

(ADAPTIVE / SELF-HELP SKILLS) Activities- Week of April 27 – April 30

Activity: CUTTING FOOD > (MAKE A FRUIT SALAD)

Materials Needed:

- Kids knife or butter knife
- Cutting board
- Banana

Learning Target(s):

- I can get stronger hands by cutting my own banana.
- I can help my mom by cutting my own banana.
- I can learn to do it myself by cutting my own banana.

Directions/Instruction:

1. place a cutting board in front of your child
2. give them a peeled banana
3. a kid's knife or butter knife to use for cutting

Visuals/Examples:



Cutting a Banana *Montessori* **Practical Life Activity**



Need a Challenge:

- give children other foods that they can try and cut. For example, strawberries or a small slice of a watermelon.

Not Ready Yet:

- place your hand over the top of the child's hand and cut together
- keep practicing with a banana, then try another fruit