



Class Title: Green Practical Life

Teacher Name: Priscila Dolack

Class Day: Monday

Class Size: 10

Class Supply Fee: \$52

Class Fee: \$96

Ages or color group served: Green

What level is this class: Level 0

Prerequisites: NA

Graduation Requirements: NA

Homework Requirements: Homework for practical life class will involve performing simple household tasks that align with the skills taught in class. For instance, students may be asked to fold laundry, set the table, water plants, organize a specific area of the home, or clean surfaces like counters or windows. The goal is to practice responsibility, improve fine motor skills, and encourage independence in daily life tasks.

Class Description:

Practical life classes are crucial for young children, often referred to as "littles," because they help develop foundational skills that support their overall growth and independence. These activities focus on everyday tasks like pouring, sweeping, buttoning, and washing, which teach children coordination, fine and gross motor skills, concentration, and a sense of responsibility.

Here are a few key reasons why practical life is important:

Independence: By mastering simple tasks, children gain confidence in their ability to care for themselves and their environment, fostering self-reliance.

Motor Skills Development: Many practical life activities, such as pouring, spooning, or buttoning, enhance fine motor skills, while tasks like sweeping or wiping teach gross motor coordination.



Concentration and Focus: These activities often require children to focus on a single task for a period, helping to build their concentration and attention span.

Cognitive Growth: Practical life activities also involve problem-solving and critical thinking. For example, figuring out how to peel an orange or fold a towel involves planning and understanding cause and effect.

Social and Emotional Skills: Completing these tasks in a group or class setting helps children understand the importance of cooperation, respect for others' work, and sharing responsibilities.

Sense of Accomplishment: Successfully completing a task, no matter how small, gives children a sense of accomplishment and boosts their self-esteem.

Overall, practical life activities lay the groundwork for lifelong skills that promote independence, responsibility, and a love of learning.

Week 1:

Introduction to Practical Life

To introduce children to the classroom setup, I'll provide an overview of practical life skills and go over Classroom rules.

Week 2:

Pouring and transferring (water or beans), focusing on control and precision.

Cutting with scissors (time allowing)

Week 3:

Care of the Environment

Sweeping and dusting (using small brooms and cloths), window cleaning, wiping down tables.

Cutting with scissors (time allowing)

Week 4:

Folding clothes

Folding sheets

Folding round table cloth

Cutting with scissors (time allowing)

Week 5:

Food Preparation

peeling and slicing bananas, apples, cucumber, carrots.

Spreading and assembling simple snacks (like jam on bread).

Week 6:

Cooking skill

Kids will use induction ovens to make a simple veggie soup.

Week 7:

Introduction to Sewing

Basic sewing techniques using shoe laces and moving towards large plastic needles.

Week 8:

Cutting with scissors

Advance sewing with needles

Glueing skills

Shoe tying

Week 9:

Advance pouring and transferring

Advance sewing with needles

Shoe tying

Week 10:

Centers using all learned activities

Shoe tying

Week 11:

Centers using all learned activities

Shoe tying



HOMESCHOOL

COLLABORATORS

UNITED

CO-OP & HYBRID ACADEMY 

Week 12:

Centers using all learned activities

Shoe tying