



Class Title: Preschool Pre-K Practical Life

Teacher Name: Priscila Dolack

Class Day: Monday

Class Size: 10

Class Supply Fee: \$15

Class Fee: \$144

Ages or color group served: Preschool

What level is this class: Level 0

Prerequisites: NA

Graduation Requirements: NA

Homework Requirements: NA

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.

We will go over classroom procedures and rules.

Week 2:

POURING AND TRANSFERRING

Pouring and Transferring: Using small tools to pour water, rice, or beans to enhance fine motor skills.

Week 3:

TRASFERING AND SORTING

Pincher grasp and transfer with clothespin.

Week 4:

FOOD PREPARATION

Cutting and slicing fruits and vegetables

Week 5:

COOKING SKILLS

Making a no bake bar



HOMESCHOOL
COLLABORATORS
UNITED
CO-OP & HYBRID ACADEMY 

Week 6:

Cutting with scissors

Glueing skills

Week 7:

Folding cloth

Folding napkins

Week 8:

Sewing with laces

Tying with ropes

Week 9:

Centers practicing all learned activities

Week 10:

Centers practicing all learned activities

Week 11:

Centers practicing all learned activities

Week 12:

Centers practicing all learned activities