

Montessori is an educational pedagogy that focuses on the individual child and his needs. The concepts behind the pedagogy were consolidated by Dr. Maria Montessori in the beginning of the 20th century. Her concepts in regards to teaching children based on their needs and personal interest lead to the Montessori educational method of today. There are four areas of learning in a Montessori 3-6 class:

Practical Life

In this section of work, the child finds materials and Exercises of his everyday life from pouring water from a jug to a glass, or learning how to tie a shoelace. These activities help the child to properly take care of himself so that he may feel as though he is independent and does not have to rely on an adult for his basic needs.

Sensorial

Activities in this section allow the child to refine each of his senses. He will become a child who can appreciate color or texture differences, organize his thoughts and objects in his environment and who has a refined sense of pitch from the music he may hear around him.

Language

The child is taught language through a specific progression of lessons where he first becomes aware of the different sounds in a word. The child then learns the language phonetically until the point where he is taught the different "rules" in a given language and the exceptions to those rules he will need to know in order to spell and read fluently.

Mathematics

The child first learns to count from 1-10 through the understanding of the concept that those numbers represent a specific amount. Through each material, the child will learn addition, subtraction, multiplication and division and truly understand what each one means in their deeper sense. Through this method of teaching, Montessori offers the child a strong and solid foundation in the understanding of mathematics.

Overall, what makes this method of learning so different compared to the conventional form of education we have today, is that the teacher does not stand in front of the class and teach each child the same lesson all at once. Each child is allowed to learn at his own rhythm in a way where he feels as though he is in fact not learning or being taught.

Montessori called this way of teaching "preparing the child for success". The teacher is there to guide the child through small Exercises in which the child will succeed. Through time, the Exercises rise in difficulty but because the progression is so well thought out, the child never feels as though learning is a struggle.

Practical Life Exercises Activity Manual



Index

1. Preliminary Exercises	5-49
1. Carrying a Mat	6
2. Unrolling/ Rolling a Mat	8
3. Carrying a Chair	10
4. Sit and Stand from a Chair	12
5. Carrying a Table	14
6. Carrying a Tray	16
7. Carrying a Jug	18
8. Removing, Carrying and Replacing a Geometrical Cabinet Tray	20
9. Carrying a Sharp object	22
10. Opening a Door	24
11. Removing and Replacing a Book on a shelf	26
12. Opening a Book	28
13. Turning pages of a Book	30
14. Opening Bottles	32
15. Opening Boxes	35
16. Folding Cloths	38
17. Spooning Grains	44
18. Pouring Grains	47
2. Care of the Person	50-81
1. Washing Hands	51
2. Dressing Frame	54
3. Button	54
4. Snaps	57
5. Hook and Eye	59
6. Zipper	61
7. Buckle	64
8. Bow	66
9. Lacing	71
10. Safety Pins	76
11. Polishing Shoes	79
3. Care of the Environment	82-103
1. Dusting a Table	83

2. Washing a Table	85
3. Arranging Flowers	88
4. Setting a Table	91
5. Sweeping	94
6. Wet Mopping	97
7. Dust Mopping	99
8. Outdoor Sweeping	101
4. Grace and Courtesy	104-118
1. Introduction	104
2. Greeting a Person	105
3. Thank You	107
4. Excuse Me	109
5. Introduction of One's Self	111
6. Yawning	113
7. Coughing	115
8. Interrupting	116
9. Offering Help	117
5. Control of Movement	119-125
1. Walking on the Line	119
2. Silence Game	124

I. Preliminary Exercises

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- 18. Pouring Grains**

Carrying a Mat

Material

A Mat

Presentation

Introduction

Prepare all materials before. (Place rolled mat on the ground.)

Invite 3-4 children to come participate in your lesson by telling them you have something to show them. Show each child where exactly to sit and once the children are seated, you sit so that you can see them all, they all can see you, and yet you are not in front of them. Call their attention to the mat on the floor and tell them that you are going to show them how to roll and unroll a mat. Position yourself so that you are sitting on your knees in front of the vertical rolled up mat with the flap of the mat is on the left side of the rolled up mat.

Tell the children **"I am now going to pick up this map"**

Lifting

1. Place your right thumb on the front of the rolled mat about $\frac{1}{3}$ of the way down from the top (or lower if you are smaller).
2. Wrap you four right fingers around the mat so that they are under the mat.
3. Place your left thumb on the front of the rolled mat under your right thumb about $\frac{1}{2}$ way from the top.
4. Wrap your four left fingers around the mat.
5. Lifting with the force of both hands, lift the mat from the floor so that it is now perpendicular to the floor and stand up.
6. Bring the mat in close to your body, keeping it perpendicular to the floor.
7. Walk carefully and to a specific spot (not too far so the children can no longer see you), checking regularly to make sure your walkway is clear.

Setting Down

1. Come back to your starting point and tell the children "I am now going to set down this mat on the floor"
2. Bend down and sit on your knees.
3. Place the mat down with one point of contact. This point should be the bottom part

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