

Montessori Practical Life Curriculum

Introduction to School Environment

Following Directions – The Silence Game

Exercises of Grace and Courtesy

Standing

Walking

Walking on the Line

Walking Around a Rug

Carrying a Rug

Rolling a Rug

Carrying a Chair

Sitting in a Chair

Being Seated

Carrying a Table

Sitting at a Table

Carrying Objects

Carry Sharp Objects

Passing Sharp Objects

Opening and Closing a Drawer

Opening and Closing a Door

Knocking on a Door

Answering the Phone

Calling Someone on the Phone

Getting Someone to the Phone

Cover Mouth While Coughing

Cover Mouth While Sneezing

Blowing Your Nose

Passing at the Table

Chewing with Mouth Closed

Being Excused from the Table

Serving and Being Served

Excusing Yourself from a Group

Being Excused for Interrupting

Excusing Yourself to Pass Between Two People

Please and Thank You

Hello

Goodbye

Introduction

Eye Contact

Inviting Someone

Presentations on Whole Hand

Transferring – Objects

Syringe – Baster

Sponge Squeezing

Paper Punch

Tongs

Sifter

Rubber Bands around Dowel

Presentations on Wrist Turning

Dry Pouring – Pitcher to Pitcher

Dry Pouring – Wide Neck

Dry Pouring – Narrow Neck

Dry Pouring – Narrow Neck with Funnel

Wet Pouring – Pitcher to Pitcher

Wet Pouring – Wide Neck

Wet Pouring – Narrow Neck

Wet Pouring – Narrow Neck with Funnel

Scooping

Turning Lids with Frying Turner

Sweeping - Dust Pan & Whisk Broom

Sweeping - Dust Pan & Whisk Broom #2

Sweeping - Dust Pan & Broom

Pencil Sharpener - Hand Held

Pencil Sharpener - Crank Type

Large Plastic Pipe Pieces

Grater – Soap

Grater – Crumbs

Grater – Carrots

Grinding – Egg Shells

Grinding – Potpourri

Grinding – Peppermill

Whisking – Eggs

Tools – Can Opener

Tools – Egg Beater

Tools – Hand Drill

Tools – Hammer

Tools – Bolts and Wing Nuts

Lids and Jars

Lids and Boxes

Cutting Paper

Folding Napkins

Folding Paper

Turn Book Pages

Dusting – Mitt

Dusting – Feather Duster

Dusting – Rag

Rolling – Rug

Rolling – Clay

Rolling – Dough

Presentations on Three Finger Grasp

Spooning

Medicine Dropper #1 – Eyedropper

Medicine Dropper #2 – Eyedropper

Medicine Dropper #3 – Color Mixing

Tweezers

Tweezers #2 – Tongs

Clothes pins

Presentations on Care of Indoor Environment

Sweeping - Push Broom

Scrubbing/Washing - Water Fetching Without a Sink

Scrubbing/Washing - Table

Scrubbing/Washing – Doll

Scrubbing/Washing - Big Rock

Dishes – Washing

Dishes – Table Setting

Mopping

Mopping – Sponge (spill)

Polishing – Silver

Pets – Feeding

Plants – Pinch off Dead/Faded Leaves/Flowers

Presentations on Care of Outdoor Environment

Plants – Pinch off Dead/Faded Leaves/Flowers

Sweeping – Debris

Workbench – Magnet (to pick up nails)

Pick-up – Litter

Raking – Leaves

Cleaning – Scrub Toys

Shoveling – Snow

Presentations on Care of Self

Dressing Frames – Velcro

Dressing Frames – Snapping

Dressing Frames – Large Buttons

Dressing Frames – Small Buttons

Dressing Frames – Zipper

Dressing Frames – Hooks and Eyes

Dressing Frames – Buckle

Dressing Frames – Bow Tying

Dressing Frames – Lacing

Dressing Frames – Safety Pins

Braiding Board

Coat – On

Coat – Off

Coat – Hanging

Shoes – Polishing

Cleanliness – Hand Washing

Cleanliness – Tooth Brushing

Cleanliness – Nose Blowing

Cleanliness – Combing or Brushing Hair

Rolling – Socks

Ironing

Folding – Cloth

Folding – Packing a Box

Folding – Packing a Suitcase

Personal Property – Take Home

Presentations on Cutting Preparation

Salad Tongs

Boiled Egg Tongs

Escargot Tongs

Chopsticks

Shower Curtain Hooks

Meat/Cookie Scoop

Presentations on Writing Preparation

Pairing

Sorting Objects

Thimbles on Finger Tips

Drop Beads into Spice Bottle

Keys and Padlocks

Pegs

Presentations on Food Preparation

Cutting – Slicing Vegetables/Fruits

Shelling – Peanuts

Breaking – Spaghetti

Spreading – Crackers (cheese spread)

Skewering – Fruit Kabob

Whipping – Egg Whites

Popping – Corn

Juicing – Oranges

Measuring – Dry

Handwork

Cutting

Sewing

Weaving

Bookmaking

Pasting

Clay

Woodwork