



Where curiosity leads, learning follows

PRINTABLE LESSON PLAN

Practical Life 12-Week Lesson Plan

A shelf sequence for a Children's House, and the shorter set a toddler community can actually use. Put the work out in this order. Present it to one child who is ready. The week number is your planning scaffold, not the child's timetable.



Format Printable web page and PDF

Age 3–6, with toddler changes

Focus Practical life materials in shelf order

Use Individual presentations from observation



How to use the week labels

The numbers are the order for preparing the shelf. They are not a lesson the class must finish together, and they are not a deadline. Leave earlier trays out. Present the next material to a child who can already do the movement it depends on. Record that on the observation sheet, then decide what stays with the weekly shelf planner. Grace and courtesy is practical life too. Those lessons are on the practice cards, not on these trays.

WEEK	SHELF WORK	MATERIALS	PRESENTATION
1	Carrying, a mat, and containers	A tray. A work mat. A lidded box, a jar, and a bottle with a stopper.	Present carrying with two hands, unrolling the mat, and opening and closing. These movements are inside every later exercise. Leave the materials on the shelf.
2	Folding a cloth	A basket with two or three napkin-sized cloths. A mat.	Show one fold: match the corners, crease, and stop. Table washing and place-setting both need this. The basket stays out.
3	Pouring dry material	A tray. Two matching small pitchers. A bowl of rice or large beans for refilling. A cloth.	Pitcher to pitcher. The child pours, checks the tray, and returns the work. Move to water only when this pour is controlled.
4	Spooning	A tray. Two bowls. A spoon. Large beans or rice.	One tool changes. The dry-pouring tray stays for children who still need it. In a mixed 3–6 room, both trays belong on the shelf together.
5	Transfer with tongs	A tray. Two bowls. Child-sized tongs. Large beans or chestnuts.	Offer this when the child can release a spoonful on purpose. If objects still go in the mouth, this tray waits. It is a Children's House material first.
6	Pouring water	A tray. An apron. Two small pitchers, then one glass. A sponge.	Same movement as dry pouring. The child pours from a pitcher and wipes the tray with the sponge before putting the work back.
7	Washing hands	An apron. A pitcher. A basin. Soap in a dish. A hand towel. A bucket for used water.	At a table: wet, soap, rub palms and backs, rinse, dry, empty the basin, hang the towel. Add a nail brush only after that sequence is secure.
8	One dressing frame	One large-button frame. A mat, or the frame stand if the room has one.	One fastening. Snaps, zipper, buckle, and bow wait until this frame is chosen and repeated. In a toddler community, practice the apron, shoes, or coat instead.
9	Washing a table	An apron. A small pitcher of water. A basin. Soap. A sponge. A drying cloth. A bucket.	The child fetches the water and empties it. Wash top to bottom, left to right, then dry. The basin and pitcher are the lesson.

WEEK	SHELF WORK	MATERIALS	PRESENTATION
10	Sweeping and dusting	A child broom, dustpan, and hand brush. A soft cloth for one low shelf.	First sweeping presentation: a small pile of rice, so the stroke has an end. Then use the broom for real crumbs. Dust one shelf and look at it before you put the cloth back.
11	Plant care and wood polishing	A small watering can, one plant, and a cloth. For polishing: an apron, a tray, one small wooden object, a little polish in a dish, a small applicator, and a buffing cloth.	Show how much water the soil needs, then stop. Polishing is the Children's House lesson beside it: dab, circle, buff, then the cloths go to the laundry and the child washes their hands. Leave polish, and scissors for flower arranging, off a toddler shelf.
12	Food preparation and one place	An apron. A banana, a wooden board, a blunt knife, and a plate. A placemat, a plate, a glass, and a napkin.	One food and one tool. Stay beside the knife. The child serves, then washes the board and knife. Set one place. Add a fork only when the child already clears that place. Bread and a soft spread are the next food, not a second lesson on the same day.

Children's House, about 3–6. Week labels are the adult's shelf order.

Toddler community: change the shelf before you copy it

CHILDREN'S HOUSE WORK	WHAT THE TODDLER SHELF USES INSTEAD
Tongs, dressing frames, polishing, scissors	Leave them off the shelf. Use large beans and a spoon, and one real dressing task: apron, shoes, or coat.
Hand washing	A low basin, soap, and a towel the child can hang. The nail brush waits.
Table washing and sweeping	Keep both. Use a basin and a child broom the child can carry and put away.
Food and the table	Banana on a board with a blunt knife, or spreading on a cracker. A cup and a plate on a mat. The full place setting waits.
What can follow the Children's House order	Carrying, containers, folding, dry pouring, spooning, water pouring, hand washing, wiping a table, sweeping, and watering one plant.

About 18 months to 3 years. Same care of the environment, fewer materials, shorter sequences.

What to print with this

Use the [observation notes template](#) to decide who is ready. Use the [weekly shelf rotation planner](#) to decide what stays. Grace and courtesy lessons are on the [practice cards](#). Families who want the home version can read the [practical life guide](#).

Safety and setup notes

- Stay with the child for water, knives, scissors, and anything small enough to mouth.
- If the child cannot carry the tray, do the work, and put it back, it is not ready for the shelf.
- Present to one child. A new week is not a reason to teach the whole group.
- A mixed-age room keeps the early trays. The youngest children still need them.

Observation prompts

- Did the child choose the work, or did an adult send them to it?
- What, exactly, was repeated?
- Where did the hand lose control?
- Which tray should stay, and which tray should wait?

Classroom notes

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