

### Primary Practical Life Menu

<b>Pouring and transferring liquids</b>  And dry ingredients without spilling	<b>Care of the Environment</b>  Help vacuuming your home.	<b>Kitchen Skills</b>  Open & Close Lids	<b>Care of Self</b>  Practice zipping your jacket.
<b>Care of the Environment</b>  Sweeping the floor with a broom	<b>Care of the Environment</b>  Clean a houseplant.	<b>Care of the Environment</b>  Matching socks and fold them.	<b>Food Preparation</b>  Help your family member to prepare dinner.
<b>Gross Motor</b>  Walking in a line with a spoon and an egg  Grinding egg shells: spoon / mortar and pestle	<b>Gross Motor</b>  Dance and sing without falling :)	<b>Care of the Environment</b>  Bubble making: bowl, pitcher for water, whisk, dish soap	<b>Care of the Environment</b>  Babydoll washing :an extension of scrubbing
<b>Gross Motor</b>  Carry liquids on a tray	<b>Kitchen Skills</b>  Help sort the food cabinet- cans with cans Boxes with boxes	<b>Care of the Environment</b>  Clean a mirror or a window at your home.	<b>Care of Self</b>  Practice buttoning & unbuttoning a shirt ( ages 3+)
<b>Grace and Courtesy</b>  Call someone you haven't spoken to in a while. Please remember to use frases like "Hello" and "How are you"	<b>Care of the Environment</b>  Find a mirror or a window to wash	<b>Care of the Environment</b>  Wiping the table before and after meals	<b>Food preparation</b>  Help prepare breakfast with a family member