

Early Years Practical Skills + Self Help Activities Ideas



Brushing: Hair for personal presentation, the kitchen floor and outside.



Carrying: A jug of water with two hands, a tray correctly, a plate.



Cutting: Flowers from the garden, paper, wool, along dotted lines, packets open .



Folding: Material squares along dotted lines, the Laundry, tea towels, table cloths & napkins.



Lifting & Carrying: A chair correctly with two hands, a table in a group, boxes, parcels, trays .



Measuring: Cereal into bowls, liquids in cylinders, cups of ingredients for cooking.



Polishing: Brass, Gold, Silver with cloths, tables tops, spectacles, windows, shoes.



Pouring: Water into cups, liquid into equal amounts, beans through a funnel.



Screwing: Lids on /off jars, nuts on to bolts, bottle tops.



Sorting: Coloured socks into pairs, pictures, objects to be classified.



Spooning: From one container to another, jam onto toast, sugar into a drink.



Spreading: Using a small knife (supervised) butter/jam onto bread or toast.



Stacking: blocks in a tower, plates in a pile, cups on a shelf.



Sweeping: To help clean up, objects of the floor, in the garden, raking leaves.



Threading: beads and objects on a piece of string, sewing on buttons.



Tweezing: to pick items up and transfer them e.g. pasta, beans, cinnamon quills, pom-poms



Twisting: Nozzles, taps, lids, pipe cleaners.



Unscrewing: Bolts, screws, jars, taps.



Washing: A pretend baby in a bath, toy cars, animals, clothes with soap flakes, doing the washing up.



Whisking: Water and liquid soap, soap flakes, cornflour. Outdoors making mixtures in the mud kitchen.



Wiping up: Spilled water in a confined space, crumbs from a table.

These activities can help foster independence. They are lots of fun, very practical + superb for motor control, coordination and concentration.



MMH 2021