

Contents

Philosophy & Methodology

Practical Life Introduction	3
Areas of Practical Life	5
Aims of Practical Life Activities	8
The Prepared Environment	13
Presenting Practical Life Activities	20
Benefits of Practical Life Activities	24

Preliminary Activities and Body Movement

Preliminary Activities and Body Movement Introduction	27
About Work Mats	32
Unrolling and Rolling a Mat	34
Walking Around a Mat	37
About Montessori Classroom Furniture	39
Moving a Chair	41
About Walking on the Line	44
Walking on the Line	46
Carrying a Tray	49
Wiping Up a Spill	51
Pouring Beans Using Two Identical Glasses	54
Pouring Water from a Pitcher	57
Transferring Buttons with a Whole-Hand Grasp	61
Transferring Water with a Sponge	64
Transferring Beans with a Spoon	66
Sorting Buttons with a Pincer Grasp	69
Sorting Beads Using Tongs	71
Opening and Closing Containers	74

Care of Self

Care of Self Introduction	.80
About Dressing Frames	.83
Opening and Closing Fasteners Using Dressing Frames	.87
Tying a Bow and Lacing Using Dressing Frames	.94
Washing Hands	.98
Cleaning Fingernails	.101
Folding Clothes	.104
Packing an Overnight Bag	.108
Polishing Shoes	.111
Using Locks and Keys	.114

Care of Environment

Care of Environment Introduction	.119
Using a Dustpan and Brush	.123
Sweeping	.125
Raking Leaves	.127
Clipping Clothespins	.129
Washing a Table	.133
Polishing a Mirror	.137
Caring for a Plant	.140
Planting a Seed	.144
Sorting Cutlery	.147
Setting a Table	.150
Buttering Bread	.153
Making Orange Juice	.156
Grating Soap	.159
Peeling and Chopping Carrots	.162
Using a Rotary Egg Beater	.166
Sifting Sugar and Rice	.169
Using a Rolling Pin and Cookie Cutters	.172
Sorting Objects for Recycling	.176

Hammering Nails	178
Fastening Nuts and Bolts	180
Weaving Ribbons	182
Wrapping a Present	184
Sewing a Button	187

Grace and Courtesy

Grace and Courtesy Introduction	192
About Greeting People	197
Greeting People	199
Drawing a Person's Attention	202
Saying Please, Thank You, and You're Welcome	204
Offering Food to Others	206
About Blowing the Nose	208
Blowing One's Nose	210
Coughing and Sneezing	212
Answering the Telephone	214

Resources

Practical Life Materials	219
References	221