

Ideas for Montessori in the Home

Children may be expected to:

Enjoy family life with developmentally appropriate contributions.

Parents are invited to:

- Remain mindful about your child's stress or worries during this time of change.
 - Monitor communication about your child from your teachers.
- Initiate communication with teachers about questions, ideas, concerns, or feedback.
 - Support your child's independence in daily life activities.
- Be mindful of and allow children to continue periods of concentration.
 - Establish daily routines and expectations.
 - Limit screen time.
- Provide opportunities for daily physical activity.

Suggested Primary Daily Schedule

Early Morning:

Set up and clean up breakfast, load dishwasher.

Basic chores: collect dirty clothes, sort laundry, help load washing machine. Tidy up the bedroom.

Prepare morning snack (place in an accessible area to be eaten later), clean up.

Mid-Morning:

Uninterrupted work cycle. Children should engage in activities to practice skills for practical life, language, or simple math, artwork, baking, etc.

Lunch:

Prepare (set up, clean up) lunch.

Outside playtime

Quiet Time:

**This may include a nap, reading books, handwork, storytelling/read aloud.
If you opt for screen time please choose from a menu of educationally based shows.**

Afternoon work time.

Include time for care of the environment and preparation for the next day's work.

Outside playtime.

Promote independence in the home:

We want to encourage children to continue to problem solve and do what they can for themselves without too much adult intervention. Here are a few guidelines to follow:

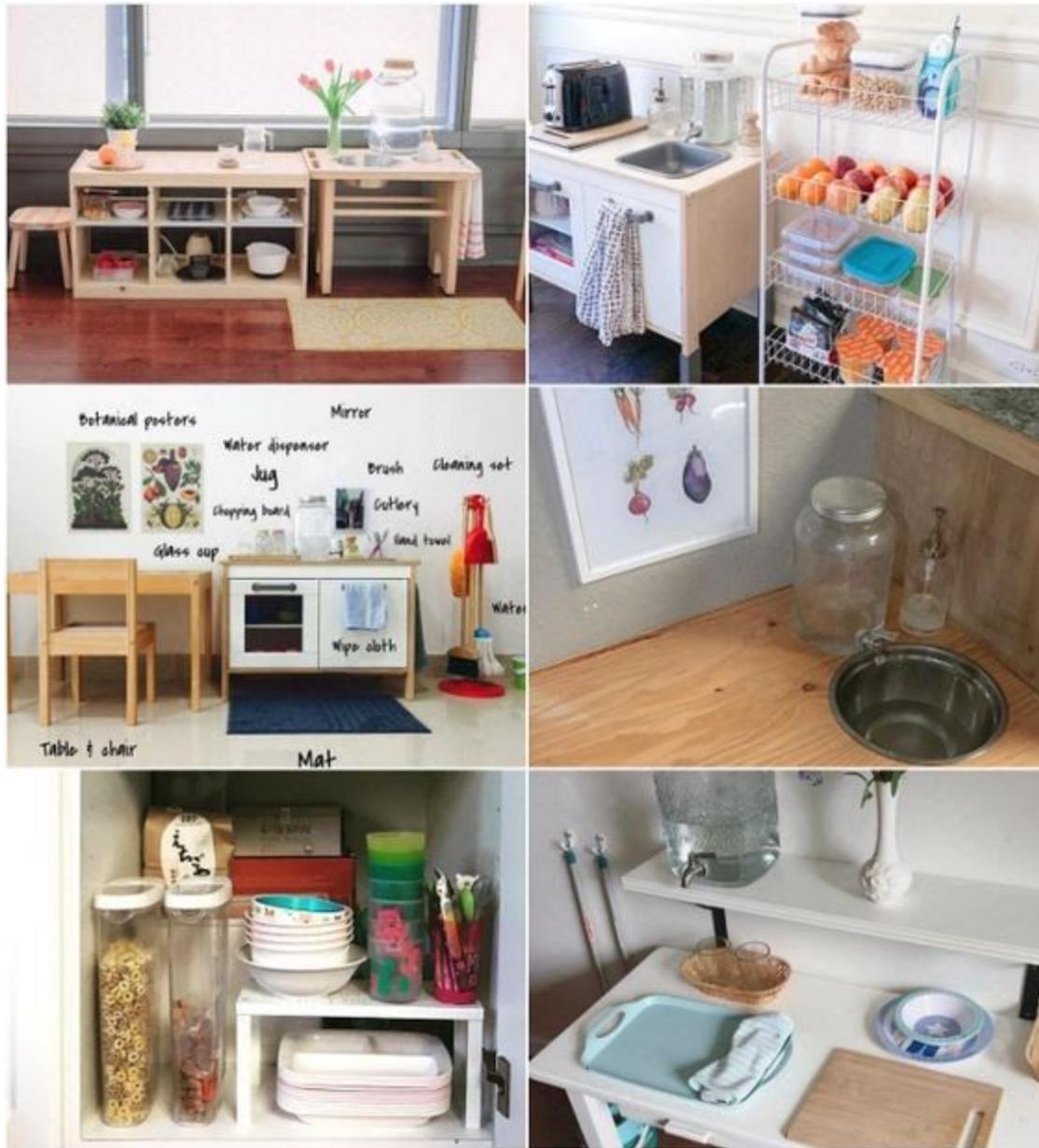
- Give your child the tools they need to work independently: child-safe stool to reach counter-tops while making snacks, cutting boards & safe knives for chopping food, small-handled scissors, and pencils with erasers.
- Find ways for your child to access materials that are readily available (low shelves/baskets for retrieving/putting belongings away without aid of an adult.)
- Try to avoid the need to re-do or fix your child's work after you give a presentation on how-to's unless they are really stuck.
- Schedule in free time when they can do their own things while parents get their work.
- Outside playtime contributes to physical development and health as children practice and refines important gross motor skills like running, climbing, balancing, jumping. It also helps children develop confidence in their bodies and themselves. Outdoor activities: planting, watering the garden, sweeping the patio, washing the car.

Practical life is an important part of experiential learning. It is part of every Montessori classroom and can be mirrored at home. These activities assist students in developing purposeful life skills for their continued growth and development. This includes refining fine motor and movement skills and practicing coordination, planning, and problem-solving.

Practical life activities:

- foster order and sequence;
- develop concentration;
- foster physical independence;
- foster the development of fine motor control; and
- provide opportunities for planning and carrying out tasks.

Here is a great link to preparing your home environment to set your child up for independence
[Montessori Home Environment](#)



The Practical Life area also provides children with opportunities to contribute to family life. Inherent in these activities is the development of key executive functions: decision making, organization, problem-solving, impulse control, collaboration, and communication. These skills form the foundation of a child's academic learning. For example, sequencing a task is a pre-reading skill. Examples of practical life might include:

- 1) Cooking projects: * some of these may need more adult supervision
 - Setting the table
 - Washing vegetables
 - Make olive or fruit kabobs (patterning, pincer grasp)
 - Making own sandwiches (spreading)
 - Chop or peel vegetables for soup (grasp, hand-eye coordination)
 - Prep apples for applesauce (peeling, chopping, sorting)
 - Make yogurt parfait (scooping, pouring, spooning)

- 2) Gardening activities:
 - Save egg cartons or half eggshell, fill up with soil, plant seeds
[Egg Shell Garden](#)
 - Fold either bean or pumpkin seed up once in a paper towel, spray with water to moisten, place in a ziplock bag, hang in a window and wait to sprout!
[Germinating Seeds in a Bag: Science Experiment for Kids](#)
 - More fun gardening ideas: [Gardening Activities for Kids](#)

- 3) Animal/nature research:
 - Nature Hunt: [Nature Hunt](#)
 - Choose a favorite animal, find a live animal cam online, observe and learn about, then make a poster with the following ideas:
 - <http://www.houstonzoo.org/explore/webcams/>
 - Animal:
 - Animal classification (mammal, bird, reptile, insect, fish, amphibian):
 - Food:
 - Habitat:
 - Lifecycle: (can draw/color a chart or cut out pictures)
 - <http://cincinnatizoo.org/home-safari-resources/>

- 4) Academic activities:
 - Scholastics: [Teaching Remotely for Grades K - 12 | Free Resources and Strategies](#)
 - Lunch doodles with Mo Willems <https://www.kennedy-center.org/>
 - Montessori apps:
 - [Math Apps](#)
 - [Montessori Numbers for Kids on the App Store](#)
 - [Montessori Preschool](#)
 - [Writing Wizard for Kids on the App Store](#)
 - Indoor Activities
 - [49 Montessori-inspired ideas for indoor activities with your kids](#)