

Practical Life Activities

This year we have introduced Practical Life activities as a part of our instructions. Practical Life is an area of learning which consists of simple, daily activities using objects that are familiar and recognizable to the child. Through the materials in the Practical Life area, children are able to explore their natural curiosities. They become independent, self-reliant, and are given the tools necessary to function in society.



The purpose of Practical Life is to provide both physical and developmental skills through direct and indirect aims. The direct aims of Practical Life are to develop coordination, concentration, independence, and order through prepared activities that are attractive and draw the attention of the child. In working with these materials the child indirectly obtains emotional enrichment, social skills, physical development of both fine and gross motor, objective and independent judgment, and learns natural consequences. The four main areas of Practical Life are:



- Care of self
- Care of the environment
- Grace and courtesy
- Control of movement

