

Module 3:

Exercises

On

Practical Life

Index

3.1 Purpose of Exercises on Practical Life	3
3.2 Why practical life activities help us to be engaged?	3
3.3 Practical Life Exercises (Different Groups)	4
3.3.1 Care for the person	4
3.3.1 Care for the environment	5
3.3.2 Movement	6
3.3.3 Development of social reaction	6
3.3.3.1 Introduction of Grace & Courtesy	6
3.3.3.2 How to present Grace & Courtesy exercises	7
3.4 Developmental goals as per Maria Montessori (O.C.C.I)	7
• Order	
• Coordination	
• Concentration	
• Independence	
3.5 Aim of Practical Life Exercises	8
3.6 The role of the Directress in the Practical Life Activities	8
3.7 Importance of Practical Life Activities	8
3.8 Guidelines to be followed while teaching Practical Life Activities	10
3.8.1 Guidelines for Choosing Practical Life Activities	10
3.8.2 Guidelines for Setting up Practical Life Area	10
3.8.3 Guidelines for Presenting Practical Life Activities	11
3.8.4 Preparation for Presentation of Practical Life Activities	11
3.8.5 Purpose of demonstrating practical life material	11
3.8.6 How to present Practical Life Activities	12
3.9 Evaluation	12
3.10 Sensitive periods as per Maria Montessori	13
3.11 The Silence Lesson	14

Exercises on Practical Life

Education is a means to learn correct behaviour and good habits. It helps the child to take cognizance of his/her human nature and to impart him/her knowledge. Through education, he/she may fully discover how to adapt himself/herself to the society. The practical life activities provide an idea / opportunity to practice and develop the necessary skills. The practical life is the foundation of education.

3.1 Purpose of Exercises on Practical Life

- To help the child become independent.
- To enable him/her to correlate his own physical, psychic and moral desires.
 - ✓ Physical desire to move and exercise growing limbs.
 - ✓ Psychic - to perfect the movements.
 - ✓ Moral - to become useful and helpful to others.
- To initiate in the child respect and love for any work.
- To help the child perform the activities of daily life with joy, skill and grace through which he/she attains perfection.
- To help the child on the path to his normalcy.

In a Montessori classroom, the practical life activities are the first activities to which the child is introduced as these can immediately satisfy the inner needs and desires of the children. From Dr. Montessori's observation, the needs of children are not based on fantasy, but based on real life experiences that help children work well and adjust to their real environment. Through the training of practical life, children learn to take care of self, the surrounding environment and demonstrate social grace, control his/her fine and gross muscles with eye and hand coordination. The practical life exercises include two important links for a child. The first one is between home and the outside work because the exercise uses many materials and tools that are found at home. The second link is between the child and nature.

3.2 Why practical life activities help us to be engaged?

- These activities are easily understood from start to finish.
- They have visible movement.
- They give direction to the child's movement.
- They are perceived as being attractive by the child.
- They lead to greater skill and perfection.
- They lead to self-inculcated discipline.
- They create unity between the child's will and action.

3.3 Practical Life Exercises (Different Groups)



3.3.1 Care for the person

For young children, before they can reach out to the environment, they need to build themselves and should learn how to take care of themselves. These exercises include dressing, undressing, bathing, combing etc.

1	Grooming, Hair-brushing, combing, braiding, Face-washing, Teeth- brushing, Nose-blowing, Hands- washing, using lotion, clipping nails, cleaning and filing nails, cuticle care.	4	Dressing Fasteners- buttons, snaps, laces and bows, hooks, buckles, zippers, Putting on- jackets, sweaters, shoes and socks, Caring for clothes - hanging, Caring for shoes - polishing and cleaning.
2	Using tools - sorting and cleaning, Eating utensils - spoons, fork, knife (slicing, dicing, cutting, scraping, and spreading).	5	Food preparing utensils - grater, masher, rolling pin, sifter, Juice, squeezer, funnel, can opener etc.
3	Fruits - washing , peeling, cutting, removing seeds, making juice, making fruit salad, Dairy foods, breads, cereals, grains	6	Setting table Setting Serving Clearing

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3.3.1 Care for the environment

These activities provide a learning process for children to learn and manipulate the environment around. They learn that they are only a part of the overall environment and they need to respect the environment around themselves. These activities include cleaning, washing, polishing, gardening etc.

Care of Materials	Care of Surface
1.Furniture Dusting, Polishing, Washing	7.Doors Opening & Closing Doors Cleaning Doors
2.Fixtures Polishing, Polishing silver / brass	8.Mirrors and windows Cleaning glass
3.Clothes Brushing, Washing, Rinsing Hanging to dry, hanging to store, Folding, Sewing.	9.Walls Cleaning walls, Hanging pictures
4.Dishes Washing eating utensils, Washing cooking utensils, Washing knives, Washing pots and pans, Washing a mixed collection of dishes	10.Sinks& Appliances Cleaning sinks & Metal Surfaces
5.Containers Emptying lunch box, Emptying trash, Opening and shutting (latches, jars, lids and locks etc..) Packing suitcase	11.Cabinets and shelves Cleaning and polishing wood
6.Care of surfaces Wringing a cloth, Washing a Formica surface, Washing an unpainted surface	12.Floors Wash vinyl floor, Dust mopping, Wet mopping, Sweeping , Vacuuming carpets.
Care of the Plants 1.Preparing soil - digging, hoeing, raking, 2.Planting - seeds, small plants, watering, Harvesting fruits and vegetables. Watering the plants, Washing leaves, Making cutting, Picking dead leaves off, Flower arranging.	Care for an animal Petting feeding Holding providing water providing clean living space

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