

Practical Life Activities Appropriate for a Two Year Old

1. Setting the table	2. Bringing dirty dishes to sink or garbage
3. Open cabinets and put away clean dishes	4. Opens Jars and Containers
5. Pouring water to drink	6. Cleaning Up Spills
7. Pouring Beans Between two Cups	8. Pouring Beans Between two Jugs
9. Pouring Water between two jugs	10. Carefully carrying the tray of items
11. Removing Delicate Objects and Handling them Properly	12. Making muffins
13. Pouring ingredients	14. Placing muffin cups
15. Using the whisk	16. Slicing an apple
17. Using a Mortar and Pestle	18. Peeling and Cutting a Banana
19. Arranging Flowers	20. Folding and Unfolding Cloth Napkins
21. Sit Properly in a chair at the table	22. Get off a Chair Properly
23. Tuck in Chair when Finished	24. Dusting
25. Sweeping	26. Cleaning the Table
27. Cleaning Toys	28. Sorting Cutlery
29. Watering Plants	30. Turning off and On Lights
31. Scrubbing chalk off the ground	32. Establish Morning Routines
33. Hand Washing	34. Hair Brushing
35. Teeth Brushing	36. Face Cleaning
37. Trimming of Nails	38. Dressing into clean appropriate clothing
39. Managing the placement of their dirty laundry	40. Hanging Clothing on a Hook
41. Hanging Clothing on a Hanger	42. Zipping
43. Velcro	44. Walking Down Stairs Gracefully
45. Matching	46. Working with a Mat