



3-Year Old



Practical Life Tasks

LAUNDRY

- Load clothes into the washing machine
- Move laundry from washer to dryer
- Clean lint screen
- Place clothes into the hamper
- Sort lights and darks
- Add soap to the washer (pre-measured)
- Fold towels and napkins
- Match socks
- Put clothes on hangers
- Carry folded stacks to rooms
- Put dirty clothes in the hamper



SELF CARE

- Brush hair
- Brush teeth (with assistance)
- Wash hands and face
- Get dressed and undressed
- Fasteners like snaps, zippers and buttons
- Choose their outfit
- Put on socks and shoes
- Put on lotion & sunscreen



IN THE COMMUNITY

- Check items off a shopping list
- Grab items from low shelves in the grocery store
- Put groceries on the conveyor belt
- Scan items at self-checkout
- Carry groceries into the house after returning home
- Help put groceries away at home
- Return library books

KITCHEN

- Crack eggs
- Cut soft foods (banana, strawberries, avocado, cucumber)
- Spread butter or nut butter onto toast or crackers
- Wash produce
- Scrub and peel potatoes
- Slice grapes
- Stir batter
- Scoop dry ingredients
- Pour water from a small pitcher
- Prepare a simple snack plate
- Carry a dish to the table or sink
- load and unload silverware
- Wipe up spills
- Set the table

AROUND THE HOME

- Vacuum
- Sweep
- Wash windows with a spray bottle and a cloth
- Spray and wipe down the table
- Dust furniture
- Take out small trash bags & replace with a new bag
- Restock toilet paper
- Water plants
- Feed pets (with pre-measured food)
- Sort recycling
- Shake out rugs
- Put shoes away
- Put books on the bookshelf
- Bring in the mail/open the mail
- Shred unnecessary paperwork