

Toddler Lessons:

Practical Life Lesson of the Day:

Sweeping

How to:

- 1) Use a Swiffer on the smallest setting and allow your child to sweep any wood or tile surface in your home

*As an extra challenge, you can add some shredded paper to the floor and have your child push the debris into a pile or into a painter's tape square on the floor.



Language Lesson of the Day:

Describing and Telling a Story from a Picture

How to:

- 1) Find an old magazine or photo album from your home.
- 2) Sit in a comfortable chair with your child.
- 3) Choose one picture.
- 4) Describe the picture, telling a story as you do so.
- 5) Keep telling the story as long as your child is interested.
- 6) When your child loses interest, move on to the next photo.



*If you have an older child, allow them to tell you a story!

Movement Lesson of the Day:

Heavy Work aka Maximum Effort

How To:

- 1) Mark two places on floor with an X made of painter's tape or some other easily identifiable mark
- 2) Place a heavy object on one of the Xs
 - a. Things to use:
 - i. Bottle of Oil
 - ii. Empty gallon of milk filled with water, dry rice or dry beans
 - iii. Canned foods
 - iv. Small bag or backpack filled with cans or beans, etc.
- 3) Show your child how to carry the heavy item from one X to the other and back again.

*Keep the activity exciting and challenging by moving the Xs around your home



Care of Self:

Zipping, Buttoning and Velcro

How to:

- 1) Check your closets and drawers for an item of clothing with each
 - a. Zipper
 - b. Large buttons
 - c. Velcro
- 2) Lay items flat on the floor
- 3) Slowly, show your child how to zip, button or Velcro each item
- 4) Give your child a turn!

*For an extra challenge, encourage your child to put on the item of clothes before trying to fasten!

Language Lesson of the Day:

The Telephone

How to:

1. Pull out an old cell phone from your junk drawer in the kitchen.
2. Set your child in front of a mirror or window and give your child the phone.
3. Step back and listen to them talk!



*It may take some imaginative play to get your child started. You could make a “ring, ring” sound and pretend like you are calling.

*Place a book of photo album near your child and the mirror so he/she has something to talk about

Movement Lesson of the Day:

Carrying a Pitcher or Glass of Water

How To:

1. Fill a small pitcher or glass $\frac{3}{4}$ full.
2. Demonstrate for your child how you carefully lift the pitcher/glass and carry with two hands.
3. Allow your child a turn to carry the pitcher/glass carefully around the kitchen, taking care to go slow
4. If your child spills, hand them a towel and allow them to clean up

*Your child may not be perfect at cleaning up and you may have to come behind them to finish the job! Remember, the important part is giving them the chance to clean up after themselves, even if they need some help!



Practical Life Lesson of the Day:

Setting the Table

How To:

1. Put out a stack of plates, napkins, forks, spoons, butter knives and cups. You can start with 3 or 4 of each or choose to fill the table!
2. Do the first one with your child in this arrangement



Math and Language Lesson of the Day:

Bean Numbers and Bean Letters

How To:

1. Prepare a paper with sharpie either writing numbers or your child's name
2. Prepare a bowl of dried beans, popcorn, etc.
3. Outline the numbers or letters in glue and have your child place beans/popcorn on the line
4. Let your child place items on the glue line using a pincer grip

*Can your child be trusted with glue? Allow him/her to outline the writing on their own!



Movement Lesson of the Day:

Bead Threading

How To:

1. Pour dried noodles into a bowl.
2. Cut a 2-3 foot piece of string or yarn and tie a knot at the end OR tape one of the yarn to the table.
3. Thread a piece or two on the yarn to demonstrate for your child before allowing them to take over!

*Feeling brave? Try looking up a recipe to dye noodles using food coloring and rubbing alcohol.



Practical Life Lesson of the Day:

Transfer with Water

****This lesson is best outdoors, on a porch or patio so you don't have to worry about the mess! If you cannot get outside, lay a beach towel or bath mat down on the kitchen floor!**

How to:

1. Prepare two similarly sized mixing bowls and a large, slotted spoon.
2. One bowl should be $\frac{1}{2}$ filled with water and ice cubes
3. Lay the bowls side by side on the ground. (if inside, on top of a towel)
4. Demonstrate for your child how to move the ice cubes to the empty bowl using the spoon to scoop.

Allow your child to take over and transfer ice and water back and forth!



Language Lesson of the Day:

Labelling the Environment

What you'll need:

- Marker
- Post-it notes OR
- Index cards and tape

How to:

1. Sit down with your child and supplies.
2. With your child's help, where possible, name items in your home
 - a. Sofa/couch
 - b. Chair
 - c. Floor
 - d. Door
 - e. Lamp
 - f. Table
 - g. Fridge
 - h. Cabinet
 - i. Toilet
 - j. Sink
 - k. Trash can
 - l. Etc.
2. Write the name for these objects on your post-it note or index card
3. Have child walk around your home labeling items
4. Once complete, the labels can be saved for later use or you can leave up for a while!



Movement Lesson of the Day:

Opening and Closing Boxes

How To:

1. Dig in your recycling bin for boxes and containers that are empty.
2. Collect 3-5 in a basket or line them up in a corner of your kitchen or living room.
3. Demonstrate how to open and close each container.
4. Allow your child to open and close each container

*Need an extra motivator? Hide an item (one of your child's small toys) in 1 or 2 of the boxes for your child to find.



Practical Life Lesson of the Day:

Watering Plants

****This lesson is best outdoors, on a porch or patio so you don't have to worry about the mess! If you cannot get outside, lay a beach towel down on the kitchen floor and bring houseplants to the towel.**

How to:

1. Fill a small watering can or pitcher or plastic cup with water.
2. Show your child how to carry this carefully to the plants.
3. Slowly pour the water into the planter.
4. Allow your child a turn.
5. Repeat as needed until every plant has water!



***Feeling brave? Allow your child to refill water on his/her own if they are able to access the sink or hose independently!**

***Want to extend this lesson? Allow your child to polish the plant's leaves with a damp cloth.**

Practical Life Lesson of the Day:

Nuts and Bolts

How To:

- 1) Collect some larger nuts and bolts from the garage or toolbox. These items should be large enough for the child to manipulate and to not be a choking hazard.
- 2) Show your child how to screw and unscrew the nuts from the bolts.
- 3) Allow your child to work independently while you supervise.

*For an extra challenge, drop the nuts and bolts and washers into a container of unpopped popcorn kernels or dry beans and let your child reach into the container to find each piece before putting together.



Math Lesson of the Day:

Number Book with Stickers

How To:

- 1) Take 2 pieces of paper and fold in half. Secure with a staple.
- 2) Write your child's name on the front cover.
- 3) On each page write numbers 1-5 (6-10 if your child needs an extra challenge).
- 4) With your child, "read" each number and put the right number of stickers on each page.



Movement Lesson of the Day:

Toilet Paper Roll Maze

What you'll need:

- Toilet paper and paper towel rolls
- Masking tape or duct tape
- Small ball or marble

How To:

- 1) Choose a surface to build your maze. Ideas are fridge door, garage, laundry room door, outside of your house
- 2) Use tape to secure rolls to your chosen surface, making sure the maze is built at your child's height.
- 3) Allow your child to put a marble or small ball into the roll and watch it roll out.
- 4) Ask your child: Where did the ball/marble land?
- 5) Allow your child to repeat.

*For extra fun experimentation, try a variety of objects. What fits? What doesn't fit? What rolls out fast? What doesn't roll out at all?



Movement Lesson of the Day:

Sticky Spider Web

What you'll need:

- Painter's tape
- newspaper

How To:

- 1) Using painter's tape, make a spider web covering a doorway.
- 2) Make a few balls out of newspaper.
- 3) With your child, throw the balls at the spider web to see if you can get them to stick.

*Experiment with other items. Will folded socks stick to the web? Will a plastic ball?



Sensorial Lesson of the Day:

Mystery Bag

What you'll need:

- An opaque bag, preferably drawstring
- 3-6 objects with identifiable features like--
 - o Pinecone-- Spoon-- Wooden block-- Seashell-- Button-- Key

How To:

- 1) Tell your child you have a mystery bag.
- 2) Put your hand inside the bag and take hold of an item, but do not remove your hand.
- 3) Manipulate the item in your hand.
- 4) Describe what you are touching. Name the object before pulling the object out of the bag.
- 5) Place the object in front of you.
- 6) Invite your child to take a turn.
- 7) Continue until all items are removed.

*To extend this lesson, invite your older toddler to fill the bag with items so that you are the surprised one!



Language Lesson of the Day:

I Spy

How To:

- 1) Sit with your child in a room of your home.
- 2) Look around carefully.
- 3) Say, "I spy with my little eye something that begins with mmmmm."
- 4) Allow your child to guess.

*Your child may need more than 1 guess as he/she gets used to the game-- and that's ok! You can give hints by looking directly at the object you are thinking of and repeating the sound.

*It's best to start simple-- try to avoid complicated sounds like 'dr' sound too similar to other sounds. Start with these:



M C/K A O T S B L D

Language Lesson of the Day:

Actions

What you'll need:

·Print cards here or make your own.

[Actions 1 flashcard](#)

How to:

1. Sit down with your child and cards.
2. Draw a card from the stack and perform the action on the card.
3. Allow your child a turn.
4. Once you go through all the cards, you can leave your child to try on his/her own.



Sensorial Lesson of the Day:

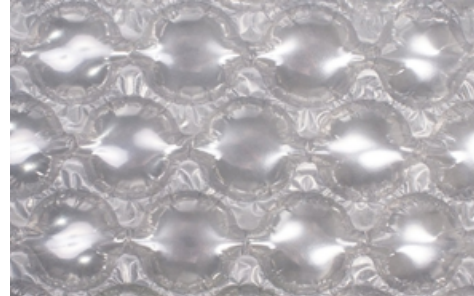
Bubble Wrap

How To:

- 1) Hold the bubble wrap in your hands.
- 2) Try to pop the bubbles in different ways—1 hand, 2 hands, pressing down on the bubble wrap, etc.
- 3) Give your child a turn.
- 4) Allow your child to complete the sheet of bubble wrap, popping all the bubbles!

*To extend this lesson, lay bubble wrap out on the floor and tape down with painter's tape. Allow your child to stomp, jump, crawl or roll trucks over to pop the bubbles.

*Additionally, use bubble wrap instead of a paint brush to create a work of art!



Movement Lesson of the Day:

Writing with Chalk

How To:

- 1) Gather a piece of chalk and go outside!
- 2) Allow your child to sit and write on the sidewalk

*For an extra challenge, ask your child to draw certain shapes or letters or numbers.

*Rainy day? No problem! Stay inside with a big crayon and several pieces of paper, cardboard or wrapping paper for your child to draw on!



Sensorial Lesson of the Day:

Matching Socks

How To:

- 1) Separate the socks from your clean clothes pile.
- 2) Help your child lay out one of each sock in a straight line.
- 3) Now, show your child how to find each sock's match
 - a. Stretch out the activity by taking each new sock down the line to test for a match saying, "No, no, no, yes! That's a match!"
- 4) Let your child finish the pile!



Art Lesson of the Day:

Making Playdough

What you'll need:

- 2 cups all-purpose flour
- 3/4 cup salt
- 4 teaspoons cream of tartar
- 2 cups lukewarm water
- 2 Tablespoons of vegetable oil (coconut oil works too)
- Food coloring, optional
- Quart sized bags

How To:

1. Stir together the flour, salt and cream of tartar in a large pot. Next add the water and oil. If you're only making one color, add in the color now as well.
2. Cook over medium heat, stirring constantly. Continue stirring until the dough has thickened and begins to form into a ball. Remove from heat and then place inside a gallon sized bag or onto wax paper.
3. Allow to cool slightly and then knead until smooth. If you're adding colors after, divide the dough into balls (for how many colors you want) and then add the dough into the quart sized bags. Start with about 5 drops of color and add more to brighten it. Knead the dough, while inside the bag so it doesn't stain your hands. Once it's all mixed together you're ready to PLAY.
4. Store the play dough inside the bags once done to keep soft. Keeps for up to 3 months.



Language Lesson of the Day:

Rhyming

What you'll need:

- A rhyming book, like Dr Seuss's Hop on Pop
- Objects that rhyme
 - Pup-cup
 - Hat-rat-bat-mat
 - Top-mop

How To:

- 1) Read the rhyming book to your child
- 2) Experiment with rhyming sounds using the objects
 - a) The hat is on the rat. Hat. Rat.
 - b) The pup is in the cup. Pup. Cup.
 - c) The top is in the mop. Top. Mop.
- 3) Let your child make rhyming combinations, too!

For more Dr Seuss inspired Montessori ideas, visit [Living Montessori Now](http://LivingMontessoriNow.com)



Art Lesson of the Day:

Mess-Free Painting

What you'll need:

- 1) Gallon ziplock
- 2) Piece of paper-- cardstock, printer paper, construction paper, etc.
- 3) Paint

How To:

- 1) Put paper in plastic bag
- 2) Add paint
- 3) Zip bag tightly
- 4) Allow your child to explore!
- 5) Enjoy the final product!



*For some extra fun, add toy cars and vehicles to roll over the paint!

Movement Lesson of the Day:

Making a Fort

How To:

1. Gather blankets, empty boxes, etc.
2. Build a fort with your child—a space where they can entertain themselves for the afternoon!



Math Lesson of the Day:

More or Less

How to:

- 1) Gather your items and sit with your child at a table or on the floor.
- 2) Introduce the items by saying, "This is a lemon. It's yellow." Or "This is a lime. It's green."
- 3) Let your child hold the item and experience with his/her senses.
- 4) Count the first type of item and place them in a vertical line. "One lemon. Two lemons. Three lemons. Four lemons."
- 5) Count the second type of item and place them in a vertical line next to the first column. "One lime. Two limes. Three limes."
- 6) Take a moment to look at your work.
- 7) Go down the column and say, "This lime has a partner. This lime has a partner. This lime doesn't have a partner." Be dramatic!
- 8) Say, "There are more lemons than limes."
- 9) Count the lemons again.
- 10) Count the limes again.
- 11) Say, "Four is more than three. There are more lemons than limes."

*Have a younger toddler? Start with 3 and 2!



Language Lesson of the Day:

Alliteration

What you'll need:

- 4-5 objects that all have the same initial sound

Start with easily identified sounds like M, T, P, C, B, A

How To:

- 1) Sit at the counter or on the floor with your child.
- 2) Take out the items one by one and say their names.
 - a. Money-mop-mouse-moose-mom
- 3) Name them all again and say, "They all begin with the sound m"
- 4) Invite your child to try.

*Try a scavenger hunt for things that begin with m in your home.

*Try a new letter every few days!

Practical Life Lesson of the Day:

Scrubbing

What you'll need:

- Something to clean (you may want to rub some dirt on some plastic toys)
- Bin of water
- Soap
- Sponge or scrubber
- Drying cloth
- Pitcher



How to:

- 1) Take this lesson outdoors if you can!
- 2) Allow your child to add soap to the bin of water.
- 3) Add the toys.
- 4) Model for your child how to scrub the toy clean.
- 5) Let your child have a turn at scrubbing the toys clean!

Need a car wash because of all the pollen? Let your toddler do it!

Practical Life Lesson of the Day:

Turkey Baster Transfer

What you'll need:

- Turkey baster
- At least 2 containers
- Water
- If done inside, a beach towel under the table



How To:

- 1) Fill one container $\frac{1}{2}$ way with water. (For extra fun drop some food coloring into the water)
- 2) Model for your child how to insert the baster into the water, squeeze the bulb with two hands, let go, and watch it fill with water. Do this slowly!
- 3) Move the baster to an empty container and squeeze the bulb again with two hands.
- 4) Give your child a turn and watch them repeat. And repeat. And repeat.

*Interested in variations? Have your child baste into a muffin tin or use the baster to help water plants. A turkey baster in the bathtub is also a lot of fun!

Math Lesson of the Day:

Memory Game



What you'll need:

- 15 of the same item for 1-5
- 55 of the same item for 1-10

How To:

- 1) Write 1-5 (or 1-10) on small pieces of paper and fold.
- 2) Put paper in a bowl.
- 3) Allow your child to pick a piece of paper from the bowl.
- 4) Tell your child to look secretly at the number and then put the paper down.
- 5) Now your child should get the number of objects to match the number on the paper.
- 6) Take turns reading the number and counting the objects.
- 7) Repeat until you get through all the numbers!

Practical Life Lesson of the Day:

Flower Arranging

Before you get started, go on a nature walk and collect wildflowers and branches!

How To:

- 1) With your child, choose a vase or vessel to hold your arrangement.
- 2) Measure flowers and branches against the vase and cut the stems accordingly.
- 3) Allow your child to arrange flowers in the vase.
- 4) Slowly pour water into the vase.
- 5) Choose a spot to display the arrangement.



Language Lesson of the Day:

What Doesn't Belong?

What you'll need:

[Link to PDF here!](#)

How to:

1) Print or pull up the PDF document here.

2) Model for your child by

a. Looking at pictures carefully.

b. Talking out loud about what you see, "I see a green mug. I see another green mug. I see another green mug. I see a daisy. The daisy doesn't belong."



3) Expand the lesson by talking to your child about what would belong in the photo or what would belong with the "out of place" object.

Practical Life Lesson of the Day:

Wood Polishing

What you'll need:

- Soft cloth
- Mineral Oil, Beeswax or [make your own](#)
- Wooden objects, cutting boards or wooden table to polish

How To:

- 1) Pour polish into a small bowl.
- 2) Dip cloth into polish.
- 3) Use circular motions to rub polish into wood.
- 4) Allow your child to finish.
- 5) Admire your work!



Math Lesson of the Day:

Number Bingo

What you'll need:

1. Click here to use premade Bingo cards ([Everyone Wins](#)) or ([More Challenging](#)) or Make your own
2. Numerals 1-9 cut out into squares (at end of PDF)
3. Markers (paper cut into squares)



How To:

- 1) Ready your BINGO cards and markers.
- 2) Cut out the numerals and fold.
- 3) Pick one numeral and read out loud.
- 4) Encourage your child to find the numeral on his/her board and cover with a marker.
- 5) Repeat until your child covers all the numbers on his/her card.

Movement Lesson of the Day:

Walking Around a Rug

How To:

1) Model for your child how to slowly and carefully walk around a rug in your home. Be sure to walk heel to toe.

2) Give your child a turn!

*For an additional challenge, have your child carry a variety of objects like bells, small cups with water, etc.



Language Lesson of the Day:

Sequence Cards

What you'll need:

- [Print and cut out cards here](#)
- Divide cards into their groups

How To:

- 1) Place 1st, 2nd and 3rd cards at the top of the table.
- 2) Take one group of sequence cards and place in random order at the bottom of the table.
- 3) Talk to yourself out loud, "I need to put these in order. What comes first?"
- 4) Say, "Hmmm. First the banana is whole." Place the picture of the whole banana in the 1st column.
- 5) Say, "Second the banana is peeled." Place the picture of the peeled banana in the 2nd column.
- 6) Say, "Third, the banana is gone." Place the picture of the empty peel in the 3rd column.
- 7) Repeat the story out loud.
- 8) Give your child a turn, either with the banana cards or with the next group.



Math Lesson of the Day:

5 Little Speckled Frogs

[Watch Miss Fiona from Buckhead's Toddlers A sing!](#)

How to:

- 1) Watch Miss Fiona's version taking note of the expressive way with which she sings the song, taking breaks to count the number of frogs left after each verse.
- 2) Repeat the lesson with your child using props, if you have them, or just your hands.

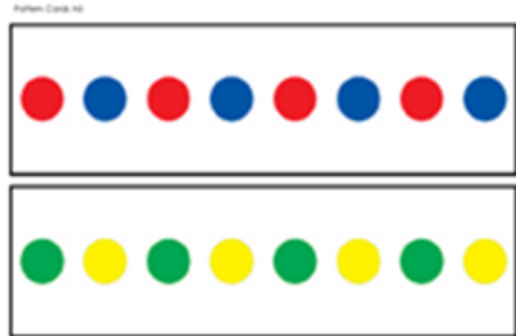


Math Lesson of the Day:

Patterns

What you'll need:

- Small gummies, candies or stickers in matching colors
- Simple ABABA pattern drawn on a piece of paper



How To:

- 1) Point to the first dot and say, "Red."
- 2) Take a red sticker/candy and say, "Red," as you match it to the dot.
- 3) Continue until you finish the pattern.
- 4) Note the pattern by saying, "Red, blue, red, blue, red blue. It's a pattern."
- 5) Invite your child to try!

Practice Life Lesson of the Day:

Whisking

What you'll need:

- Small pitcher
- Bowl
- Whisk
- Dish soap
- Towel

How to:

- 1) Set up your supplies at a child-sized work table, your kitchen table or outside.
- 2) Fill the pitcher with water.
- 3) Pour the water in the bowl.
- 4) Add 2 squirts of dish soap to the bowl.
- 5) Put the whisk in the water and whisk to make bubbles.
- 6) Take a break and look at the bubbles in the bowl, talking to your child about them.
- 7) Take your bowl to the sink and pour out the water.
- 8) Dry the bowl with the towel.
- 9) Allow your child to try all the steps by him/herself.

*Too many steps for your young toddler? That's ok! Remove some steps by already having water in the bowl!



Language Lesson of the Day:

Silhouette Cards

[Print and cut out cards here!](#)

--Divide into photos and silhouettes

How To:

- 1) Sit on the floor with your child.
- 2) In one column, put all the photo cards. Take your time to look at each item.
- 3) In a second column, put all the silhouette cards. Take your time to look at each item.
- 4) Start with the first column of pictures. Look carefully at the card on top and say, "Flower."
- 5) Turn your head to look at the second column of silhouettes. Scan down the column, looking at each in turn. If it's not a match, shake your head no.
- 6) When you find the match, nod your head yes and say, "It's a match!" as you move the cards together.
 - a) You can put matches side by side in the middle of the first and second columns.



Practical Life Lesson of the Day:

Dry Pouring with a Funnel

What you'll need:

- 2 containers, 1 empty and 1 half-filled
- 1 small funnel
- Small dry goods like rice, lentils or beans

How to:

- 1) Place funnel in the neck of an empty container.
- 2) Pick up the half-filled container.
- 3) Use 1 hand to hold the funnel and the other hand to pour the dry goods into the funnel. Pour slowly.
- 4) Allow your child to have a turn by letting them move the funnel and repeat the sequence.



Language Lesson of the Day:

Picture Story

What you'll need:

- Paper
- Pencil
- Scissors
- Glue stick
- Old magazine or catalogue



How To:

- 1) Sit down with your child and look through an old magazine or catalogue.
- 2) Allow your child to choose a photo and cut it out.
- 3) Glue the photo to the top of a page.
- 4) Ask, "Can you tell me something about this picture? I'll write it down."
- 5) Write down what the child says.
- 6) Read back what you wrote.
- 7) Sign the child's name at the end of the story.
- 8) Repeat with other photos!

Movement Lesson of the Day

Balance Beam

What you'll need:

- Space on the floor or outside
- 2x4 wooden board or pool noodle

How To:

1. Demonstrate for your child how to walk on the balance beam-- one foot in front of the other, arms outstretched.
2. Invite your child to try!

*For an extra challenge:

- Ask your child to try and move backwards on the beam
- Have your child hold objects while balancing on the beam
- Have your child try to balance on one foot

