

Practical Life Task Cards

Real tasks, real items you already own. Cut out and pick one to try today.

AGES 3 TO 5

1

**Pour water from a
small jug**

2

**Wipe down the table
after eating**

3

Sort socks into pairs

AGES 6 TO 8

4

**Prepare a simple
snack independently**

5

**Water a houseplant
on a schedule**

6

**Fold and put away
their own laundry**

AGES 9 AND UP

7

**Plan and cook a
simple meal**

8

**Manage a small
budget for one
shopping task**

9

**Take full
responsibility for one
household chore for
a week**

This is an activity sheet, not a legal requirement. There is no set way practical life activities have to be done.