

# PRactical LIFE ACTIVITIES

MANIPULATIVE SKILLS:	dates completed	
1. opening and closing boxes		
2. opening and closing lids of jars and biscuit tins		
3. opening and closing various types of doors and cupboards		
4. pouring beans, rice, etc. between two jugs,		
pouring water,		
and pouring water through a funnel		
5. sponge transfer activities		
6. using a spoon to transfer objects		
7. pincer grip activities with tongs,		
tweezers,		
turkey baster,		
eyedroppers,		
and syringes		
8. folding and unfolding clothes		
9. lifting, carrying, and putting down a delicate object or liquid		
10. lifting, carrying, and putting down a tray with objects on it		
11. carrying a floor mat		
12. unrolling and rolling up a floor mat		
13. sitting on the edge of an unrolled floor mat		
14. lifting, carrying, and putting down a chair		
15. sitting down, getting up, and tucking in a chair at the table		
16. using scissors and handing them to someone		
17. handling a book		
18. handling and playing a CD		
19. opening a lock with a key		
20. nuts and bolts		
21. using stickers, stamps,		

glue,			
paintbrushes,			
markers,			
play dough,			
crayons,			
and other art equipment appropriately			
22. threading beads on a necklace			
23. sorting			
24. puzzles			
25. winding and unwinding yarn			
26. walking on the line, without knocking into furniture or people			
27. dancing without knocking into furniture or people			
28. the silence game			

SELF DEVELOPMENT			
1. washing hands and face			
2. blowing nose and throwing tissue away correctly			
3. coughing into elbow			
4. drying hands with a paper towel and throwing it away			
5. care of fingernails,			
teeth			
and hair			
6. toilet training			
7. braiding yarn or ribbon			
8. braiding hair			
9. dressing frames			
buttoning,			
buckling,			
lacing,			
zipper,			



2. sweeping with small broom and dust pan			
3. washing a table surface			
4. cleaning up spills with a sponge			
5. mopping the floor			
6. preparing food- washing,			
cutting bread,			
grating cheese,			
coring apples,			
peeling carrots			
peeling bananas			
7. cooking skills-			
using an egg beater,			
using a wire whisk,			
8. polishing furniture			
9. polishing brass objects			
10. polishing windows and mirrors			
11. ironing (AUGH that scares me!!!)			
12. putting dirty clothes in laundry basket			
13. washing doll clothes on washboard			
14. setting a table			
15. folding napkins			
16. using knives with good control			
17. cracking nuts			
18. making a bed			
19. washing and drying dishes and utensils			
20. stacking dishes and sorting utensils			
21. drawing and opening curtains and blinds			
22. watering plants			
23. arranging flowers in a vase			
24. caring for animals			
25. putting materials away neatly			
26. simple use of needle and thread			

