

5 Days of Montessori Play

FOR AGES 3-5

CALM, MEANINGFUL, LOW-PREP

Welcome

If you've ever wanted to try Montessori at home but felt unsure where to start, this is for you.

By Montessori-style, I simply mean calm, hands-on activities that help your child practice real skills with gentle guidance instead of pressure.

This starter pack is not school. It is not a strict lesson plan. And it is definitely not something you need to do perfectly.

It is simply five gentle days of meaningful play you can do with everyday items you likely already have at home.

The goal is not to do more. The goal is to help your child practice independence, focus, and confidence in a way that feels calm and doable.

Suzanna

HOW TO USE THIS PACK

- Set aside about 10-15 minutes a day.
- Keep the mood light and unhurried.
- Stop early if your child loses interest.
- Expect spills, mistakes, and wobbly attempts.
- Let that count as learning.

You do not need special toys. You just need a few everyday materials, a little patience, and permission to keep it simple.

Safety note: If younger siblings are nearby, swap small items like beans, rice, and pom-poms for larger supervised materials.



WHAT YOUR CHILD WILL PRACTICE

◆ Hand control through slow, careful movement.

◆ Concentration that grows with repetition and simple routines.

◆ Sorting and sequencing through matching, noticing, and order.

◆ Practical life skills that feel real and meaningful.

◆ These are small skills, but they help your child feel more capable in everyday life.

◆ Sorting and sequencing through matching, noticing, and order.

DAY 1

Spoon Transfer

Moving carefully from one bowl to another.

YOU NEED

- 2 small bowls
- 1 spoon
- Dry oats, rice, beans, or pom-poms

DO THIS:

Place the filled bowl on the left and the empty bowl on the right. Show your child how to scoop slowly and transfer the material from one bowl to the other.

Then let them try on their own.

BRAIN PLAY:

Should we move fast or slow if we want to keep everything in the bowl?

TINY STORY:

Today your spoon is doing careful work. I wonder how many scoops it can carry before the bowl is empty.

MOM NOTE:

If the material spills, pause before correcting. Let your child notice what happened and try again.

DAY 2

Pouring Practice

Pouring from one container to another.

YOU NEED

- 2 small cups or pitchers
- Dry rice first, then water if you want
- a tray, towel, or baking sheet under the work area, or baking sheet

DO THIS

Show your child how to hold the container with two hands and pour slowly.

Start with dry material if that feels easier.

Once they seem ready, try a small amount of water.

BRAIN PLAY:

What do you think happens if we pour too fast?

TINY STORY

Your hands are learning exactly how much to tip and when to stop.

MOM NOTE

A spill is not a failed activity. Hand your child a cloth calmly and let cleanup be part of the process.

DAY 3

Sock Matching

Sorting, matching, and noticing differences.

YOU NEED

- Several pairs of clean socks

DO THIS:

Place the socks in a small pile or basket.

Invite your child to find matches and place each pair together.

If your child is ready, ask them to sort by color, size, or family member after matching.

BRAIN PLAY:

How do you know these two belong together?

TINY STORY:

These socks are looking for their partners. Can you help each one find its match?

MOM NOTE:

If your child loses interest halfway through, that is fine. You are building familiarity, not testing performance.

DAY 4

Wipe the Table

Caring for the environment.

YOU NEED

- A small cloth or sponge
- A small bowl of water
- A child-sized space to wipe

DO THIS:

Show your child how to dip the cloth, squeeze if needed, and wipe the table from left to right. Keep it simple. One small surface is enough.

BRAIN PLAY:

Where should we start so we don't miss a spot?

TINY STORY:

Your hands are helping make this space ready again.

MOM NOTE:

Children usually love real work more than pretend work. A tiny cleaning job can feel deeply satisfying when it belongs to them.

DAY 5

Pour Your Own Drink

Putting a real-life
skill into practice.

Wipe the Table

Caring for the environment.

YOU NEED

- A small pitcher or cup
- A child-sized cup
- Water
- Towel nearby

DO THIS:

Invite your child to pour their own drink for snack time or lunch.

Go slowly.

Watch first before stepping in.

If they need help, offer just enough support to keep them going.

BRAIN PLAY:

How will you know when your cup has enough water?

WHY IT MATTERS:

Children feel capable when they can do something meaningful for themselves..

MOM NOTE:

Celebrate effort more than neatness. Confidence grows when children feel trusted.

WHEN THINGS DO NOT GO SMOOTHLY

If your child refuses

Offer two simple choices.
"Do you want to pour water
or match socks?"

If your child makes a mess

Stay calm and hand them a
cloth.

If your child rushes

Slow yourself down first.
Children often match our
pace.

If your child wants to repeat

That is wonderful.
Repetition is how mastery
grows.



FOR YOU, MOM

You do not need a perfect setup to create meaningful learning at home.

You do not need to entertain all day.

And you do not need to turn ordinary moments into something elaborate.

Often the most powerful learning happens in small real-life tasks done slowly, together, and with trust.

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- Simple ideas you can actually use
- Less overwhelm
- More confidence
- Support for everyday family life

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