The Child Unplugged

MONTESSORI PLAY & LEARN

Activity Book



@TheChildUnplugged
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Introduction

Montessori activities are thoughtfully designed, hands-on learning experiences that put children at the center of their own education. Based on the principles developed by Dr. Maria Montessori, these activities focus on self-directed exploration, sensory experiences, and real-life skills. They use concrete, purposeful materials to help children understand abstract concepts through practical engagement. Montessori activities encourage children to learn at their own pace, make choices, and develop independence, confidence, and a natural curiosity about the world.







Why Montessori Is So Valuable

- Promotes independence – builds confidence and self-reliance
- Hands-on learning – tactile experiences deepen understanding
- Practical life skills – pouring, sorting, and dressing
- Supports cognitive growth – problem-solving and concentration
- Enhances motor skills – improves coordination and dexterity

Montessori combines learning with meaningful, engaging play, setting a strong foundation for lifelong skills and a love of learning.

How to Support Play at Home

Set up a calm, organized space with accessible, purposeful materials, and let children explore independently while offering gentle guidance.

Basic setup:

- Prepare a calm, organized space with child-sized furniture or trays.
- Provide open-ended, purposeful materials that encourage hands-on learning.

Simple steps:

- Demonstrate how to use the materials clearly and slowly.
- Allow children to explore at their own pace.

Helpful tips:

- Encourage practical life skills like pouring, sorting, and dressing.
- Use real, safe materials to foster a connection with the environment.
- Keep the environment simple and clutter-free to support focus and independence.







Ideas

Offer activities like sorting, pouring, practical life tasks, and hands-on exploration with natural, everyday materials.

MYSTERY BAG

WHATS NEEDED:

- Bag / cloth opaque
- Stone
- Clip
- Leaf
- Dice
- Mini toys

WHAT TO DO:

- Gather small objects and place them in a bag or box.
- Invite the child to reach in without looking.
- Feel the object and try to guess what it is using touch only.
- Encourage describing texture, shape, and size.
- Reveal the object and discuss it together.
- Repeat with different items for more practice.

BENEFITS:

- Enhances tactile sensory skills by exploring objects through touch
- Develops fine motor skills and hand-eye coordination
- Boosts problem-solving and critical thinking as kids identify items without sight
- Encourages descriptive language & vocabulary
- Stimulates curiosity and imaginative play
- Supports focus and attention to detail
- Builds confidence through successful object recognition



HOW TO ADAPT:

- **Younger toddlers:** Use a small bag with a few large, familiar objects. Let them explore freely by touch.
- **Older toddlers/preschoolers:** Add more objects with varying textures, shapes, or sizes for a challenge.
- **Learning twist:** Include letters, numbers, or themed items (animals, food) and ask children to name or sort them.

MAGNETIC/NON MAGNETIC

WHATS NEEDED:

- Tray and magnet
- Pencil
- Rock
- Metal
- Bulldog clip
- Toy digger
- Wooden block
- Key
- Metal spoon
- Coins etc.

WHAT TO DO:

- Place a mix of magnetic and non-magnetic items on the tray.
- Give your toddler a magnetic wand and encourage free exploration.
- They pick up one item at a time and test its magnetism using the wand.

BENEFITS:

- Develops scientific thinking – children explore cause and effect through magnetism.
- Enhances fine motor skills – picking up and testing objects strengthens hand control.
- Builds hand-eye coordination – guiding the wand requires precision.
- Encourages observation and comparison – distinguishes between magnetic and non-magnetic objects.



HOW TO ADAPT:

- **Younger toddlers:** Use larger, safe magnetic objects and a single wand; focus on exploration and discovery.
- **Older toddlers/preschoolers:** Introduce smaller objects, multiple wands, or a mix of shapes and sizes for a challenge.
- **Learning twist:** Sort items into magnetic vs. non-magnetic groups and count or compare them.

FOLDING CLOTHES

WHATS NEEDED:

- Small cloths, socks, napkins, or simple clothing items
- Basket or tray
- Optional folding guides or marked lines

WHAT TO DO:

- Show how to fold each item slowly, step by step.
- Invite children to match edges, smooth fabric, and fold neatly.
- Place folded items in a basket or stack them.

BENEFITS:

- Builds fine motor skills and hand-eye coordination
- Strengthens concentration and focus
- Develops sequencing and memory skills
- Encourages independence and responsibility
- Supports order and routine
- Promotes problem-solving skills
- Develops bilateral coordination (using both hands together)



HOW TO ADAPT:

- Start with simple squares like washcloths.
- Use socks for matching and folding.
- Progress to shirts or larger clothing.
- Add sorting by colour, size, or family member for extra challenge.

LAND AND SEA SORTING

WHATS NEEDED:

- Land and Sea labels/cards
- Small items or picture cards (animals, objects, etc.)
- Two bowls/trays/areas for sorting
- Optional: tweezers or scoopers for added fine motor work

WHAT TO DO:

- Place two labels: Land and Sea.
- Lay out all sorting items in a pile.
- Explain: “Land is for lions, Sea is for fish.”
- Show how to sort a couple of items.
- Let your child sort the rest.
- Optional: Add a “Both” category for tricky ones.
- Check the groups together and talk about any mistakes.

BENEFITS:

- Enhances categorization skills – children learn to group items by type or theme.
- Builds vocabulary – introduces land and sea animals, objects, and environments.
- Supports early math skills – counting and comparing groups.
- Strengthens fine motor skills – picking up and placing items develops hand control.



HOW TO ADAPT:

- **Younger toddlers:** Use a few large, simple objects for sorting; focus on basic recognition.
- **Older toddlers/preschoolers:** Add more items, subtle differences, or smaller objects for challenge.
- **Learning twist:** Introduce sorting by additional attributes like color, size, or habitat.

SORT SMALL TO BIG

WHATS NEEDED:

- You can use anything but here is an example of round objects:
- Golf Ball
- Tennis Ball
- Football
- Basketball
- Fruit (peach, kiwi, apple, orange, melon etc)

WHAT TO DO:

- Place balls in a basket or tray.
- Invite your child to arrange them from smallest to largest.
- Use other objects too—like garden sticks, wooden spoons, or household items.
- Great for teaching size order, comparison, and problem-solving.

BENEFITS:

- Introduces early math concepts (size, comparison).
- Helps children understand and use descriptive language (big/small).
- Builds observation and classification skills.
- Strengthens fine motor skills when using tongs.
- Encourages problem-solving through hands-on exploration.
- Supports language development with size-related vocabulary.



HOW TO ADAPT:

- **Younger toddlers:** Use 3–4 large, easily distinguishable objects; focus on basic size recognition.
- **Older toddlers/preschoolers:** Add more items with subtle size differences for a challenge.
- **Fine motor twist:** Use tongs, tweezers, or scoops to pick up and place objects.
- **Learning extension:** Encourage counting, sequencing, or comparing groups (“Which is bigger/smaller?”).

COLOUR SORTING

WHATS NEEDED:

- Coloured objects (e.g. pom poms, blocks, buttons)
- Sorting containers (bowls, trays, cups)
- Optional tools (tongs, spoons, tweezers for fine motor practice)
- Colour labels or mats for matching
- A clear play surface for easy sorting

WHAT TO DO:

- Gather small household items of different colors and place them in a basket
- Provide multiple bowls for sorting
- Encourage your child to sort items by color, size, or type
- Let little hands explore freely and experiment with different arrangements
- Keep it playful and open-ended to spark curiosity and learning

BENEFITS:

- Boosts colour recognition and visual discrimination
- Supports early cognitive and categorisation skills
- Enhances fine motor development through picking and placing
- Encourages language development as colours are named and described
- Builds early math skills like grouping, matching & comparing
- Improves focus, concentration & attention to detail



HOW TO ADAPT:

- **Younger toddlers:** Use a few basic colors and larger objects for easy handling.
- **Older toddlers/preschoolers:** Introduce more colors, smaller items, or patterns to sort.
- **Fine motor challenge:** Use tongs, tweezers, or scoops to pick up items.
- **Math extension:** Count items in each group or compare which has more/less.

SOUND SHAKERS-LOOSE PARTS

WHATS NEEDED:

- Empty bottles, jars, or small containers (plastic or glass, depending on safety)
- Fillers like rice, beans, beads, pasta, or small pebbles
- Tape or glue to seal containers securely
- Optional: ribbons, stickers, or paint for decoration

WHAT TO DO:

- Fill bottles or jars with different amounts and types of fillers.
- Seal the containers tightly with tape or glue to prevent spills.
- Shake, tap, or roll the containers to explore the variety of sounds they make.
- Compare how different materials, container sizes, or quantities change the sound.
- Encourage children to create simple rhythms or patterns with their shakers.

BENEFITS:

- **Auditory Exploration:** Children learn to distinguish different sounds, pitches, & volumes.
- **Creativity & Expression:** Encourages experimenting with rhythm, tempo, and combinations of sounds.
- **Rhythm and Coordination:** Shaking, tapping, and moving the shakers helps develop motor coordination and timing.
- **Cause-and-Effect Learning:** Children observe how different materials produce distinct sounds.



HOW TO ADAPT:

- Use different containers and fillers for varied sounds
- Bigger containers for toddlers, smaller or mixed for older kids
- Decorate shakers with stickers or paint
- Play indoors quietly or outdoors loudly
- Encourage group play and rhythm exploration

NESTING OBJECTS

WHATS NEEDED:

- Nesting Cups or Bowls – Plastic, wooden, or silicone sets in varying sizes
- Boxes or Containers – Recycled cartons, storage tubs, or food containers
- Measuring Cups/Spoons – Great for stacking and size comparison
- Stacking Toys – Rings, blocks, or rainbow stackers
- Lids or Jars – Safe, clean jars with lids of different sizes

WHAT TO DO:

- Simply give the objects to your child and observe how they choose to explore and use them.
- Model the activity first if your child is younger or unsure what to do.
- Encourage them to try different ways of using the objects.
- Supports focus and patience as children concentrate on completing the activity.

BENEFITS:

- Strengthens Logical Thinking – Children figure out which objects fit inside others.
- Improves Concentration – Encourages focus while arranging and nesting pieces.
- Builds Hand Strength – Handling and placing objects develop small hand muscles.
- Supports Early Math Skills – Introduces comparison, size differences, and sequencing.



HOW TO ADAPT:

- **For Younger Children:** Use larger nesting cups or bowls that are easy to grip.
- **For Older Children:** Add more pieces of smaller sizes to increase the challenge.
- **Add Sorting:** Ask children to arrange objects from biggest to smallest.
- **Add Colour Matching:** Use coloured cups or containers and sort by colour.
- **Hide & Find:** Place small toys inside the nesting objects for discovery.

FILL THE CONTAINER

WHATS NEEDED:

- Illustrated containers (e.g., jar, cup, bucket, bottle)
- Simple fill items (drawn or printed):
  - marbles
  - cubes or blocks
  - coloured lids
- Optional: stickers, crayons, or pencils for responses
- Visual cues like “empty,” “half full,” “full” icons (for support)

WHAT TO DO:

Activity 1: Which Holds More?

- Show 2–3 containers.
- Ask: “Which container will hold more?”
- Child circles the correct answer.

Activity 2: Fill Level Drawing

- Show containers in outline form.
- Ask children to draw or shade: empty, half full, full

Extension Question:
What would you put inside each container?”

BENEFITS:

- Builds early math reasoning (capacity and comparison)
- Develops visual estimation skills
- Strengthens critical thinking (“Which holds more?”)
- Introduces early scientific concepts of volume
- Encourages decision-making and reasoning skills
- Supports fine motor skills through circling or drawing
- Prepares children for later measurement concepts



HOW TO ADAPT:

- **Younger children:** Use simple big vs small containers
- **Older children:** Add closer comparisons and use “more” and “less capacity.”
- **Advanced:** Include trick shapes where size can be misleading
- **Hands-on:** Use real containers for filling and exploring
- **Themed:** Try fun ideas like beach, kitchen, or space settings

HEAVY OR LIGHT FILL

WHATS NEEDED:

- Containers (cups, bottles, jars, bowls, buckets)
- Safe filling materials (water, rice, beans, sand, or blocks)
- Tray or mat to manage spills
- Optional: scoop or spoon for filling
- Optional: cloth for quick clean-up

WHAT TO DO:

- Fill real containers with different amounts of material
- Place them side by side for clear comparison
- Ask: *"Which one looks heavier/full?"*
- Let children point, lift (if safe), or discuss their choice
- Compare results and talk about why fuller containers feel heavier

BENEFITS:

- Builds understanding of capacity (full, half, empty)
- Introduces the early concept of weight (heavy vs light)
- Strengthens observation and comparison skills
- Encourages hands-on learning and exploration
- Develops reasoning and prediction skills
- Supports real-world understanding of volume and mass



HOW TO ADAPT:

- **Younger children:** Use obvious differences (very empty vs very full containers)
- **Older children:** Use similar fill levels to increase thinking challenge
- **Advanced:** Ask children to predict before touching or lifting
- **Hands-on extension:** Let children fill and compare containers themselves

SPILL OR NO SPILL?

WHATS NEEDED:

- Containers (cups, bottles, bowls, jars)
- Water or safe filling materials (beans, rice, blocks)
- A measuring scoop or spoon (optional)
- Tray or mat to manage spills

WHAT TO DO:

- Fill real containers to different levels (low, half, nearly full)
- Show them to the children one by one
- Ask: *"Which container might spill if we add more?"*
- Let children choose and explain their thinking
- Carefully test by adding a little more to check the result
- Talk about what happened and why

BENEFITS:

- Builds understanding of full, nearly full, and overflow
- Strengthens cause-and-effect thinking
- Encourages prediction and reasoning skills
- Develops observation and attention to detail
- Introduces early awareness of safe limits and control
- Makes learning hands-on and memorable



HOW TO ADAPT:

- **Younger children:** Use obvious differences in fill levels (very empty vs very full)
- **Older children:** Use closer fill levels to increase challenge
- **Advanced:** Ask children to predict how much more will cause a spill
- **Hands-on extension:** Let children fill and test containers themselves

PREDICT AND CHECK

WHATS NEEDED:

- Pictures of containers (e.g., boxes, jars, baskets)
- Pictures of objects to fit inside (blocks, balls, toys, etc.)
- “Yes / No” response space or cards
- Optional: follow-up reveal images showing the correct result

WHAT TO DO:

- Show a container and a set of items
- Ask children to predict: *“Will all the blocks fit in the box? YES / NO”*
- Let them choose between seeing the answer
- Reveal the follow-up image showing the actual result
- Discuss whether their prediction was correct and why

BENEFITS:

- Builds prediction and reasoning skills
- Strengthens understanding of capacity and space
- Encourages critical thinking and curiosity
- Develops decision-making skills
- Supports learning through trial, error, and reflection
- Makes learning interactive and engaging



HOW TO ADAPT:

- **Younger children:** Use very obvious outcomes (clearly too big or too small)
- **Older children:** Use closer calls where prediction is more challenging
- **Advanced:** Ask children to explain why they chose yes or no
- **Hands-on version:** Let children physically test predictions using real objects

“HOW MANY FIT?” COUNTING ACTIVITY

WHATS NEEDED:

- Pictures of containers (baskets, boxes, cups, jars)
- Small object illustrations (apples, balls, crayons, etc.)
- Number writing space or answer boxes
- Pencils, crayons, or markers
- Optional: counters or stickers for support

WHAT TO DO

- Show a container filled with objects
- Ask children to count how many items are inside
- Let them write the number or choose the correct answer
- Provide matching questions like “Circle the container that holds 5 balls.”
- Discuss answers and reinforce counting together for better understanding

BENEFITS:

- Builds early counting and number recognition
- Develops understanding of capacity and quantity
- Strengthens one-to-one correspondence (one object = one count)
- Improves observation and estimation skills
- Supports early problem-solving and reasoning
- Encourages focus and accuracy in counting



HOW TO ADAPT:

- **Younger children:** Use small numbers (1–5) with clear visuals
- **Older children:** Increase quantities and add simple word problems
- **Advanced:** Include tricky comparisons between containers with similar capacity
- **Hands-on version:** Let children physically place objects into real containers

REAL-LIFE SORTING

WHATS NEEDED:

- Pictures of containers (water bottle, suitcase, lunchbox, bathtub)
- Pictures of items to match (water, clothes, food, toys, etc.)
- Worksheet or cut-and-paste materials
- Glue or pencils for matching

WHAT TO DO:

- Show children different real-life containers
- Present items that could go inside each one
- Ask them to match each container to what it can hold
- Let them draw lines or paste matching pairs
- Discuss answers together to reinforce understanding

BENEFITS:

- Builds understanding of real-life capacity use
- Strengthens logical thinking and reasoning
- Develops sorting and matching skills
- Encourages everyday problem-solving
- Expands vocabulary and real-world connections
- Helps children understand how objects are used in daily life



HOW TO ADAPT:

- **Younger children:** Use fewer, very familiar items with clear matches
- **Older children:** Add more items and include trickier choices
- **Advanced:** Include multiple correct answers or “odd one out” challenges
- **Hands-on version:** Use real objects and containers for physical sorting

FILL THE JAR COLORING PAGE

WHATS NEEDED:

- Worksheet with a transparent jar outline
- Faint shapes inside the jar (stars, candies, beads, etc.)
- Coloring tools (crayons, markers, pencils)
- Optional: color guide (e.g., red/yellow sections)

WHAT TO DO:

- Show the jar with faint shapes inside
- Give instructions like: “Color 10 items inside the jar.”
- Or: “Fill half the jar with red and half with yellow.”
- Let children color and count as they go
- Review together and discuss how the jar is filled

BENEFITS:

- Builds early understanding of quantity and capacity
- Strengthens counting skills
- Introduces basic fraction ideas (half)
- Improves fine motor and coloring control
- Develops focus and attention to detail
- Encourages visual organization and sorting by color



HOW TO ADAPT:

- **Younger children:** Use smaller numbers (1–5) and simple coloring only
- **Older children:** Increase quantities and introduce halves more clearly
- **Advanced:** Add thirds or mixed-color patterns
- **Hands-on version:** Use stickers or cut-outs instead of coloring

MATCH THE FILL LEVEL

WHATS NEEDED:

- Worksheets with containers shown at different fill levels
- Labels or words: “empty,” “¼ full,” “½ full,” “full”
- Pencils, crayons, or markers
- Optional: cut-out labels for matching or sticking

WHAT TO DO:

- Show containers with different fill levels
- Let children observe each one carefully
- Ask them to match the correct label or draw a line to it
- Review answers together and talk about why each match is correct
- Extend learning by asking: “What happens if we add more?”

BENEFITS:

- Builds understanding of capacity and volume
- Strengthens visual discrimination skills
- Introduces early fraction concepts (¼, ½)
- Improves matching and logical thinking
- Supports math vocabulary development
- Encourages focus and attention to detail



HOW TO ADAPT:

- **Younger children:** Use only “empty,” “half,” and “full.”
- **Older children:** Add fractions like ¼ and ¾
- **Advanced:** Mix tricky images with very close fill levels
- **Hands-on version:** Use real cups and physically fill them to match levels

DRAW YOUR OWN CONTAINER

WHATS NEEDED:

- Paper or worksheet
- Pencils, crayons, or markers
- Example images of containers (optional for inspiration)
- Space for drawing and writing

WHAT TO DO:

- Ask children to design their own container (e.g., magical container, lunchbox, toy box)
- Let them draw it freely on the page
- Encourage them to think about size, shape, and purpose
- Prompt them: *"What would you fill it with?"*
- Let them add or label the items inside their container

BENEFITS:

- Encourages creativity and imagination
- Builds early understanding of the purpose and function of containers
- Strengthens fine motor and drawing skills
- Develops expressive language and storytelling
- Supports independent thinking and decision-making
- Makes learning personal and engaging



HOW TO ADAPT:

- **Younger children:** Focus on simple drawing and naming one or two items
- **Older children:** Add details like labeling items or explaining their design
- **Advanced:** Ask them to describe special features of their container (e.g., "invisible lid," "never spills")
- **Hands-on version:** Use craft materials to build a 3D container

BIGGER OR SMALLER CAPACITY

WHATS NEEDED:

- Containers of different sizes (cup, bottle, bowl, bucket)
- Water or safe liquid (optional for testing)
- Tray or mat to prevent spills
- Coloring sheet or paper with container outlines (optional)

WHAT TO DO:

- Show two or three containers of different sizes
- Ask children to compare them visually
- Prompt questions like: *"Which holds more juice?"*
- Let them color the container that holds the least
- Discuss answers to reinforce understanding of size and capacity

BENEFITS:

- Develops understanding of capacity (more, less, least, most)
- Strengthens comparison and reasoning skills
- Encourages visual thinking and observation
- Builds early math vocabulary
- Supports decision-making and critical thinking
- Makes abstract ideas of volume more concrete and fun



HOW TO ADAPT:

- **Younger children:** Use very obvious size differences (tiny vs big)
- **Older children:** Use closer sizes for more challenge
- **Advanced:** Include trick shapes (tall vs wide containers)
- **Hands-on version:** Use real containers and water or blocks to test capacity

FRUIT SENSORY PLAY

WHATS NEEDED:

- Tray
- Water
- Different kinds of fruit, cut it into different shapes

WHAT TO DO:

- Setup is simple—
- Just slice some fruit.
- Place it in a tray with water.
- Let the sensory fun begin! Perfect for engaging your baby's senses through playful exploration.

BENEFITS:

- Boosts sensory exploration
- Enhances fine motor skills
- Encourages healthy food awareness
- Stimulates curiosity and creativity
- Supports language development



HOW TO ADAPT:

- Explain to your child that fruit needs washing before eating.
- Give your child tools as they get older or to extend engagement, it could be cups, bowls, scoopers, or a playset.
- And then you can give your child tools to cut/peel the fruit and eat.
- When age-appropriate, you can also involve them in the cutting of the fruit

MATCHING LIDS

WHATS NEEDED:

- Empty containers, bottles, or jars of various sizes
- Their corresponding lids
- A tray or mat to keep pieces organized

WHAT TO DO:

- Gather a set of containers or bottles with their corresponding lids.
- Mix up the lids and place them in a separate pile or tray.
- Invite your child to find the matching lid for each container.
- Encourage them to twist or snap the lids on to check the fit.
- Offer guidance for younger children by demonstrating the matching process.
- Praise their effort and allow repeated practice to build confidence and fine motor skills.

BENEFITS:

- Strengthens fine motor skills – twisting and snapping lids improves hand dexterity
- Enhances hand-eye coordination – aligning lids with containers requires control
- Encourages problem-solving – children figure out which lid fits each container
- Builds concentration and patience – completing matches requires focus



HOW TO ADAPT:

- **Younger toddlers:** Use larger containers and easy-to-grip lids; model the matching process.
- **Older toddlers/preschoolers:** Use smaller or similar-sized containers for more challenge.
- **Add learning twist:** Sort lids by size, color, or shape before matching.

MONOCHROME COLOR TRAY

WHATS NEEDED:

- Shallow tray or basket
- Objects in one color (e.g., toys, blocks, spoons, fabric, pom-poms)
- Items with varied textures (soft, rough, smooth, bumpy)
- Optional learning tools (letters, numbers, shape sorters)
- Real-life items in the same color (e.g., lids, buttons, utensils)
- Matching cards or sorting challenges (optional)

WHAT TO DO:

- Pick one color (e.g., red, blue) as the theme.
- Use a shallow tray or basket.
- Collect same-colored toys and objects.
- Add various textures (soft, rough, smooth).
- Include different sizes/shapes for sorting.
- Add simple learning tools (blocks, cards).
- Place tray at child's level for easy access.
- Talk about colors, textures, and shapes.
- Change the color weekly to keep it fun.

BENEFITS:

- Develops color recognition – focuses on shades of a single color.
- Enhances sorting and categorization skills – children group items by hue or tone.
- Strengthens fine motor skills – picking up and arranging objects improves hand control.
- Encourages observation and attention to detail – children notice subtle differences in color.
- Supports early math skills – counting, comparing, and arranging items in order.



HOW TO ADAPT:

- **Younger toddlers:** Use 3–4 simple items in distinct shades; focus on free exploration.
- **Older toddlers/preschoolers:** Add more shades, smaller objects, or multiple textures for challenge.
- **Learning twist:** Sort by size, shape, or material in addition to color.

SPICES SENSORY TRAY

WHATS NEEDED:

- A shallow tray or bowl
- Small containers or piles of different spices (e.g., cinnamon, turmeric, paprika, cumin)
- Optional: spoons, cups, or small scoops
- Optional: magnifying glass or small brushes for exploration

WHAT TO DO:

- Pour or arrange small piles of spices in the tray.
- Encourage your child to touch, smell, and explore each spice.
- Provide tools like spoons or cups for scooping, pouring, or transferring.
- Ask open-ended questions like: “Which one smells the strongest?” or “Can you find the yellow spice?”
- Allow free exploration and let them mix or compare textures and scents.

BENEFITS:

- Develops sensory awareness – engages smell, touch, and sight
- Strengthens fine motor skills – scooping, pouring, and transferring improves dexterity
- Encourages curiosity and exploration – sparks interest in different textures, colors, and smells
- Builds language skills – describing scents, colors, and textures promotes vocabulary



HOW TO ADAPT:

- **Younger toddlers:** Use fewer spices with distinct colors or smells for simple exploration.
- **Older toddlers/preschoolers:** Add more spices with subtle differences or let them sort and group by color, scent, or texture.
- **Fine motor challenge:** Provide small scoops, tongs, or brushes to manipulate spices.
- **Learning twist:** Introduce measurement, counting, or patterns with spices.

SENSORY RICE PLAY

WHATS NEEDED:

- Rice
- Food coloring
- Vinegar

WHAT TO DO:

- Measure rice into a lidded container.
- Add a splash of white vinegar (helps set the colour).
- Add food colouring (the more you use, the richer the colour).
- Seal the lid and shake well for 1–2 minutes until evenly coated.
- Spread the rice out on a tray or paper towel to dry completely.

BENEFITS:

- Enhances tactile exploration and sensory awareness
- Supports cognitive development through sorting, scooping, and pouring
- Builds fine motor skills and hand-eye coordination
- Encourages language through descriptive play
- Sparks creativity and imaginative storytelling
- Promotes calm and focus through repetitive actions



HOW TO ADAPT:

- **Younger toddlers:** Use plain, uncooked rice with a few large, easy-to-grip objects for free exploration.
- **Older toddlers/preschoolers:** Add small objects, shapes, letters, or numbers to hide and find.
- **Sensory variation:** Dye rice with food coloring, add scents (vanilla, cinnamon), or mix in different textures like pasta or beans.

PICKING UP TOYS

WHATS NEEDED:

- Baskets, bins, or boxes for sorting
- A clear and tidy play space
- Optional: labels or picture cues for where toys go

WHAT TO DO:

- Set a clear goal: “Let’s put all the blocks back in the box.”
- Model picking up a few toys and placing them in the right spot.
- Invite your child to help, making it fun (add music or a timer).
- Praise effort and teamwork when done!

BENEFITS:

- Builds responsibility and independence
- Develops gross and fine motor skills
- Encourages sorting, categorizing, and spatial awareness
- Promotes focus, patience, and teamwork
- Helps establish routines and care for their environment.



HOW TO ADAPT:

- **Younger toddlers:** Use large, easy-to-grip toys and encourage picking them up with their hands.
- **Older toddlers/preschoolers:** Introduce smaller toys or more challenging shapes to improve precision.
- **Fine motor challenge:** Provide tools like tongs, tweezers, or scoops for picking up toys.

PEG WORK

WHATS NEEDED:

- Pegs of various sizes & colours
- Optional: Tweezers or tongs for added challenge
- A basket
- A tray

WHAT TO DO:

- Fill a container or basket with pegs.
- Encourage your child to pick up each peg and place it back into the container.
- Demonstrate scooping, transferring, or sorting if needed, then let them explore freely.
- Ask children to sort by color, size, or shape as they place the pegs in the container.
- Use tools like tongs or spoons for an added fine motor challenge.

BENEFITS:

- Strengthens fine motor skills – grasping and placing pegs develops hand and finger control.
- Enhances hand-eye coordination – aligning and dropping pegs into the container requires precision.
- Supports sorting and categorization – encourages grouping by color, size, or type.



HOW TO ADAPT:

- **Younger toddlers:** Use large pegs and a simple board; focus on placing pegs freely.
- **Older toddlers/preschoolers:** Introduce smaller pegs or denser boards for more precise placement.
- **Fine motor challenge:** Encourage using tweezers or one hand only to pick and place pegs.
- **Learning twist:** Sort pegs by color, size, or shape, or follow simple patterns.

OPEN/CLOSE

WHATS NEEDED:

- Tins
- Purses
- Containers
- Small boxes
- Zips
- Books
- Tupperwear

WHAT TO DO:

- Explore your home for safe open/close items (jars, boxes, tins)
- Place collected items in a basket or tray for easy access
- Hide a small "treasure" inside one container for added excitement
- Encourage your child to explore, open, and discover independently

BENEFITS:

- Develops fine motor skills and hand strength
- Enhances hand-eye coordination
- Builds concentration & focus
- Encourages problem-solving and sequencing skills
- Promotes independence and confidence
- Supports understanding of cause and effect
- Great for sensory exploration through different textures and mechanisms



HOW TO ADAPT:

- Children learn that objects open in different ways, encouraging problem-solving
- Introduces the concept of cause and effect
- Trial and error helps them understand how actions lead to outcomes

SINK/FLOAT

WHATS NEEDED:

- Items/toys that will either sink or float:
- Toy bus
- Feather
- Rock
- Shell
- Wooden spoon
- Leaf
- Pegs
- Seed pod

WHAT TO DO:

- Gather all materials and set up the activity in a safe, accessible space
- Invite the child to explore sink and float objects, observing how they behave in water
- Encourage the child to sort items into the correct containers based on whether they sink or float
- Demonstrate slowly and clearly to ensure the child understands the activity and can follow independently

BENEFITS:

- Encourages scientific exploration and observation
- Develops understanding of buoyancy and water properties
- Enhances critical thinking through prediction and testing
- Builds fine motor skills with handling objects in water
- Supports language development by discussing results
- Promotes curiosity and problem-solving skills
- Provides sensory play with tactile water experience



HOW TO ADAPT:

- Print and laminate a sorting sheet divided into “Float” and “Sink” sections
- Use it to help children categorize items during the activity
- The child places each item on the correct side based on whether it floats or sinks
- Supports hands-on learning and reinforces sorting skills

MUSICAL TRAY

WHATS NEEDED:

Some ideas are:

- Egg shakers
- Harmonica
- Ringbell
- Whistle
- Tambourine
- Two spoons
- Recorder

WHAT TO DO:

- Place a variety of musical items—shakers, tambourines, bells, or drums—into a basket or tray
- Encourage children to explore sounds by shaking, tapping, or banging
- Let them experiment freely to create rhythms or melodies
- Invite movement, dance, or singing to connect music to physical play
- Introduce concepts like loud/soft, fast/slow, high/low to build auditory awareness and creativity

BENEFITS:

- Stimulates the Senses – Engages hearing, touch, and sometimes sight.
- Boosts Cognitive Skills – Encourages pattern recognition, memory, and rhythm.
- Develops Fine Motor Skills – Shaking, tapping, improves hand coordination.
- Supports Language Development – Promotes sound exploration and verbal expression.
- Fosters Creativity – Inspires improvisation & musical play.



HOW TO ADAPT:

- **Change Instruments**: Swap in bells, shakers, spoons, or homemade instruments.
- **Add Learning Elements:** Include letter or number labels on instruments.
- **Color-Code Items:** Use instruments for sorting or matching games.
- **Adjust for age:** Use larger, easier-to-handle items for toddlers; add rhythm patterns for older kids.
- **Add Language Prompts:** Name sounds (loud, soft, fast, slow) to build vocabulary.

MYSTERY BOX

WHATS NEEDED:

- A box or bag that hides contents
- A variety of small objects/toys with different textures, shapes, and sizes
- Themed item sets (animals, kitchen tools, nature items, etc.)
- A tray or container to hold objects before/after guessing
- Labels or cards for matching or describing items (optional)

WHAT TO DO:

- Use an opaque box or bag with an opening for hands.
- Choose familiar, textured objects (themed if you like).
- Introduce: Explain the child will feel and guess objects without looking.
- Demonstrate: Show how to describe and guess an object by feel.
- Let them take turns identifying items by touch.
- (Optional): Match with duplicates or pictures outside the box.

BENEFITS:

- Haptic sense: identifying objects by touch without looking
- Encourages active exploration and hands-on learning
- Develops working memory and concentration
- Enhances language skills through descriptive talk
- Provides a strong cognitive challenge
- Supports the development of fine and gross motor skills



HOW TO ADAPT:

- **For younger children:** Use larger, easy-to-handle objects and fewer items for simple guessing
- **For older children:** Add smaller or more complex objects to increase the challenge
- **Themed sets:** Focus on animals, kitchen tools, nature items, or seasonal objects to tie in learning

PLAYDOUGH STAMPING

WHATS NEEDED:

- Stamp
- Playdough
- Any other tools/items/nature you want to add

WHAT TO DO:

- Simply place all materials on a tray and invite your child to explore freely.
- No rules, no pressure—just creative hands-on fun.

BENEFITS:

- Develops fine motor skills and hand strength
- Encourages creativity and self-expression
- Enhances sensory exploration (texture, pressure, resistance)
- Supports language development through shape and pattern recognition
- Introduces early literacy and numeracy (using letter/number stamps)
- Promotes focus, patience, and independent play

NOTES:

Press gently but firmly! Too much pressure flattens the dough—just enough gives you a crisp, clear stamp every time.



HOW TO ADAPT:

- **Themes:** Explore objects based on animals, letters, numbers, or holidays to make play engaging and educational
- **Nature:** Incorporate natural materials like leaves, shells, pinecones, or sticks to encourage sensory exploration and connection with the outdoors
- **DIY:** Use everyday items like toys, LEGO, buttons, or cookie cutters to create open-ended, imaginative play experiences

HEAVY OR LIGHT

WHATS NEEDED:

- Two baskets or trays
- Items to weigh, such as: rock, penny, pencil, water-filled bottle, spoon, crayon, magnet, chalk, candle, and book

WHAT TO DO:

- Explain “heavy” and “light” with examples (penny = light, book = heavy)
- Have the child hold one item in each hand to feel the difference
- Show how to sort light items into one basket and heavy items into another
- Encourage weighing and sorting all items by weight

BENEFITS:

- Heavy or Light Montessori activity teaches kids about different object types
- Helps children compare two or more objects by weight
- Develops the ability to identify which objects are easy or hard to pick up
- Builds thinking and problem-solving skills
- Lays the foundation for understanding volume, mass, and measurement concepts



HOW TO ADAPT:

- **Toddlers:** Use simple objects with clear weight differences. Focus on feeling and naming “heavy” and “light.”
- **Preschoolers:** Sort multiple items into heavy/light groups. Use balance scales to compare weights
- **Older Kids:** Use scales for precise weighing. Challenge with similar-looking objects of different weights. Introduce volume vs. mass concepts

CLEANING

WHATS NEEDED:

- Child-sized tools (broom, dustpan, spray bottle, sponge)
- Cloths or wipes
- Baskets or bins for sorting
- Safe, non-toxic cleaning supplies

WHAT TO DO:

- Choose a simple task (wiping the table, sweeping, watering).
- Demonstrate slowly and clearly.
- Invite your child to help and let them take the lead.
- Praise their effort, not perfection!

BENEFITS:

- Builds independence and responsibility
- Develops fine and gross motor skills
- Encourages care for the environment
- Supports focus, routine, and patience
- Boosts confidence through real contributions



HOW TO ADAPT:

- **Toddlers:** Simple, safe tasks like wiping surfaces, picking up toys, or using a small dustpan to build independence and fine motor skills.
- **Preschoolers:** Slightly more complex activities, such as watering plants, sweeping, or cleaning windows, to develop coordination and responsibility.
- **Older Kids:** Help with dishes, folding, or organizing, using checklists or timed challenges to promote planning, time management, and a sense of accomplishment.

BLINDFOLD MATCHING

WHATS NEEDED:

- Blindfold or soft scarf
- Small sorting bowls
- Object to match ie Spoons, pom poms etc
- Fillers: lentils, oats, quinoa, chickpeas, cereal

WHAT TO DO:

- Gather matching pairs of objects (e.g., 2 spoons, 2 pinecones, 2 pom-poms).
- Mix all items in a box or tray.
- Child is blindfolded (or closes eyes).
- Their goal is to feel and match items by touch alone.
- The child picks one item, then feels for its pair.
- Celebrate correct matches, offer gentle guidance if needed.
- Repeat: Take turns or time the activity for an extra challenge.

BENEFITS:

- Boosts tactile (touch) awareness and sensory exploration
- Develops memory and concentration
- Enhances descriptive language and communication
- Encourages problem-solving and logical thinking
- Builds confidence and trust



HOW TO ADAPT:

- **For younger children:** Use soft, familiar items and skip blindfolds; allow them to explore with eyes open or closed to develop sensory awareness safely.
- **For preschoolers:** Introduce matching pairs of toys or textures and try gentle blindfolding with guidance to challenge memory and tactile skills.
- **For older children:** Add elements like timers, sound or smell matching, and encourage team play or memory races to make the activity more challenging, competitive, and engaging.

ANIMALS / CONTINENTS

WHATS NEEDED:

- Fabric Map Animal Set
- Land Animals
- Endangered Species: Panda, Gorilla
- Monkeys & Apes
- Sea Creatures
- Dolphins
- Whales
- Air Animals
- Exotic Birds

WHAT TO DO:

- Set Up: Lay out a world map or continent cards with animal figures.
- Explain: “Different animals live on different continents.” Show one example.
- Sort: Let your child match animals to the correct continent.
- Review: Discuss why animals live there (climate, food).
- Extend (Optional): Add sounds, flags, or mini fact cards.

BENEFITS:

- Builds world geography awareness
- Develops categorisation and matching skills
- Enhances animal knowledge and habitats
- Encourages reasoning and memory recall
- Supports language, discussion, and confidence



HOW TO ADAPT:

- **For younger children:** Use a few continents with large animal toys, focusing on naming animals and colors.
- **For preschoolers:** Explore all continents with a map or globe and introduce basic habitats.
- **For older children:** Include endangered animals, flags, and reasoning questions to encourage critical thinking and deeper learning.

FABRIC MATCHING PAIRS

WHATS NEEDED:

- Fabric ideas: Cotton, Wool, Jute, Silk, Linen, Velvet, Satin, Leather, Rayon and Demin
- Scissors
- Tray/basket

WHAT TO DO:

- Mix all fabric pieces.
- Pick one and feel its texture.
- Compare it to others one by one using touch.
- Set aside non-matching pieces until you find a match.
- Place matched pairs in the top corner.
- Repeat until all pairs are matched.
- Later, teach fabric names using a 3-Period Lesson.
- Optional: Add a blindfold for a tactile challenge.

BENEFITS:

- Enhances tactile discrimination through texture exploration
- Builds concentration, memory, and matching skills
- Sharpens sensory awareness, especially touch
- Supports language development
- Encourages problem-solving and cognitive thinking
- Improves fine motor coordination through handling materials
- Boosts attention to detail & focus
- Promotes calm, mindful play



HOW TO ADAPT:

- Cut matching pieces and ask your child to match pairs by color, texture, or shape.
- Try blindfolded matching to focus on touch and sensory awareness.
- Encourage them to count and describe what they feel.
- Mix different materials for added challenge and problem-solving.

MONTESSORI MATHS TRAY

WHATS NEEDED:

- Tray
- Math materials: number cards, counters, beads, or rods

WHAT TO DO:

- Prepare a tray with math materials like number cards, counters, beads, or rods.
- Arrange items
- Show how to count, sort, or match numbers with objects.
- Model one or two simple activities.
- Encourage independent exploration and self-correction.
- Offer gentle guidance only when needed.
- Discuss what they did and praise their effort.

BENEFITS:

- Builds foundational math skills (counting, sorting, matching)
- Enhances fine motor skills and hand-eye coordination
- Encourages concentration and independent learning
- Develops logical thinking and problem-solving
- Supports understanding of abstract concepts through hands-on play



HOW TO ADAPT:

- **Toddlers:** Use large, colorful objects for counting and sorting. Focus on color and shape matching
- **Preschoolers:** Introduce numbers and counting sets. Practice basic addition and subtraction
- **Older Kids:** Use bead bars, fraction circles, and complex materials. Challenge with skip counting and patterns

CUTTING AND PASTING

WHATS NEEDED:

- Scissors
- Glue
- Papers(preferably different colors)
- Basket or a tray

WHAT TO DO:

- Gather child-safe scissors, glue sticks, and various papers
- Show how to hold scissors safely and cut along simple lines or shapes.
- Explain how to apply glue sparingly and stick pieces onto a base paper.
- Let them choose papers, cut shapes, and paste to create their artwork.
- Suggest themes or let them freestyle. Praise their effort.
- Help tidy materials and clean glue spills together.

BENEFITS:

- Develops fine motor skills and hand-eye coordination
- Builds concentration and patience
- Encourages creativity and self-expression
- Enhances spatial awareness and planning
- Supports early writing skills



HOW TO ADAPT:

- **For younger children:** Use pre-cut shapes or torn paper for simple pasting and creativity.
- **For preschoolers:** Introduce child-safe scissors and themed collage projects to build cutting skills.
- **For older children:** Use complex patterns and layered designs to develop precision and artistic expression.

PEELING STICKERS

WHATS NEEDED:

- Sticker sheets (variety of sizes)
- Paper, card, or sticker book
- Optional: tweezers or sticker prompts

WHAT TO DO:

- Offer a sheet of stickers and a surface (paper, card, or window).
- Show how to peel slowly using fingers or a pincer grip.
- Let your child stick them freely or follow a theme/pattern.

BENEFITS:

- Develops fine motor skills and pincer grasp
- Improves hand-eye coordination
- Encourages concentration and focus
- Supports creativity through designing with stickers
- Introduces early concepts like colors, shapes, and patterns



HOW TO ADAPT:

- **For younger children:** Use larger, easy-to-peel stickers and simple surfaces
- **For older children:** Provide smaller stickers or more intricate designs for a challenge
- **Add learning elements:** Sort stickers by color, shape, or category
- **Incorporate themes:** Use seasonal, animal, or alphabet stickers for educational play
- **Combine with craft projects:** Let children create pictures, cards, or collages for extended engagement

SAND TRAYS

WHATS NEEDED:

- Tray/shallow plastic box
- Clean dry play sand
- Scoops, cups, funnels, molds
- Small toys (optional)
- Soft brush
- Storage for tools/sand

WHAT TO DO:

- Fill a tray or shallow box with clean, dry sand.
- Provide tools like scoops, cups, funnels, molds, and small toys.
- Show how to scoop, pour, and create shapes or scenes.
- Encourage open-ended exploration and storytelling.
- Join in or observe, prompting with questions like “What are you making?”
- Teach children to brush off sand and store tools properly.

BENEFITS:

- Boosts sensory exploration and tactile development
- Enhances fine motor skills and hand-eye coordination
- Encourages creativity and imaginative play
- Supports social skills during group play
- Develops language and storytelling abilities



HOW TO ADAPT:

- **Toddlers:** Use larger tools and simple scooping/pouring. Focus on texture and basic motor skills
- **Preschoolers:** Add themed items (animals, cars) for storytelling. Introduce concepts like volume and measurement
- **Older Kids:** Create detailed scenes or dioramas. Combine with science (e.g., digging for fossils)

LOCK AND KEY TOY

WHATS NEEDED:

- A set of locks and matching keys (variety of sizes and types)
- A tray or basket to keep everything together
- Optional: labeled containers or drawers for sorting

WHAT TO DO:

- Place the tray with locks and keys on a flat surface.
- Show how to select a key & test it gently in each lock.
- Try one or two keys until the right one opens the lock.
- Emphasize turning gently and trying again when it doesn't fit.
- Let the child explore matching and unlocking independently.
- Encourage persistence and curiosity.
- Guide the child to return each lock & key to its place.

BENEFITS:

- Encourages open-ended, hands-on learning
- Develops fine motor skills and hand strength
- Improves visual discrimination and coordination
- Builds focus, patience, and accuracy
- Supports self-teaching and self-correction
- Fosters independence and problem-solving skills
- Keeps children engaged through real-life practice



HOW TO ADAPT:

- **For younger children:** Use large, simple locks with fewer options to build confidence and fine motor skills.
- **For preschoolers:** Offer varied lock types with labels or color codes to support problem-solving and recognition.
- **For older children:** Add timed challenges or sorting tasks to promote critical thinking, planning, and advanced motor skills.

COOKING/FOOD PREP

WHATS NEEDED:

- Easy-to-handle utensils (spoons, scoops, butter knives, tea strainers)
- Compartment dishes
- Cutting mats/boards
- Bowls and child-size tumblers
- Citrus juicer and jugs
- Trays
- Dried beans and peas
- Small or halved sponges

WHAT TO DO:

- Pour beans between jug and bowl
- Spoon beans from bowl to bowl
- Sort beans by size into compartments
- Pour water between jugs
- Strain beans from sand with a tea strainer
- Cut peeled banana
- Slice buttered bread
- Squeeze an orange for juice

BENEFITS:

- Develop coordination and motor skills
- Learn self-care and independence
- While kitchen playsets are entertaining, cooking with real food offers far greater learning benefits. This hands-on experience aligns with Montessori principles, helping children understand where food comes from.
- These activities also support sensorial exploration and boost language development through new words and conversations.



HOW TO ADAPT:

- **Toddlers:** Explore soft foods (e.g., mashed banana). Stir and pour with help. Use child-safe utensils and large pieces
- **Preschoolers:** Cut soft fruits with safe knives. Measure and mix ingredients. Practice spreading, peeling, and squeezing
- **Older Kids:** Follow simple recipes. Use timers and tools safely. Plan and serve their food

GARDENING

WHATS NEEDED:

- Small pots or garden space
- Soil or potting mix
- Easy seeds (beans, herbs, sunflowers)
- Watering can or cups
- Kid-sized tools (trowel, gloves)
- Plant labels
- Optional: spray bottle, journal, magnifying glass

WHAT TO DO:

- Choose easy plants (e.g. herbs, sunflowers, cherry tomatoes)
- Show how to dig, plant seeds, water gently, and check daily
- Let your child observe growth and help with simple tasks
- Celebrate small wins (like spotting the first sprout!)

BENEFITS:

- Builds responsibility and patience
- Enhances fine motor and sensory skills
- Teaches basic science (plant life cycles, weather, insects)
- Encourages care for nature and healthy habits
- Boosts confidence through nurturing something over time



HOW TO ADAPT:

- **For younger children:** Encourage digging, watering, and planting large seeds to build fine motor skills and explore plant growth.
- **For preschoolers:** Add labels and simple tools, letting them choose seeds and track their plants.
- **For older children:** Use journals or charts and try composting or growing from scraps to promote observation, responsibility, and environmental awareness.

LAND, WATER, AIR CARDS

WHATS NEEDED:

- Three empty jars
- A small pitcher of water
- A bowl of soil with a scooper
- Blue food coloring (optional)
- Land, water, air cards
- Object, animals and transport that the child can sort

WHAT TO DO:

- Place 3 cards (Land, Water, Air) on a tray with an empty jar in front of each.
- Ask your child: “What goes in each jar?”
- Start sorting a few cards as a demo.
- Let your child sort the rest into the correct jars.
- Once done, encourage them to check and correct any mistakes.

BENEFITS:

- Categorisation Skills: Helps children group and sort based on the environment.
- Early Science Knowledge: Introduces natural elements and ecosystems.
- Language Development: Builds vocabulary (e.g., “mountain,” “fish,” “cloud”).
- Critical Thinking: Promotes comparison, reasoning, and logic.
- Cultural Awareness: Sparks conversations about animals, transport, and places around the world.



HOW TO ADAPT:

- **Toddlers:** Use real-life photos with 2-3 cards per category.. Focus on naming: “Bird flies in the air!”
- **Preschoolers:** Sort simple pictures into land, water, or air piles.. Use toy animals or transport for hands-on sorting.
- **Early Primary:** Play sorting games with a timer. Discuss why each object fits the category. Add tricky or crossover items (e.g., amphibians or submarines).

WATER PAINTING

WHATS NEEDED:

- Water
- Food Color(different colors)
- Paper sheets

WHAT TO DO:

- Fill a container with water.
- Add a few drops of food coloring.
- Set out large sheets of paper.
- Let your child explore painting freely with brushes or sponges.

BENEFITS:

- Builds fine motor and pre-writing skills
- Encourages creativity and self-expression
- Supports focus and calm, mindful play
- Mess-free intro to painting for younger kids
- Great for outdoor or quiet-time activities



HOW TO ADAPT:

- **For younger children:** Provide large brushes or sponges and let them paint freely on surfaces like cardboard, stones, or outdoor walls, encouraging sensory exploration and large arm movements.
- **For preschoolers:** Introduce stencils or simple shapes to trace and experiment with warm, cold, or lightly scented water to make the activity more engaging and sensory-rich.
- **For older children:** Encourage them to create patterns, designs, or disappearing art, and try fun techniques like painting over dry chalk to produce interesting visual effects.

WATER PLAY/MARK MAKING

WHATS NEEDED:

- Sponge (as tools)
- Sugar paper (Use washable or sugar paper to enhance visibility of marks.)
- Water

WHAT TO DO:

- Let your child explore water freely
- Encourage mark making on sugar paper with sponges, fingers, hands, or feet
- Supports creativity and sensory exploration
- Promotes gross motor development through full-body movement

BENEFITS:

- Enhances creativity and pre-writing skills
- Builds fine motor and coordination skills
- Encourages sensory exploration
- Teaches cause and effect
- Promotes focus and calm
- Sparks imaginative play

NOTES:

- Great for both fine and gross motor skill development.
- Encourage exploration with hands, feet, and tools like sponges or brushes.
- Ideal for indoor or outdoor sensory play with minimal cleanup.



HOW TO ADAPT:

- Add sponges for squeezing, soaking, and splashing fun
- Colour the water with food coloring to make play more visually engaging
- Include toys like balls, rings, or plastic figures for imaginative and manipulative play
- Freeze water with objects or color to create an icy sensory experience
- Add a dish brush for pretend washing and role-play activities

TEARING PAPER

WHATS NEEDED:

- A mix of paper types (tissue, newspaper, scrap paper, colored paper)
- Tray or mat to contain the mess
- Optional: glue sticks, paper for collage base

WHAT TO DO:

- Provide different kinds of paper (e.g. newspaper, tissue, colored paper).
- Show your child how to tear slowly using thumbs and fingers.
- Let them explore tearing freely or create art with the pieces (e.g. collages).

BENEFITS:

- Develops fine motor skills by strengthening fingers and hands
- Enhances hand-eye coordination through precise tearing movements
- Builds hand strength and dexterity for future writing and self-care tasks
- Encourages creativity as children explore shapes, textures, and collage-making



HOW TO ADAPT:

- **Toddlers:** Use soft, easy-to-tear paper like tissue or newspaper. Focus on the sensory fun of tearing
- **Preschoolers**: Tear along lines or shapes. Make simple collages with glue
- **Older Kids**: Create detailed art or layered textures. Use torn paper to form letters, patterns, or pictures

MONTESSORI ACTIVITIES

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