

80 Practical-Life Activities for Your Toddler During Covid-19 Lockdown.

Dressing

- Choosing their own clothes
- Getting dressed
- Collecting clothes from cupboard
- Putting on shoes
- Putting on socks
- Putting on a jumper
- Zipping/buttoning a jacket

Bathing

- Using a flannel to clean body
- Using soap correctly
- Brushing teeth for 3 minutes.
- Squeezing and opening toothpaste
- Brushing hair
- Applying moisturizer
- Drying body with towel

Toileting

- Choosing underwear
- Wiping bottom after using toilet
- Folding, sealing and throwing away nappy
- Flushing toilet and putting seat down.
- Washing hands with soap
- Refilling underwear supplies
- Indicating when to use the toilet
- Placing dirty underwear into laundry

General Cleaning

- Wiping up spills with sponge. (Anticlockwise)
- Using and refilling a spray bottle
- Sweeping with brush
- Mopping using soap
- Dusting shelves
- Using a vacuum cleaner
- Organizing and recycling
- Getting something from another room
- Organizing cutlery
- Watering a plant
- Cleaning up books and toys
- Restoring items to shelves
- Sharpening pencils for art and craft.

Laundry

- Collecting dirty laundry
- Placing laundry into basket
- Putting laundry into washing machine
- Moving wet laundry to dryer or to a line
- Matching socks
- Folding own clothes
- Sorting laundry into categories (colors, whites)
- Putting clean clothes where they belong

Eating

- Opening a juice bottle
- Pouring a drink
- Setting the table
- Starting to use utensils
- Drinking from a cup
- Choosing when/how much to eat
- Gathering food from fridge
- Choosing a healthy snack

Cooking / Preparing Food

- Gathering ingredients
- Placing ingredients in bowls
- Spreading butter using butter knife
- Chopping soft foods
- Using a spoon to stir
- Taste testing and watching you cook
- Pouring liquid or dry ingredients from one container to another

Other Kitchen Work

- Putting away shopping items
- Wiping down counter or table
- Throwing composting foods
- Bringing dirty dishes to sink/dishwasher
- Rinsing dishes
- Cleaning dishes
- Drying dishes
- Loading dishes into dishwasher or drying rack

Outdoor Activities

- Pulling weeds
- Caring for animals – gathering eggs for example.
- Sweeping garden
- Watering plants
- Helping to plant seeds or young plants
- Scooping dirt into wheelbarrow
- Collecting rocks
- Washing car

