

# Parenting Tip of the Month

## December 2016



Lower Elementary Teachers

# Age-Appropriate Chores for Children



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## Ages 2-3

- Put toys in toy box
- Stack books on shelf
- Place dirty clothes in laundry hamper
- Throw trash away
- Carry firewood
- Fold washcloths
- Set the table
- Fetch diapers & wipes
- Dust baseboards

## Ages 4-5

- Feed pets
- Wipe up spills
- Put away toys
- Make the bed
- Straighten bedroom
- Water houseplants
- Sort clean silverware
- Prepare simple snacks
- Use hand-held vacuum
- Clear kitchen table
- Dry and put away dishes
- Disinfect doorknobs

## Ages 6-7

- Gather trash
- Fold towels
- Dust mop floors
- Empty dishwasher
- Match clean socks
- Weed garden
- Rake leaves
- Peel potatoes or carrots
- Make salad
- Replace toilet paper roll

## Ages 8-9

- Load dishwasher
- Change light bulbs
- Wash laundry
- Hang/fold clean clothes
- Dust furniture
- Spray off patio
- Put groceries away
- Scramble eggs
- Bake cookies
- Walk dogs
- Sweep porches
- Wipe off table

## Ages 10-11

- Clean bathrooms
- Vacuum rugs
- Clean countertops
- Deep clean kitchen
- Prepare simple meal
- Mow lawn
- Bring in mail
- Do simple mending (hems, buttons, etc.)
- Sweep out garage

## Ages 12 and up

- Mop floors
- Change overhead lights
- Wash/vacuum car
- Trim hedges
- Paint walls
- Shop for groceries w/list
- Cook complete dinner
- Bake bread or cake
- Do simple home repairs
- Wash windows
- Iron clothes
- Watch younger siblings

# Material of the Month

December 2016



Lower Elementary Teachers

### Lower Elementary Practical Life Activities

Practical Life activities are an integral part of any Montessori environment. The Montessori elementary Practical Life curriculum is a continuation of the practical life skills presented and practiced in the primary classroom. Generally, the activities of Practical Life revolve around four areas: caring for the self (which includes food preparation), caring for the environment and living things, grace and courtesy, and movement of objects. Practical Life exercises also serve a social purpose. Community service projects are a big part of the Upper and Middle School Montessori programs. Additionally, Practical Life activities help foster self-discipline, self-reliance, concentration, and cooperative skills. Through direct instruction and gradually gained responsibility, the children learn to care for themselves and their environment, to manage their time, navigate social relationships and solve conflicts. They will certainly need these skills throughout their life as independent & responsible people.

### Examples of Academic Practical Life Skills:

- responsibility for their own learning
- test taking skills
- facilitating daily meetings
- checking their own work
- keeping accurate work records
- managing work completion with deadlines
- organization skills
- learning to use resources to find information
- giving lessons to others
- creating follow-up projects that best suite their learning style

### Social Practical Life Skills

- navigating social relationships and solving daily conflicts with independence and confidence
- participating in community meetings where children have an opportunity to work collectively to solve problems, to share successes and reflect on sharing gratitude of others
- direct instruction on effective communication skills, greeting visitors, strategies to solve problems independently, how to read social cues from others and gentle support when it is needed.

### Care of Environment Practical Life

- food preparation
- recycling
- laundry
- care of animals and plants
- cleaning materials & furniture