



CHICHIBERRY PRACTICAL LIFE

Practical Life Cards

For Ages 2–4

30 tiny responsibilities that help toddlers participate instead of waiting to be helped.

Tiny Responsibilities. Lifelong Confidence.

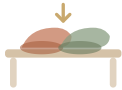
CHICHIBERRY.COM · PRACTICAL LIFE SERIES

INSIDE THIS PRINTABLE

What's Inside

A simple set of practical life cards for tiny responsibilities at home.

CARING FOR SELF



Put Shoes
On Shelf

Practising order, spatial awareness & ownership of belongings.

CARING FOR HOME



Water
A Plant

Building care, patience & connection to living things.

CARING FOR HOME



Wipe
The Table

Strengthening hand coordination, responsibility for shared spaces.

FOOD PREPARATION



Pour
Water

Developing concentration, motor control & independence at mealtimes.

CARING FOR HOME



Carry
Laundry

Practising strength, balance & meaningful contribution to family tasks.

FOOD PREPARATION



Set
The Table

Fostering sequencing skills, care for others & family belonging.

Start with one card. Leave it where the moment happens. Let your child return to it slowly.

30

ACTIVITY CARDS

5

LIFE CATEGORIES

2-4

AGE RANGE

1

CARD AT A TIME

A Small Note Before You Begin

There is a quiet difference between a child who is told they are capable and a child who has experienced themselves as capable. The first is a message. The second is a memory.



Children do not build confidence because we tell them they are capable. They build confidence because they experience themselves as capable.

These cards are not tasks to complete. They are invitations to participate. Each one represents a real moment in your home where a small person can show up — not as a helper being supervised, but as a genuine contributor to family life.

When you introduce a card, consider this:

- Start with just one card. One responsibility, introduced slowly, is worth more than ten rushed through.
- Move at your child's pace. Repetition is not regression — it is mastery in process.
- Allow imperfection. The water will spill. The sock will not match. This is exactly right.
- Participation matters more than performance. Your child is not trying to do it well. They are trying to belong.

With warmth, Chichiberry Parenting

How To Use These Cards

1

Choose one card.

Begin with the activity your child already shows interest in, or something they have watched you do. Familiarity lowers the barrier. Place the card where the activity naturally happens — on the shelf near the shoes, on the kitchen counter, beside the plant.

2

Introduce it naturally.

No formal lesson required. Show it once, slowly and with real intention. Use few words. "This is how we water the plant. Would you like to try?" The card is a bridge, not a curriculum.

3

Allow repetition.

Your child will want to do the same activity again and again. This is not tedium — it is deep learning. Each repetition builds confidence, coordination, and a quiet sense of mastery. Do not rush to the next card.

4

Resist correcting every mistake.

When your child pours the water slightly crooked or folds the towel unevenly, notice your instinct to redirect. Then pause. Let the imperfect result stand. Your silence is a form of trust, and your child will feel it.

"Progress often looks messy. That's how you know it's real."

CARD PLACEMENT SUGGESTIONS



Near
the front door



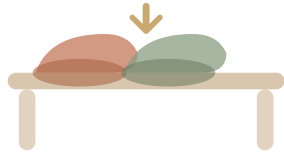
Beside
the plant



On the
kitchen counter



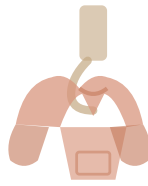
Near the
laundry basket



01 · Self Care

Put Shoes On Shelf

Practising order, spatial awareness & ownership of belonging.



02 · Self Care

Hang Jacket

Building independence with belongings & daily arrival routines.



03 · Self Care

Put Clothes In Basket

Learning to care for possessions & follow a tidy-up sequence.



04 · Self Care

Carry Backpack

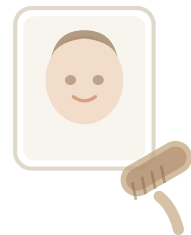
Developing autonomy, physical strength & pride in personal items.



05 · Self Care

Wash Hands

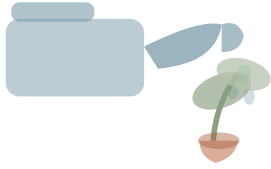
Establishing hygiene habits & the confidence of self-sufficiency.



06 · Self Care

Brush Hair

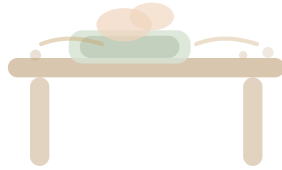
Building body awareness & a sense of care for oneself.



07 · Home Care

Water A Plant

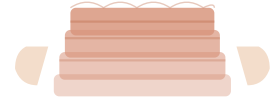
Building nurture, patience & care for living things.



08 · Home Care

Wipe Table

Developing hand coordination & responsibility for shared spaces.



09 · Home Care

Carry Napkins

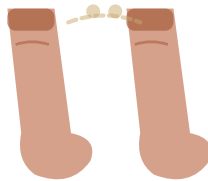
Practising care in carrying & contributing to meal preparation.



10 · Home Care

Put Books Away

Building order habits & respect for shared family belongings.



11 · Home Care

Match Socks

Developing visual discrimination & early sorting skills.



12 · Home Care

Feed Pet

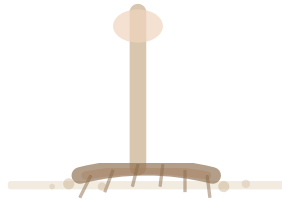
Nurturing empathy, routine & responsibility for another living being.



13 · Home Care

Put Groceries Away

Building sequencing skills & a sense of contributing to family life.



14 · Home Care

Sweep Crumbs

Strengthening gross motor skills & care for shared living spaces.



15 · Home Care

Carry Recycling

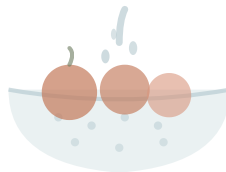
Learning about care for the environment through real participation.



16 · Food Prep

Peel Banana

Building fine motor skills & independence at snack time.



17 · Food Prep

Wash Fruit

Learning food care, hygiene & early kitchen participation.



18 · Food Prep

Stir Batter

Developing bilateral coordination & pride in creating food together.



19 · Food Prep

Carry Snack Plate

Building concentration, balance & pride in contributing to the table.



20 · Food Prep

Pour Water

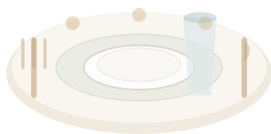
Developing fine motor control, concentration & mealtime independence.



21 · Food Prep

Spread Butter

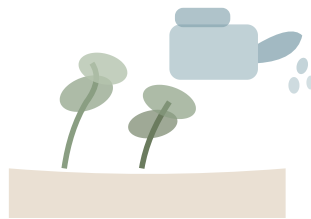
Practising wrist control, knife skills & food preparation confidence.



22 · Food Prep

Set The Table

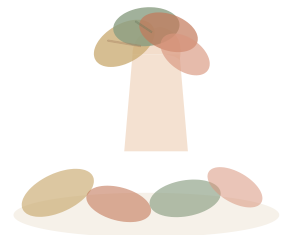
Fostering sequencing, care for others & family belonging.



23 · Outdoor

Water Garden

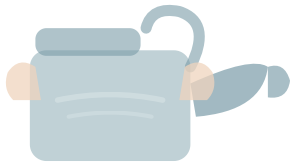
Cultivating responsibility, patience & connection to nature outdoors.



24 · Outdoor

Collect Leaves

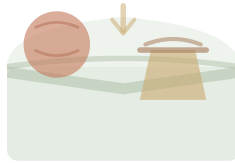
Developing sensory exploration, sorting skills & nature connection.



25 · Outdoor

Carry Watering Can

Building physical strength, balance & purposeful outdoor participation.



26 · Outdoor

Put Away Outdoor Toys

Building order habits, care for belongings & outdoor responsibility.



27 · Family

Help Pack Picnic Bag

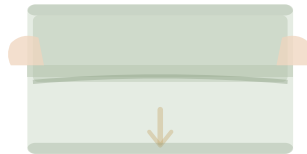
Practising planning, sequencing & meaningful contribution to family outings.



28 · Family

Carry Mail

Building a sense of importance, purpose & real-world participation.



29 · Family

Fold Small Towel

Developing spatial reasoning, concentration & contribution to household tasks.



30 · Family

Prepare Bedtime Basket

Building transition readiness, routine ownership & evening calm.



BONUS REMINDER

Start With Just One

One watering can.

One cloth.

One tiny responsibility.

That's enough.

The goal is not perfection.

The goal is participation.

CHICHIBERRY PARENTING10



*Tiny Responsibilities.
Lifelong Confidence.*

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PRACTICAL LIFE

LANGUAGE DEVELOPMENT

MONTESSORI AT HOME

*Children do not need more instructions.
They need more opportunities to participate.*

— CHICHIBERRY PARENTING · PRACTICAL LIFE SERIES

Chichiberry Parenting

MONTESSORI-INSPIRED · SCREEN-FREE · AGES 12–36 MONTHS