

Practical Life

What exactly are Practical Life activities and why do we do them in the 3-6 Atrium? Practical Life is the name given to the area of the classroom dedicated to caring for oneself and caring for the environment. Examples of Practical Life activities include spooning small beads from one bowl to another, moving lima beans, one at a time, from one half of a container to another, pouring small shells, buttoning, zipping and snapping, gluing, drawing and many other activities.



Practical Life materials are a great tool in helping the young children grow in independence and in fine motor skills. They help the child to love and care for the Atrium as they joyfully polish, clean, and restore order to the environment. In addition, these materials assist the child in developing his will so that his mind controls his body. Practical Life activities help the child to concentrate through meaningful work of the hand, which helps them develop the ability to listen and respond to the voice of the Good Shepherd.

