings of Dimensional Gradation	12 months +	<ul style="list-style-type: none"> • Base with spindle and 4 or 5 rings of varying gradation, ideally alternating colour • Bottom ring should not be bigger than child's hand span 	<ul style="list-style-type: none"> • Activities for eye-hand coordination 	
Nuts and bolts	12 months +	<ul style="list-style-type: none"> • One or two bolts with a shape for their end and a corresponding nut of the same shape • Have the nut on the bolt to start 	<ul style="list-style-type: none"> • Activities for eye-hand coordination 	
Opening and closing	12 months +	<ul style="list-style-type: none"> • Basket with 2 or 3 common household objects for opening and closing, eg, Chinese box, tin, purse with a press stud, make up pots, powder compact, lipstick cases, toothbrush holder 	<ul style="list-style-type: none"> • Activities for eye-hand coordination 	

Vocabulary objects	12 months +	<ul style="list-style-type: none"> Classified real or replica objects, 3-6 objects Examples: fruits, vegetables, clothing, zoo animals, farm animals, pets, insects, mammals, birds, vertebrates, invertebrates etc 	<ul style="list-style-type: none"> Aids language development Expands vocabulary 	
Peg box	12 months +	<ul style="list-style-type: none"> Wooden box with 6 holes along back and an inset tray area for placing pegs removed from holes 	<ul style="list-style-type: none"> Refinement of eye-hand coordination and grasp 	
Cubes on a vertical dowel	12 months +	<ul style="list-style-type: none"> Base with three cubes on dowel - cubes in basket or on dowel Preparation for bead stringing 	<ul style="list-style-type: none"> Refinement of eye-hand coordination and grasp 	
12 to 14 months +	Puzzles	<ul style="list-style-type: none"> A collection of puzzles starting with one piece knobbed puzzles progressing through greater and greater difficulty Kinds of subject matter depicted on puzzle need to be realistic and appealing, eg, animals, construction vehicles 	<ul style="list-style-type: none"> Refinement of eye-hand coordination and pincer grasp Develops the ability to recognise a background shape 	 

Locks and Keys	Around 13 months +	<ul style="list-style-type: none"> A lock and key with the key strongly attached to a string 	<ul style="list-style-type: none"> Activities for eye-hand coordination 	
Slotted Box with Chips	Around 13 months +	<ul style="list-style-type: none"> A box with a slot cut into it Latch on box adds a challenge for the fingers Examples of posting items are large coins, small letters (laminated), and poker chips Use a tray to hold slotted box and basket of posting items 	<ul style="list-style-type: none"> Refinement of eye-hand coordination and grasp 	
Table wiping	Once a child can walk	<ul style="list-style-type: none"> A tray or basket with a sponge/drying mitt A supply of replacement drying mitts 	<ul style="list-style-type: none"> Care of environment 	
TODDLER 14/16 MONTHS TO 3 YEARS				
Age	Activity name	Description	Area of development	
14 months +	Objects with Identical Cards for matching	<ul style="list-style-type: none"> Classified sets of objects that have matching cards Identical pictures where the object can be put on top and completely cover it, identical in size and colour if possible 	<ul style="list-style-type: none"> Aids language development Helps a child move from 3D object to a 2D representation 	

14 months +	Objects with Similar Cards for matching	<ul style="list-style-type: none"> Classified sets of objects that have matching cards Similar pictures where the object can be put on top and completely cover it, identical in size and colour if possible 	<ul style="list-style-type: none"> Aids language development With similar cards, allows the child to extract the essence of the object 	
14 months +	Wooden Box with Sliding Lid	<ul style="list-style-type: none"> Box with a sliding lid, object inside, changed regularly 	<ul style="list-style-type: none"> Refinement of eye-hand coordination and grasp 	
14 months +	Box with Bins	<ul style="list-style-type: none"> A wooden box with three bins that open out Three different objects, placed in each bin 	<ul style="list-style-type: none"> Refinement of eye-hand coordination and grasp To exercise the wrist motion 	

14 Months+	Mail box	<ul style="list-style-type: none"> • Boxes for posting different shapes and sizes • Basic set with a single shape, eg, one lid with a circle, one with a square, one with a triangle, and one with a rectangle • More challenging, eg, two shapes cut out of one lid then even more challenging, eg, four shapes cut out of lid 	<ul style="list-style-type: none"> • Refinement of eye-hand coordination and grasp • Introduction to, and naming of, geometric solids 	 
14 Months+, walking steadily	Watering plants	<ul style="list-style-type: none"> • Tray (to protect shelf) • Small watering can • A small container with a small piece of sponge • A plant 	<ul style="list-style-type: none"> • Care of environment 	
14 Months+	Undressing, Dressing and Storing Clothes	<ul style="list-style-type: none"> • Putting on their own coat, shoes, clothing and hanging them on a hook or in a basket 	<ul style="list-style-type: none"> • Care of self 	
14 Months+	Handwashing at sink	<ul style="list-style-type: none"> • Use a bar of soap or liquid soap • Towel 	<ul style="list-style-type: none"> • Care of self 	

14 Months+	Wiping the nose	<ul style="list-style-type: none"> Tissues - can be cut in half and folded A mirror A small garbage bin, with swinging lid Show them how to wipe the mucous on your own nose; then allow them to wipe their nose 	<ul style="list-style-type: none"> Care of self 	
14 Months+	Brushing teeth	<ul style="list-style-type: none"> Bathroom sink Someplace to store toothbrush Toothbrush Toothpaste Allow child to first brush their teeth; then offer to finish for them 	<ul style="list-style-type: none"> Care of self 	
14 Months+	Dressing frame: velcro	<ul style="list-style-type: none"> A wooden frame, two pieces of fabric fastened with velcro To practise opening and closing velcro 	<ul style="list-style-type: none"> Care of self 	
14/16 months	Climbing	Eg, climbing frames, poles, climbing wall, obstacle courses, trees	<ul style="list-style-type: none"> Activities for gross motor movement 	
14/16 months	Pushing/Pulling	Eg, a wheelbarrow for pushing and a wagon for pulling	<ul style="list-style-type: none"> Activities for gross motor movement 	
14/16 months	Brachiating - swinging by arms like a monkey	Eg, monkey bars, rings	<ul style="list-style-type: none"> Activities for gross motor movement 	
14/16 months	Sliding	Ideally with large platform at top and wide enough for them to manage independently	<ul style="list-style-type: none"> Activities for gross motor movement 	

14/16 months	Running	Eg, running tracks with arrows; a basket of balls and child carries ball from basket at end to basket at beginning of track	<ul style="list-style-type: none"> Activities for gross motor movement 	
14/16 months	Jumping	Eg, jumping over a line flat on the floor; once jumping with both feet, can introduce something with elevation	<ul style="list-style-type: none"> Activities for gross motor movement 	
14/16 months	Riding	Eg, balance bike or low-trike pushing feet on floor; then from 2½ years can introduce pedal tricycles	<ul style="list-style-type: none"> Activities for gross motor movement 	
14/16 months	Balancing	Initially walking holding onto a wall in front of them; then walking forward on beam holding onto wall with one hand; then one foot on beam, one foot on ground (and then alternate feet so other foot is on beam etc); then can alter height or move beam away from wall; can also crawl on a wide balance beam	<ul style="list-style-type: none"> Activities for gross motor movement 	
14/16 months	Swinging	Ideally seat low to ground so child can get on and off on his own and push himself. Can lie over seat and push feet or sit on seat and then backing up, lift feet and go.	<ul style="list-style-type: none"> Activities for gross motor movement 	

14/16 months	Other movement possibilities	<ul style="list-style-type: none"> • Platform on semicircular base (a.k.a, therapy top) - very good for vestibular system and proprioceptive feedback • Y shaped tunnels made of natural elements or other • Labyrinths from box hedge • Sand pits • Ball swing • Gardening and composting • A cave made out of natural elements • Running water 	<ul style="list-style-type: none"> • Activities for gross motor movement 	
14 to 16 months +	Discs on Horizontal Dowel	<ul style="list-style-type: none"> • Straight horizontal dowel made of metal on a wooden base with one to three discs 	<ul style="list-style-type: none"> • Refinement of eye-hand coordination and grasp • To test crossing the midline • To work on wrist movements 	 A photograph showing a wooden base with a green circular weight at one end. A straight metal dowel is attached to the base, extending horizontally to the right. A small green disc is balanced on the end of the dowel.
14 to 16 months +	Discs on Serpentine Dowel	<ul style="list-style-type: none"> • Serpentine dowel made of metal on a wooden base with one to three discs 	<ul style="list-style-type: none"> • Refinement of eye-hand coordination and grasp • To test crossing the midline • To work on wrist movements 	 A photograph showing a wooden base with a green circular weight at one end. A serpentine metal dowel is attached to the base, curving back and forth before ending in a small green disc.

Around 15/16 months +	Washing leaves	<ul style="list-style-type: none"> • A little (leaf-shaped) dish with sponge cut to size inside dish • A tray to protect shelf from water 	<ul style="list-style-type: none"> • Care of environment 	
Around 15/16 months +	Latches	<ul style="list-style-type: none"> • A collection of latches attached to different furniture or doorways in a room, eg, latch with chain, hook latch, bar latch 	<ul style="list-style-type: none"> • Refinement of eye-hand coordination and grasp 	
Around 15 to 18 months +	Hair brushing	<ul style="list-style-type: none"> • Mirror • A tray on the table, to carry hairbrush • A dish with hair clips and hair bands 	<ul style="list-style-type: none"> • Care of self 	
Around 15 to 18 months +	Three Pegs with Small Rings	<ul style="list-style-type: none"> • Wooden square base with three pegs in primary colours • Three rings of each colour 	<ul style="list-style-type: none"> • Refinement of eye-hand coordination and grasp 	

Around 16 to 18 months +	Clay	<ul style="list-style-type: none"> • Plastic mat or special table with canvas covering for clay work • A lump of real mud clay (white/terracotta) wrapped in a damp cloth in a container OR white DAS clay OR playdough OR kinetic sand • Tools to sculpt with and cut 	<ul style="list-style-type: none"> • Art/Self expression 	
16-18 months	Sweeping	<ul style="list-style-type: none"> • Broom • You can use a sweeping guide to show where to collect the dirt • Dust pan and brush 	<ul style="list-style-type: none"> • Care of environment 	
16-18 months	Dusting	<ul style="list-style-type: none"> • Dusting cloth 	<ul style="list-style-type: none"> • Care of environment 	
16-18 months	Mopping	<ul style="list-style-type: none"> • Child sized mop or 'vileda' flat mop with washcloth attached • Hang mop on cleaning stand 	<ul style="list-style-type: none"> • Care of environment 	

16-18 months	Dusting plants	<ul style="list-style-type: none"> • A handmade plant duster made out of wool • Container to hold duster 	<ul style="list-style-type: none"> • Care of environment 	
16-18 months	Dressing frame: zipper	<ul style="list-style-type: none"> • A wooden frame, two pieces of fabric fastened with a zipper. • The fabric does not come apart - the zipper is attached at the bottom. • Metal ring can be placed on the zipper pull. • To practise using a zipper 	<ul style="list-style-type: none"> • Care of self 	
16 to 18 months +	Bead Stringing	<ul style="list-style-type: none"> • A piece of plastic tubing used as thread - easier to use initially as it allows the child to push a bit of thread through the bead • 5 or 6 wooden beads - can build to more beads • More challenging: a thicker string; bigger beads; a shoe string with small beads 	<ul style="list-style-type: none"> • Refinement of eye-hand coordination and grasp 	

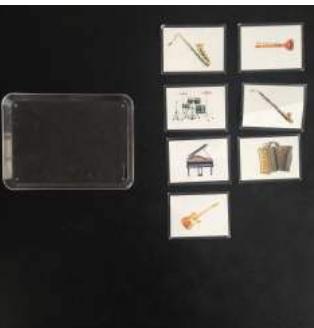
18 months +	Flower arranging	<ul style="list-style-type: none"> • Collection of different vases • Doilies • Flowers - cut to length to be used • A tray with a lip • A small jug • A small funnel • A sponge • The child can pour water into the vase using the funnel and arrange on a table or shelf with the doily underneath 	<ul style="list-style-type: none"> • Care of environment 	
18 months +	Hanging up cloths	<ul style="list-style-type: none"> • Wet items of laundry - napkins, hand mitts, wash cloths, aprons • Washing line • Wooden dolly pegs 	<ul style="list-style-type: none"> • Care of environment 	
18 months +	Collecting debris and placing it on the compost pile	<ul style="list-style-type: none"> • Debris • Child-sized rake, dustpan and brush • A wheel barrow • A compost pile [compost bin optional] 	<ul style="list-style-type: none"> • Care of environment • Outdoor environment 	

18 months +	Germinating seeds	<ul style="list-style-type: none"> • Seeds - a small glass jar with a picture on the outside of what the seeds grow into. Choose seeds that will germinate quickly (peas, beans, corn, radishes, pumpkin, sunflowers) • Small pots - clay pots, newspaper pots, or peat pots • Small gardening hand tools - including trowel, rake • Apron • A small tray with a little dish • On window sill or near light source, have a small gardening tray and jug • Dirt - from outside or if necessary a tin of dirt 	<ul style="list-style-type: none"> • Care of environment 	
18 months +	<ul style="list-style-type: none"> • Other activities to take care of the outdoor environment 	<ul style="list-style-type: none"> • Sweeping • Raking • Digging • Scrubbing pavers, tables and benches • Watering plants • Collecting debris in wheelbarrow and taking to compost pile • Picking and grooming flowers • Planting a garden, vegetable garden or herb garden that then requires ongoing care 	<ul style="list-style-type: none"> • Care of environment 	

18 months + (able to carry a jug)	Handwashing	<ul style="list-style-type: none"> • Small basin for washing hands • Jug • Soap dish with small piece of soap • Apron • Washcloth - for drying hands • Mitt - to dry table • Discard bucket • Suitable for child wanting to repeat handwashing at sink 	<ul style="list-style-type: none"> • Care of self 	
18 months +	Cleaning shoes	<ul style="list-style-type: none"> • A mat • Brush - a brush with handle or a toe-nail brush 	<ul style="list-style-type: none"> • Care of self 	
18 months +	Setting table	<ul style="list-style-type: none"> • Help to set table with a basket for cutlery • Help to lay table cloth • Help to fold napkins • Help to make warm wash cloths 	<ul style="list-style-type: none"> • Food 	
18 months +	Help to clear table	<ul style="list-style-type: none"> • Wipe face with warm wash cloth • Bring plate and cutlery to kitchen 	<ul style="list-style-type: none"> • Food 	

18 months +	Preparing crackers	<ul style="list-style-type: none"> • Small spreaders • Small container with spread • Small box of crackers • Child spreads a small amount of spread onto the cracker and sits to eat • Can prepare standing or sitting 	• Food	
18 months +	Squeezing orange juice	<ul style="list-style-type: none"> • Orange juicer - look for a press or squeezer they can use independently • Jug to collect juice • Glass for drinking • Child can squeeze orange and bring the peel to the bin 	• Food	
18 months +	Cutting banana	<ul style="list-style-type: none"> • Banana prepared by cutting a slit at the top of the banana so child can peel off skin, strip by strip • A chopping board • A butter knife/non-serrated knife to cut banana • Child can bring peel to bin • Can place in bowl to serve on table 	• Food	

18 months +	Peeling and cutting apple	<ul style="list-style-type: none"> • A peeler • An apple cutter/corer • A chopping board • Child can peel apple by laying the apple on the board and peeling from top to bottom • The apple cutter is pushed from top to bottom to divide the apple in 8 segments and remove the core • Can place in bowl to serve on table 	• Food	
18 months +	Pour a glass of water	<ul style="list-style-type: none"> • Access to a tap/small jug/water dispenser • Glass • Have a sponge and hand mitt ready for spills 	• Food	
18 months +	Water colour painting	<ul style="list-style-type: none"> • Tray • Water colour tablet • Small jam jar with water • Brush • Cloth to wipe up spills • Underlay • Paper • Show child how to wet brush, put paint on brush, paint onto paper 		

18 months +	Sorting objects	<ul style="list-style-type: none"> A dish with three sections and two different kinds of the same item, eg, shells, nuts, seed pods, geometric shapes - four of each kind 	<ul style="list-style-type: none"> Works with refinement of tactile sense Aids in classification abilities Helps to develop stereognostic sense - the ability to feel around an object 	
18 months +	Vocabulary cards	<ul style="list-style-type: none"> Sets of classified cards that somehow relate to the child's life Start with simple classifications 	<ul style="list-style-type: none"> Aids language development To increase vocabulary 	
18 months +	Basket with Containers	<ul style="list-style-type: none"> Basket of different containers with different opening possibilities, eg, a basket, bag, pouch etc 	<ul style="list-style-type: none"> Refinement of eye-hand coordination and grasp 	

18 months +	Sewing	<ul style="list-style-type: none"> • In a basket or box <ul style="list-style-type: none"> - Scissors - Thread - A needle case with a blunt tapestry or embroidery needle - First sewing card is diagonal line on a square card with pre-punched holes; then holes in a square and circle shape; then tapestry forms or sewing buttons 	<ul style="list-style-type: none"> • Refinement of eye-hand coordination and grasp • To learn the practical skill of sewing • To practise precision and exactness 	
18 months - 22 months (depending on fine motor dexterity)	Dressing frame: buttons	<ul style="list-style-type: none"> • A wooden frame, two pieces of fabric attached with three large buttons • Buttonhole is vertical • To practise buttoning 	<ul style="list-style-type: none"> • Care of self 	
18 months - 22 months	Dressing frame: press studs	<ul style="list-style-type: none"> • A wooden frame, two pieces of fabric fastened with press studs 	<ul style="list-style-type: none"> • Care of self 	
18 months - 2 years	Table washing	<ul style="list-style-type: none"> • A tray with a bowl, soap, brush and sponge for scrubbing table 	<ul style="list-style-type: none"> • Care of environment 	

18 months - 2 years +	Mirror polishing	<ul style="list-style-type: none"> • A little container of non toxic polish • A rectangular sponge as an applicator • A finger mitt • An underlay to place items on 	<ul style="list-style-type: none"> • Care of environment 	
18 months - 2 years +	Wood polishing	<ul style="list-style-type: none"> • A container that is easy for the child to handle • A bottle of polish • Small dish • A finger mitt • Items to polish 	<ul style="list-style-type: none"> • Care of environment 	
18 months - 2 years +	Gluing	<ul style="list-style-type: none"> • A gluing box with space for brush, glue pot with small amount of glue, up to 6 large shapes, and paper to glue onto 	<ul style="list-style-type: none"> • Refinement of eye-hand coordination and grasp • To teach the practical skill of gluing • Refine movement of fingers 	

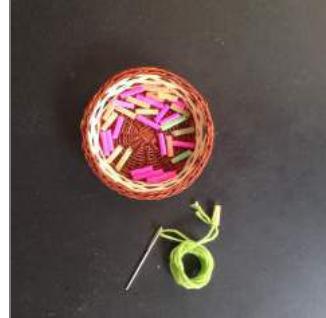
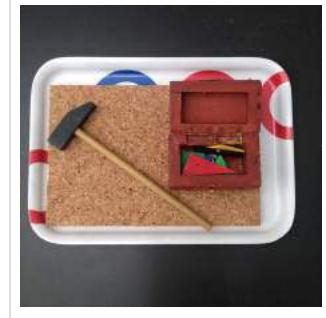
Around 2 years +	Washing dishes	<ul style="list-style-type: none"> • Some kind of table with two tubs • A dish brush with small handle or a small sponge • A small travel sized bottle of dishwashing detergent with small amount of liquid • A jug - plastic and transparent; can put strip on jug to show desired water level • Apron • A drying mitt • A hand drying cloth 	• Food	
Around 2 years +	Drying dishes	<ul style="list-style-type: none"> • Lay the drying cloth on table, place bowl or glass on cloth; fold cloth into the bowl or glass; press; unfold 	• Food	
Around 2 years +	Cleaning windows	<ul style="list-style-type: none"> • A spray bottle with 1 cup of water and $\frac{1}{4}$ cup of vinegar • A small squeegee • A piece of chamois 	• Care of environment	

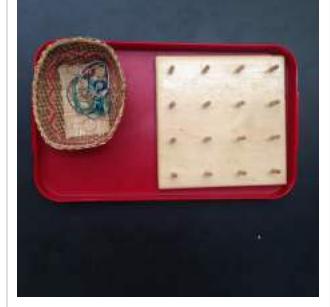
Around 2 years +	Washing cloths	<ul style="list-style-type: none"> • Some kind of table with two tubs • A small scrub board • A bar of soap • Soap dish • A jug • Two plastic baskets on either side of table on the floor • Apron • A drying mitt • A hand drying cloth 	<ul style="list-style-type: none"> • Care of environment 	
Around 2 years +	Use of scissors	<ul style="list-style-type: none"> • Pair of small scissors in scissors case • Handmade envelopes • Narrow strips of paper of index card weight - narrow strips allow the child to cut across the strip in one snip 	<ul style="list-style-type: none"> • Refinement of eye-hand coordination and grasp • To learn practical skill of cutting • To develop precise hand movements 	
Around 2 years +	Classified Stereognostic Bags (mystery bags)	<ul style="list-style-type: none"> • An attractive bag with 5 – 8 related objects • A bag you can't easily look in so child feels around the object <p>Examples</p> <ul style="list-style-type: none"> • Cooking implements - child sized spreader, cookie cutter, sieve, bamboo whisk, spatula • Bag made out of kimono containing Japanese items • Hair items • Gardening tools 	<ul style="list-style-type: none"> • To aid in the development of the stereognostic sense • To increase vocabulary 	

Around 2 years +	General Stereognostic Bags	<ul style="list-style-type: none"> As above with unrelated objects 	<ul style="list-style-type: none"> To aid in the development of the stereognostic sense To increase vocabulary 	
Around 2 years +	Stereognostic Bags with Paired Objects	<ul style="list-style-type: none"> As above with two of each object 	<ul style="list-style-type: none"> To aid in the development of the stereognostic sense To increase vocabulary 	
Around 2 years - the child needs some language	The Questioning Exercise	<ul style="list-style-type: none"> Kinds of conversations that occurs any moment throughout the day, eg, when folding laundry, preparing food An example: "Do you remember when we planted the basil and then it started growing?" "Where did we plant the basil seeds?" "What did we have to use to pick the basil?" Done very naturally and conversationally 	<ul style="list-style-type: none"> To use vocabulary he is developing To broaden child's thinking, help them abstract information from his experiences, and verbalise it Builds self confidence Allows the adult to model language usage 	

2.5 years +	Polishing shoes	<ul style="list-style-type: none"> • Some kind of a container which everything fits in • A container of shoe polish (small amount) • Finger mitt for applying polish • Soft bristled brush • An underlay that covers the whole table • A shoe horn - if outdoor shoes worn • A piece of vinyl - if indoor shoes worn 	<ul style="list-style-type: none"> • Care of self 	
2.5 years +	Dressing frame: buckles	<ul style="list-style-type: none"> • A wooden frame, two pieces of leather fastened with three or four buckles • To practise buckles 	<ul style="list-style-type: none"> • Care of self 	
2.5 years +	Helping with baking	<ul style="list-style-type: none"> • Child can help measure ingredients • Stir ingredients • Sweep and clean up after baking 	<ul style="list-style-type: none"> • Food 	
3+ YEARS - ACTIVITIES FOR AT HOME				
Age	Activity name	Description	Area of development	
3 years +	Help to unpack dishwasher	<ul style="list-style-type: none"> • Assist in unpacking the dishwasher 	<ul style="list-style-type: none"> • Daily life 	
3 years +	Help with recycling	<ul style="list-style-type: none"> • To sort recycling and bring it to container 	<ul style="list-style-type: none"> • Daily life 	
3 years +	Make bed (Pulling up a duvet)	<ul style="list-style-type: none"> • To make their own bed - duvet only 	<ul style="list-style-type: none"> • Daily life 	

3 years +	Use toilet independently	<ul style="list-style-type: none"> • Have a step stool and a smaller toilet seat available • OR use a potty 	<ul style="list-style-type: none"> • Daily life 	
3 years +	Assisting with more advanced cooking	<ul style="list-style-type: none"> • eg, helping to make lasagne 	<ul style="list-style-type: none"> • Food 	
3 years +	Feeding pets	<ul style="list-style-type: none"> • A small amount of fish food can be placed in an egg cup • Getting a dog water • Giving food to cat, hamster etc 	<ul style="list-style-type: none"> • Daily life 	
3 years +	Help to fold laundry and socks	<ul style="list-style-type: none"> • Take part in the clothes washing process 	<ul style="list-style-type: none"> • Daily life 	
3 years +	Helping to get ready for visitors	<ul style="list-style-type: none"> • Making beds • Clearing spaces/toys etc • Preparing meal 	<ul style="list-style-type: none"> • Daily life 	
3 years +	First board games	<ul style="list-style-type: none"> • Orchard by Haba • Shopping List and other games by Orchard Toys • Simple card games like snap • Games can be simplified depending on the age of the child 	<ul style="list-style-type: none"> • Turn taking • Understanding simple rules • Fun 	
3 years +	More difficult sewing, art and craft materials	<ul style="list-style-type: none"> • Cards with more complicated shapes, eg, heart • Sewing buttons • Sewing embroidery patterns • Sewing a cushion • Art projects with more than one step 	<ul style="list-style-type: none"> • Art/Self expression 	

3 years +	Exploration of world around us	<ul style="list-style-type: none"> eg, nature collections, birds, animals, plants and trees 	<ul style="list-style-type: none"> Botany Cultural studies Life sciences 	
3 years +	More refined threading, sorting	<ul style="list-style-type: none"> A shoelace with small beads A piece of wool with small pieces of straw using an embroidery needle 	<ul style="list-style-type: none"> Eye-hand coordination Refining the grasp 	
3 years +	Composition puzzles - 12+ pieces	<ul style="list-style-type: none"> More difficult puzzles including layered puzzles and composition puzzles and puzzles with more pieces 	<ul style="list-style-type: none"> Refinement of eye-hand coordination and pincer grasp Develops the ability to recognise a background shape 	
3 years +	Hammering shapes in corkboard	<ul style="list-style-type: none"> A corkboard Wooden shapes Small nails and hammer 	<ul style="list-style-type: none"> Eye-hand coordination 	

3 years +	Prick work	<ul style="list-style-type: none"> • Felt underlay • Prick pen • Shape to prick • The child follows along the line until the shape can be removed 	<ul style="list-style-type: none"> • Refinement of eye-hand coordination and grasp 	
3 years +	Grading sizes of nuts and bolts	<ul style="list-style-type: none"> • A wood board with various sized holes • Nuts and bolts that fit in the holes in a container 	<ul style="list-style-type: none"> • Eye-hand coordination 	
3 years +	Stretching elastic bands in a grid board	<ul style="list-style-type: none"> • Using a geo board to stretch elastics - can make patterns or open ended 	<ul style="list-style-type: none"> • Eye-hand coordination 	
3 years +	I Spy	<ul style="list-style-type: none"> • If showing interest in sounds of letters • Use phonetic sounds of letters 	<ul style="list-style-type: none"> • Language development • Pre-reading skills 	

3 years +	Calendar	<ul style="list-style-type: none"> • Make your own simple calendar where the child can change the day, month, weather • Can add more details as the child gets older • There are some commercially available too 	<ul style="list-style-type: none"> • Time 	
3 years +	Lots of free play and outdoor play	<ul style="list-style-type: none"> • Allow time every day to be outdoors and unstructured time for the child to play 	<ul style="list-style-type: none"> • Daily life • Outdoor environment • Fun 	
3 years +	Wedgits	<ul style="list-style-type: none"> • Wedgits can be purchased - allows building in sequence and various patterns can be made 	<ul style="list-style-type: none"> • This is not a Montessori activity but something that would be suitable for the home environment 	
3 years +	Well selected building materials	<ul style="list-style-type: none"> • eg, lego, magnatiles 	<ul style="list-style-type: none"> • These are not a Montessori activity but something that would be suitable for the home environment 	

3 years +	Marble run	<ul style="list-style-type: none"> • There are beautiful wooden marble runs that the child can build themselves 	<ul style="list-style-type: none"> • This is not a Montessori activity but something that would be suitable for the home environment 	
4 years +	More difficult board games	<ul style="list-style-type: none"> • Animal Yahtzee • Sleeping Queens • Stratego Junior 	<ul style="list-style-type: none"> • Turn taking • Understanding simple rules • Fun 	
5 years +	More difficult board games	<ul style="list-style-type: none"> • Cluedo Junior, who ate the chocolate cake • Mastermind • Connect Four 	<ul style="list-style-type: none"> • Turn taking • Understanding simple rules • Fun 	