



PME Practical Life

2



Addlo Montessori Training Center

MONTH 6 Lesson 1

Practical Life Notes 3:

The Lesson aim and objectives:

- 1 To give an overview of lessons for each age group



PME Practical Life 2

3 to 4 years

Introduction to Practical Life and the Montessori classroom

- How to walk in the classroom
- Introduction to different areas in the school, showing them where the toilet is, bag racks, shelf's with the Materials, Name the different sections.
- Learn the 'Walking feet' song
- Walking: softly hastily meander, hop, skip walk on tip toes
- The bell: what ringing the bell means....
- How to behave at circle time
- How to behave at assembly
- How to carry a chair
- How to sit down
- How to stand up from a chair, from the floor with a nice posture
- How to wait for an answer if the teacher is busy.
- How to use the toilets, always preserve the dignity of the child
- How to carry trays, baskets, buckets, brooms, mops

(this is a section that should be done at the beginning of every term, maybe not in as much depth 2nd and 3rd term, but you will find that if you do this you will be able to manage the class better. Practice always makes perfect. Children this age need a lot of repetition. It should also be done with every new child that joins you after the lessons have been covered with the rest of the class. Regardless of whether the children know these activities or not always go through them thoroughly at the beginning of each new session.)

Care of Environment

- Dusting,
- Sweeping,
- Picking clean stones etc. from rice and beans

Care of Self

- Changing Shoes
- Dressing frames; Zip, Velcro, Buttons

Movement

- Opening & Closing bottles and boxes
- Transferring
- Pouring
- Threading
- The Silence Game
- Walking the Line

Grace and Curtsey

- Greeting People
- Interrupting with Excuse Me
- Coping with an offence

4 to 5 years

Care of Environment

- Polishing
- Use of Clothes Peg,
- Washing up
- Scrubbing of Tables, Floor etc.
- Fire Drill

Care of Self

- Dressing Frames: , Press Studs, Hook & Eye, Buckling, Bow Tying, Lacing
- Blowing Nose & Coughing
- Care of Teeth, Nails, & Hair

Movement

- Opening & Closing
- Threading
- Picking up with tweezers
- Walking on a line
- The Silence Game
- Tearing

PME Practical Life 2

Grace and Curtsey

- Conduct with a visitor
- Speaking to a Group
- Behaviour on Outings,

5 to 6 years

Care of Environment

- Care of Garden, Indoor Plants, Flowers
- Planting Seeds
- Care of Pets
- Classroom Skills
- Cooking Skills: eg. Picking Ewedu and other Vegetables etc.
- Fire Drill

Care of Self

- Polishing Shoes & Folding Clothes
- Washing clothes

Movement

- Cutting
- Sewing
- Folding
- Sorting up with tweezers
- The Silence Game
- Walking the Line

Grace and Curtsey

- Special Occasions
- Table Manners and Use of Eating Utensils
- Serving and Sharing Foods
- Serving and Eating during Break- time.

PME Practical Life 2

This is not an exhaustive list it is just a suggestion, you can scale down or include more lessons as needed.

Visit the blog Just Montessori for a good sampling visually of activities to do.

<http://www.justmontessori.com/practical-life/>

This concludes your study of Practical Life Exercises. Please revisit the Practical Life Album you were given at the commencement of the course. You will need to continue to broaden your knowledge of scope and be creative to translate some activities into our cultural setting. Always remember that if the activity is safe and also helps the child to practice and achieve the aims and objectives of an exercises then it should be included in your curriculum.

Activity Sheet:

Write a list of Practical life Exercises you can teach during the 1st term for 3 year olds and include a list of materials you will need to teach these activities.