

Practitioners List of Practical Life Exercises

- Opening and closing purses
- Transferring using tweezers and a suction soap pad perhaps with dried peas
- Goggles & glass cleaning fluid
- Different types of boxes with lids (jewellery boxes, pen boxes)
- Juicing oranges for snack time
- Crushing Rice Krispies in a mortar and pestle
- Sieving flour using a tea strainer as it is suitably child sized
- Spooning/transferring chestnuts with tongs
- Transferring water onto an upside down suction soap pad using an ear dropper
- Icing square & round biscuits
- Adding chick peas to flour and sieving so child learns some things will not pass through the sieve
- Transferring small pom poms using chopsticks into an ice cube tray when introducing Asia
- Fill empty balloons with different things such as rice, pasta, flour, marble – two of each filling & using blindfold children match balloon by touch. Child fills balloon using funnel.
- Transferring sugar cubes with a small tongs
- Blowing up a balloon using a small hand pump