



# Life-Skills:

## Setting The Table

### Ages 2 year to 3 years

**Objective:** The child will use fine-motor skills through learning how to set the table for dinner.

#### **Materials needed:**

Spoons (plastic ones encouraged for safety issues)

Forks (plastic ones encouraged)

Cups (regular, plastic/paper, &/or sippy cups)

Napkin

Plate (paper or plastic encouraged)

#### **Procedures**

1. Tell your child you need their help in setting the table for dinner. You will have to help and assist with this lesson at all times; being their guide.
2. Hand them the plate first. Show them where that goes, putting 1 plate for each person eating at the dinner table tonight.
3. Now teach and do the same thing with the spoons, forks, cups, & napkins (telling, showing, and teaching where each object goes for each person's place at the table), helping your child.



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The proper way to set the table:

Plate in the middle, on the table, in front of the person's chair.

The spoon goes on the right side of the plate.

The fork goes on the left side of the plate.

The napkin goes under the spoon on the right side of the plate.

The cup goes above the plate on the table.

5. ENCOURAGE MORE: Give them a small plastic pitcher with water in it. Help their hands as necessary to "pour everyone a cup of water" at the table for dinner time. This strengthens their fine-motor abilities and builds confidence.

#### **Milestones to meet:**

The child can set a table by following directions.

The child shows a willingness to pour a glass of water from a pitcher with help from the adult.

#### **Evaluation:**

Did this lesson work for your child? Why or why not?