

# 100 Practical-Life Activities to Promote Independence

Age 3-4	Age 4-5	Age 5-6
Planting a seed in a recycled cup	Painting a portrait of the family and framing it	Making finger puppets using egg cups
Building a bird feeder from recycled materials	Creating a nature collage with leaves and flowers	Making homemade playdough and sculpting
Decorating a picture frame with pasta or beads	Creating a wind chime from sticks and string	Making a mini herb garden in a recycled container
Building a house for toy animals	Painting rocks and turning them into garden markers	Making a treasure map and hiding small items
Baking simple cookies and decorating them	Making a sensory bottle with water, glitter, etc.	Creating a paper crown and decorating it with stickers
Building a tent or fort using sheets	Making a puppet show with homemade puppets	Cutting out shapes from coloured paper and gluing them
Making a necklace with beads or pasta	Designing and colouring a family flag	Creating an obstacle course indoors using pillows
Building a cardboard boat	Making a bird out of paper plates and feathers	Decorating a recycled jar and using it as a coin bank
Creating a cardboard car or plane	Making music with homemade instruments	Creating a storybook with drawings and simple words
Making an animal mask using paper plates	Decorating plant pots and planting seeds inside	Drawing a self-portrait with crayons and framing it
Making a small garden using plastic bottles	Creating a treasure chest out of a cardboard box	Making a windmill using paper and a straw
Collecting and arranging leaves in a frame	Making a weather chart with drawings	Painting a flower pot and planting herbs in it
Building a bridge with blocks	Creating a picture using stamps or fingerprints	Making a bracelet out of string and buttons
Creating a cardboard robot and decorating it	Making animal masks with coloured paper	Planting beans in a clear jar to watch them grow
Decorating a hat with feathers, leaves, etc.	Making a kite out of recycled materials	Creating a butterfly using paper and paint
Making a musical shaker using a bottle and beans	Designing a bookmark using ribbon and paper	Creating a mobile with paper shapes and string
Building a tower out of toilet paper rolls	Making a boat that floats using a sponge	Painting seashells and displaying them in a box
Making a pretend pizza with paper and felt	Decorating a recycled jar and making it a candle holder	Creating a rainbow collage using coloured paper
Making a bird nest from shredded paper	Designing and decorating a superhero mask	Creating a dollhouse from a cardboard box
Building a miniature city using blocks	Painting a family portrait on a large piece of paper	Making binoculars using toilet paper rolls and string