

PRACTICAL LIFE

Pouring Dry Ingredients

The signature activity: two pitchers, dry beans, and a motion your child will repeat a hundred times.

Materials

- Two small identical pitchers, each with a spout
- Dried lentils, rice, or split peas
- A rimmed tray
- A small broom and dustpan, or a wide paintbrush



AGE
2 to 3 years



TIME
10-15 min



AREA
Practical Life



SCREEN
Zero

What your child is developing

Master the arc of a pour, anticipate the moment to straighten the pitcher, and self-correct just by seeing the spilled beans.

Your role (the hardest part: doing nothing)

Show once, then step back. What your child is learning here isn't how to pour, it's how to fix what they spilled, on their own. The broom is part of the material, not a punishment.

Step by step

1



Fill one pitcher a third full, no more. This is really where everything happens.

2



Grip the handle with a full hand, the other hand steadying the second pitcher.

3



Pour slowly, watching the stream of beans, then straighten with one clean motion.

4



Let them do it. If some spills, point to the broom without commenting on the miss.

5

Empty from one pitcher to the other as many times as they'd like.

Take it further

- Easier: start with colored water at the kitchen sink.
- Harder: pour into two small glasses, up to a line marked on each.
- Useful: pouring their own breakfast cereal into a bowl.

 **Safety:** Dry ingredients only, under direct supervision: an inhaled lentil is a real risk. Put the tray out of reach after the activity.