

Montessori at Home: 10 Activities Using What You Already Have

Simple, hands-on ideas for curious 2-year-olds (and up).
No special equipment needed.

Made by a teacher, for parents. Print at home (A4).

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How to use these ideas

- Choose one or two activities to try this week. You don't need to do them all.
- Set the activity up on a tray, show your child slowly, then step back and let them explore.
- Repeat favourites as often as your child likes. Repetition is how toddlers learn.
- Print at 100% (actual size) on A4 paper.

These ideas are Montessori-inspired and general in nature. Every child is different. Always supervise young children closely. Not a substitute for professional advice. © Our Clever Kids. Please print for your own family and don't resell or redistribute.

Set up for success

Montessori-style activities are simple, real-life tasks a child can do on their own. The adult sets things up and shows how; the child does the work.

- **One tray, one activity.** A tray or basket shows your child where the activity starts and finishes.
- **Show, don't tell.** Demonstrate slowly with very few words, then step back.
- **Let them repeat.** There is no "finishing" or "getting it right". Repetition is the point.
- **Expect spills.** Keep a small cloth and sponge nearby so cleaning up is part of the activity.
- **Offer just one or two at a time** and swap them weekly. Too many choices can overwhelm.
- **Follow their interest.** If pouring is a hit, stay with pouring for as long as it holds their attention.

Safety first

Always supervise. Anything small enough to fit inside a toilet-paper roll is a choking risk for children under 3, so choose items larger than that. Never leave a child alone near water, even a small amount. Use food-safe, non-breakable items and keep the activity at a low, stable surface.

Ten activities to try

1

Pouring practice

You need: two small jugs or cups, a tray, a small towel. Start with dry rice or oats, then move on to water.

Try this: Show your child how to pour slowly from one jug to the other. Put a strip of tape on the inside of the jug as a "stop here" line.

Builds: hand-eye coordination, concentration and independence.

2

Spooning and scooping

You need: two bowls, a spoon, a tray, and large pom-poms or big pasta shells (larger than a toilet-paper roll).

Try this: Scoop items from one bowl into the other. Try a bigger spoon first, then a smaller one as they improve.

Builds: wrist control, fine motor skills and focus.

3

Sock matching

You need: a basket of clean socks (start with 3 or 4 pairs).

Try this: Tip the socks out and find the matching pairs together. Add more pairs as they get confident.

Builds: visual matching, sorting and the feeling of helping the family.

4

Wash-up helper

You need: a tub or basin with a little warm water on a low, stable surface, a sponge, plastic cups and bowls, and a tea towel.

Try this: Let your child wash and dry unbreakable cups and bowls. Stay close by, and expect splashes.

Builds: independence, practical life skills and sensory exploration.

5

Peg clipping

You need: wooden pegs and a shoebox lid or strip of cardboard.

Try this: Squeeze each peg open and clip it along the edge. Later, clip pegs onto a string to make a “washing line”.

Builds: finger strength for holding a pencil later on.

6

Spray and wipe

You need: a small spray bottle of plain water, a cloth, and a low table.

Try this: Show how to spray twice, then wipe from left to right. Squeezing a sponge between two bowls is another good variation.

Builds: hand strength, sequencing and pride in caring for their space.

7

Snack preparation

You need: a banana or mandarin, a blunt butter knife, a chopping board and a small plate.

Try this: Peel a mandarin or slice a soft banana into pieces. Sit beside your child and supervise the whole time.

Builds: confidence, healthy eating habits and fine motor control.

8

Threading pasta

You need: large penne or rigatoni, and a shoelace with a big knot tied at one end.

Try this: Thread the pasta onto the lace. Make it a necklace or a “pasta snake”. Supervise, and pack it away afterwards.

Builds: hand-eye coordination, patience and concentration.

9

Nature basket**You need:** a small basket or bag, plus leaves, sticks, bark and gumnuts from the garden or park.**Try this:** Collect treasures on a walk. At home, sort them by size or colour and talk about how they feel.**Builds:** vocabulary, observation and time outdoors.

10

Match the lids**You need:** four or five plastic containers with lids of different sizes.**Try this:** Mix up the lids, then find the right lid for each container. Add a container each week to make it trickier.**Builds:** problem-solving, spatial thinking and persistence.

Make it a habit

Pick two activities per week and tick them off as you try them. Swap in new ones when interest fades.

Week	Activity 1	Activity 2	What they loved
1			
2			
3			
4			

Want more? Our *Montessori Activity Guide for Children Ages 2 and up* has more hands-on play and development ideas. Find it at ourcleverkids.com/shop.