



PRACTICAL LIFE ACTIVITIES AND SENSORY ACTIVITIES

ITALY - TERZO CIRCOLO B. BONSIGNORE



*Planning activities
Mazara del Vallo meeting
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ALL OUR ACTIVITIES TAKE PLACE AFTER
READING A BOOK OR A STORY. CHILDREN
LEARN " TO DO IT THEMSELVES" THROUGH
GAME'S STRATEGY .



PRACTICAL = LIFE



The Practical Life area is a cornerstone that not only defines a Montessori classroom, it fulfills the child's inner plea of "Help me to do it myself!"

"Practical life is the place where children can freely practice 'the actual doing of life.'

PRACTICAL LIFE ACTIVITIES:



1



MAKING AN HEALTHY SNAKE

The reading of an illustrated book that tells a story about strawberries is an opportunity for an interesting activity

CHILDREN WASH, DRY, AND CUT SOME STRAWBERRIES. THEN THEY ARRANGE THESE ON A TRAY AND PUT ON SOME SUGAR. CHILDREN WILL OFFER THE SWEET STRAWBERRIES TO OUR GUESTS THEN WE PLAY TO CREATE A STRAWBERRY SUN



2

LIKE CINDERELLA



Practical Life exercises are essential because they solve a developmental need of the child: Promoting functional independence from a young age. This area of the classroom adapts to the actual life of a child by simulating a comforting home environment that bridges the child from the house to the classroom. They feature engaging activities that help children learn to be independent and care for both themselves and their environment.

Activities: cleaning a pair of shoes, washing and spreading linen, folding clothes, tidying dishes, order items according to color, creating necklaces and bracelets by threading: beads, paste and bottle caps.

These practical life activities prepare and refine hand movements and most importantly develop the concentration and independence of the child.

Like Cinderella,
after reading
her fairy tale,
we carry out
practical life
activities



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WHEN AND HOW TO WASH YOUR HANDS



Handwashing is one of the best ways to protect yourself and your family from getting sick.

Learn when and how you should wash your hands to stay

healthy. Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections.



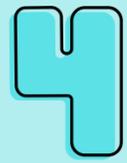
To demonstrate this activity, you need to have your children near so they can watch you. Turn the warm water on and wet your hands. After lathering with soap, slowly and methodically wash your hands. After you are done, hang up the hand towel and invite your child to try. Here are some points of interest to discuss:

Why we should wash our hands.

(The benefit to ourselves, families, and communities.) Why we should be mindful of our water use.

Ways to curb our water use while washing our hands.





LET'S LEARN TO SET THE TABLE!

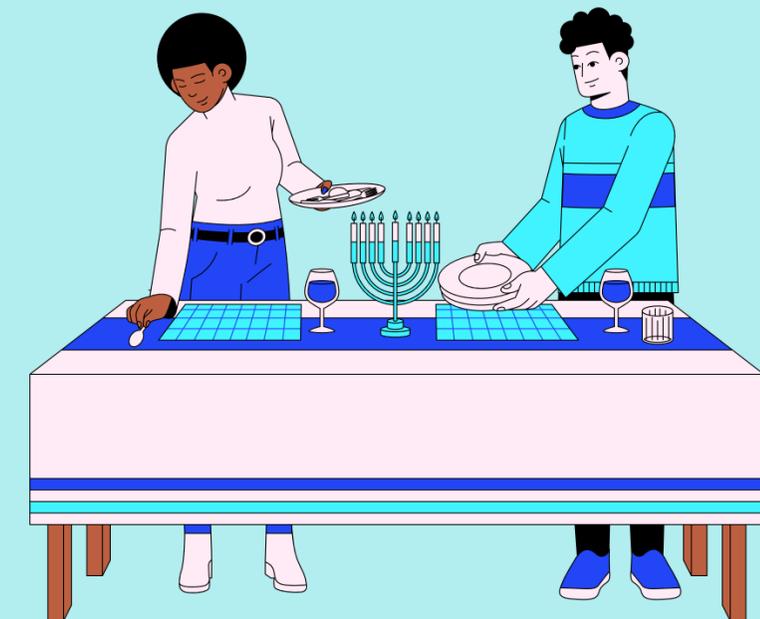


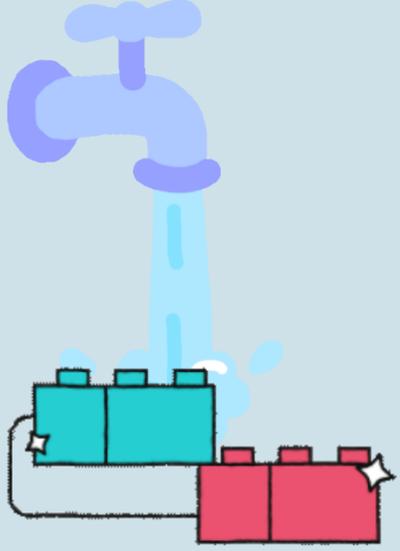
By teaching our children to set the table, we show them that the time of meals is important and that they can help and participate in preparing the table. Table setting is a practical life skill that can give preschooler extra confidence and independence .

After setting the table the children will serve as waiters the snack



Montessori children clean the tables and floor when they have made a mess by sweeping up any spills. They also often choose to scrub a table or chair or mop the floor when there is no specific mess. The children enjoy the sensorial experience of the soap and water and experience a great sense of pride at seeing the results of their labor.





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Step 1: WASHING

Fill the sink with soapy hot water and tip your first load of Lego. Make the water as hot as possible Then let it soak for 10-15 minutes.

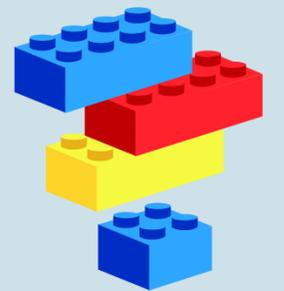
Step 2: RINSING

Fill your second sink with more warm water - no soap this time. And while the Lego is being cleaned, put it in this second sink.

Step 3: VOLTAGE

To get the Lego out of the water you can use a strainer and put it in the sink to drain the water.

Then point the Lego at the towel you prepared earlier.





- **SENSORY
ACTIVITIES**

Sensory activities are amazing. They are a quick and easy way for kids to learn so much – the learning that happens during a sensory bin is truly unbelievable.

Maria Montessori describes the child as a sensory explorer, because he can understand the world around him through the use of all the senses. It is important, in fact, to encourage our children to the stimulation of the senses.



DISCOVERING FOSSIL BY SENSORY BAG:

How to Make a Fossil Dig Dinosaur Sensory Bag:

Start by taking a cotton ball with rubbing alcohol and rub it on the plastic bag label to remove the label.

Add hair gel (or similar consistency liquid) to the bag.

Add a few drops in equal proportion of red, yellow and blue food coloring. Mixing equal portions of red, yellow

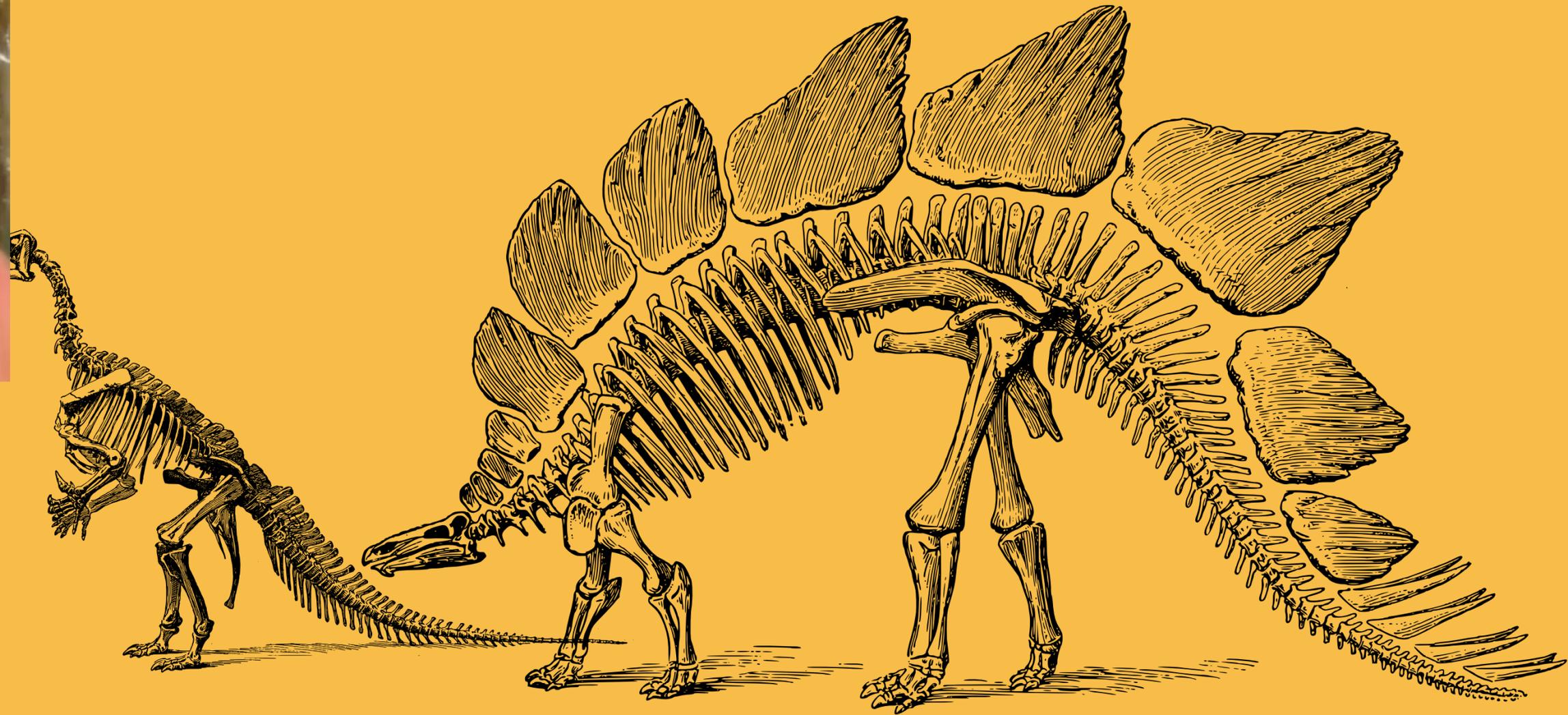
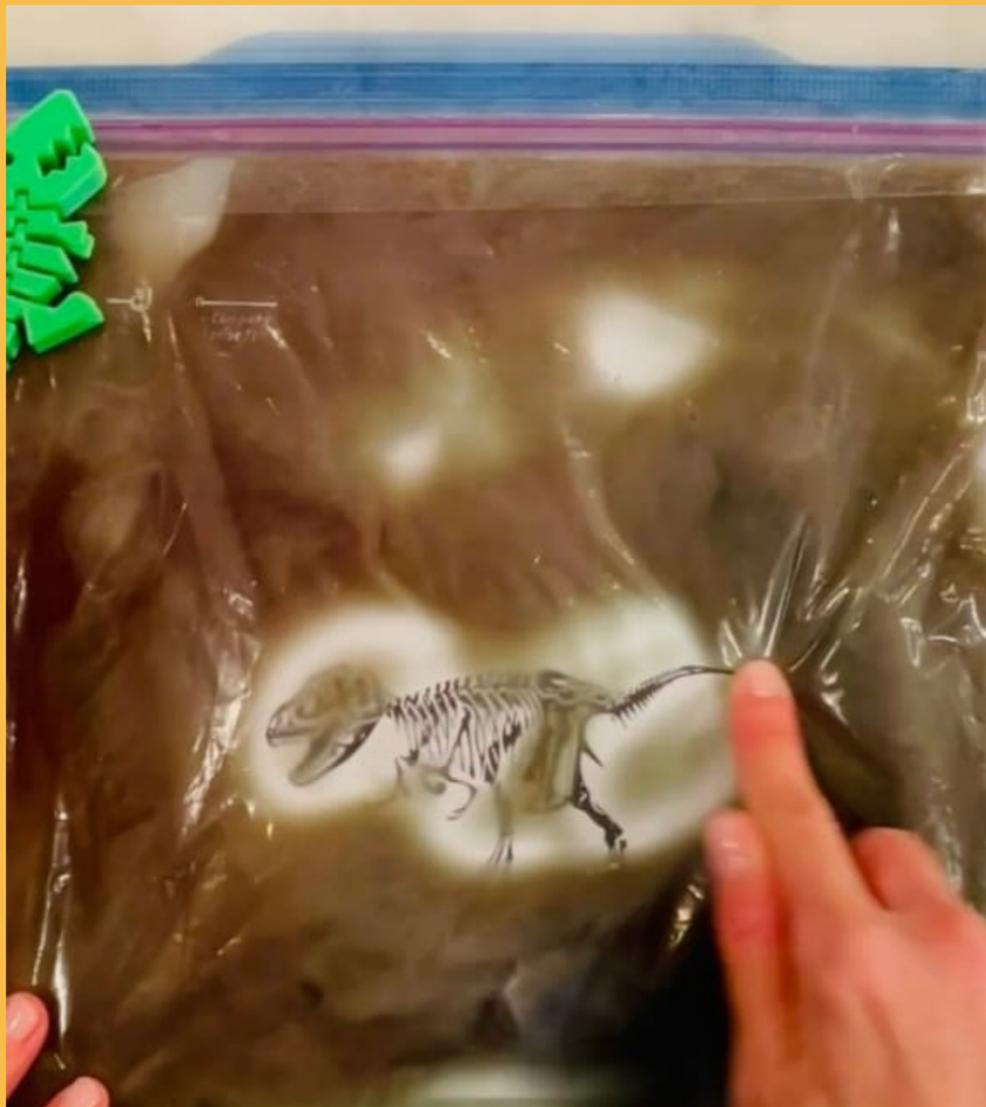
and blue will produce a brown liquid representing

“dirt” for our dinosaur fossil dig. Have your child help you mix the colors by moving the red, yellow and blue

gel around until they are mixed.



This does take a while so if you want to make the brown gel more quickly, mix the colors in a bowl first and then add to the bag. We used hair gel and then I added a little bit of a white



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MANIPULATIVE PLASTIC ACTIVITY ON THE CREATION OF TOOLS OF ANCIENT HISTORY

to...le...fra...tu...n...en...

Domanda video





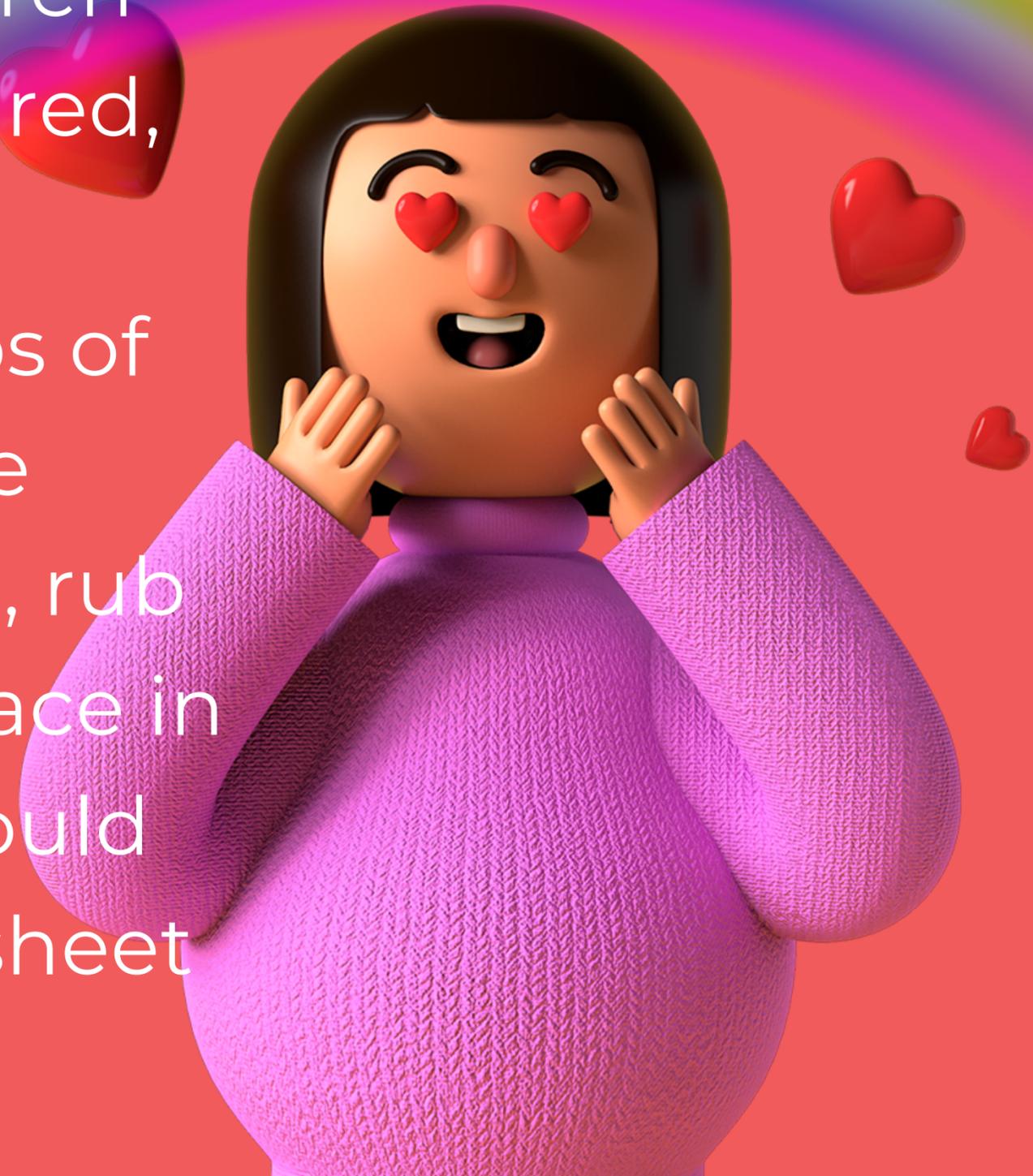
Children also learn hand-eye coordination while using their hands to shape the dough of the game. Kneading, rolling, flattening and punching the dough of the game offers the opportunity to relieve stress and reduce feelings of anxiety and concern, which can bring children (and adults) with autism and other special needs to feel frustrated and act because of these feelings.

MIX, TOUCH AND CREATE COLORS:

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the teacher provides the children with transparent plastic bags, red, yellow and blue paints.

Pupils will have to pour 2 drops of different colored paint into the plastic bag and after sealing it, rub your hands on the plastic surface in order to mix the colors. This could still be done on a plain white sheet of paper.



At the end, the children will see the secondary color created by the union of 2 colors.





MYSTERY BAG

it is a bag where you can tuck your hand to recognize pairs of objects of different shape and material. The teacher puts various small objects different from each other (pearls, toy, ball, lemon, sponge, rubber,...), the children will have to put their hands inside, touch the various objects and guess what it is, verbally sharing at the same time characteristics detected.

To begin with we extract the projects one by one, touch them to memorize the shape.

Then we invite the child to do the same and make sure that he can name them and then we put the objects back in the bag.

We put our hands, we calmly touch an object and say the name before you pull it out.

Let the baby try.

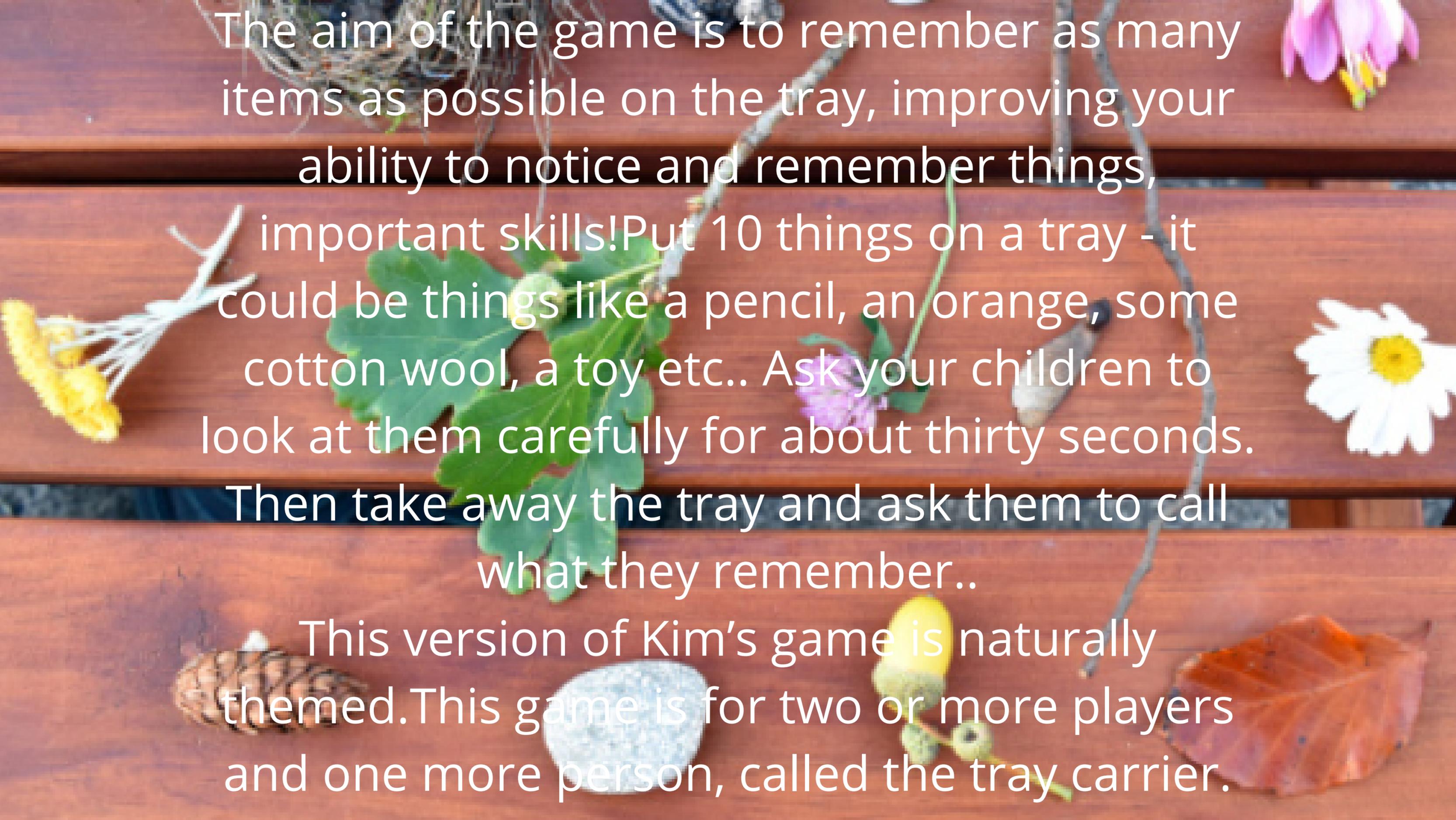
It may be that at first the child tries to peek, but then he will trust his hands more and more, become more sensitive.



10 LIKE KIM'S GAMES

Playing Kim's game is a good way to develop the child's memory and concentration skills - both useful skills for all learning.



A wooden tray with various natural items like leaves, flowers, and a pinecone. The tray is made of dark wood and is filled with a variety of natural objects including a green leafy branch, a purple flower, a white daisy, a yellow flower, a pinecone, a blue stone, and a brown leaf.

The aim of the game is to remember as many items as possible on the tray, improving your ability to notice and remember things, important skills! Put 10 things on a tray - it could be things like a pencil, an orange, some cotton wool, a toy etc.. Ask your children to look at them carefully for about thirty seconds. Then take away the tray and ask them to call what they remember..

This version of Kim's game is naturally themed. This game is for two or more players and one more person, called the tray carrier.

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MAKE YOUR FROZEN DINOSAUR EGGS



Step 1 – Use two fingers to hold open the top of the balloon and drop in your dinosaur figure. Kids can help you with this.

Step 2 – Fill up the balloon with water. We found it easiest to attach it to a faucet and then fill the balloon with water.



Step 3 – Put your eggs in the freezer

Step 4 – Take out your frozen eggs from the freezer.
Cut off the top and then peel off the rest of the
balloon.

Step 5 – Put the frozen dinosaur eggs into your bowl
or bin. Then let the kids use a ladle, water bottle,
eyedropper, or meat baster filled with warm water to
start melting the eggs. We set up two bins one for the
frozen eggs and one with warm water and tools.

Experiment to see if it melts faster using an
eyedropper with warm water or with salt and water.



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HOW TO SET UP SENSORY WRITING TRAYS WITH SALT, SAND OR OTHER MATERIALS

The sensory tray can help children develop writing skills in any language

CREATE A COLOR CONTRAST WITH THE SENSORY MATERIAL AND THE TRAY. COLOR CONTRAST ENABLES THE LETTER TO BE MORE VISIBLE TO THE CHILD. THE CHILD MAY ALSO ENJOY CHOOSING A FAVORITE COLOR! ONLY A THIN LAYER OF SALT OR SAND IS NEEDED.



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SENSORY BOTTLE

Sensory bottles can be a useful calming tool for anxious children with sensory needs and sensitivities and children who need help with self-regulation skills.. A sensory bottle can provide visual and tactile input. It may also help your child stay focused better.





Fill an empty water bottle about one-third full with water. Add a few drops of food coloring. Once the food coloring has spread throughout the water, fill the rest of the bottle with baby oil or cooking oil. Secure the lid with superglue. Your child can put the bottle on its side to see the waves or shake it to see the oil and water separate.

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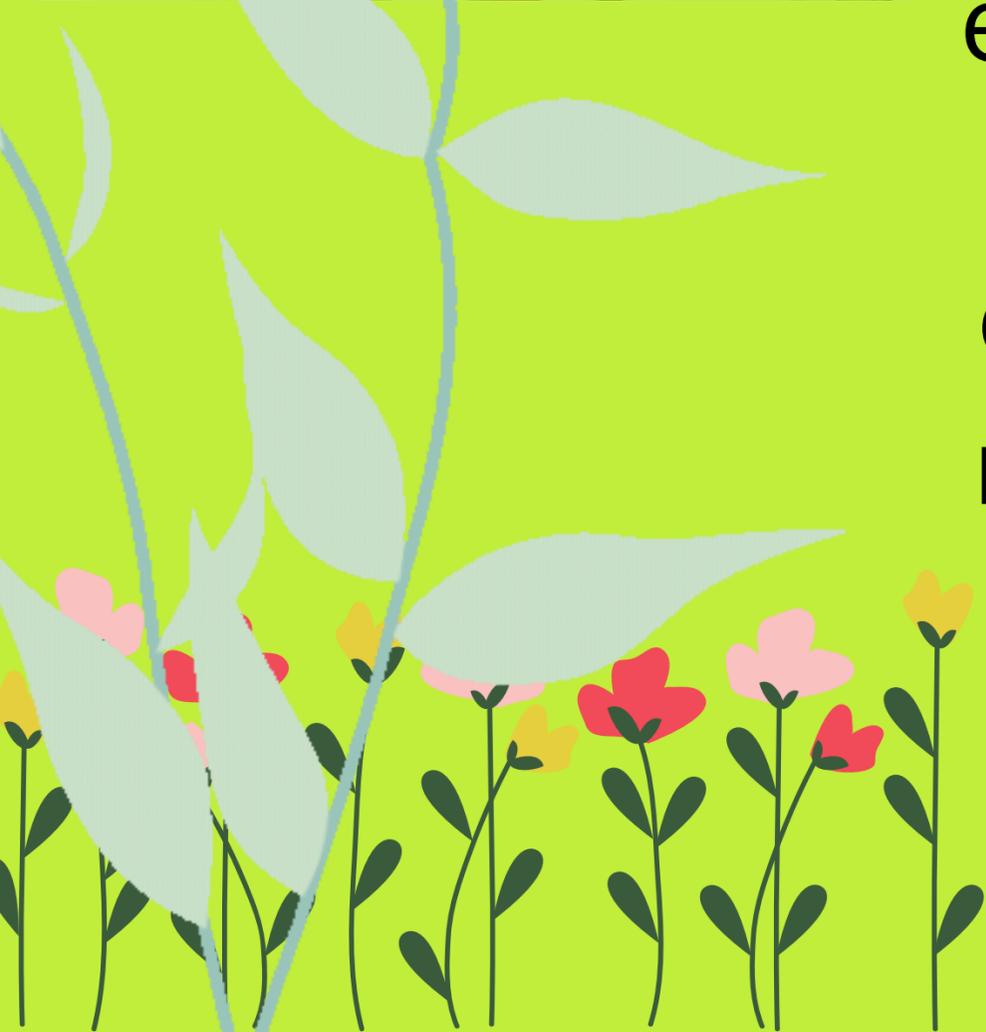
CREATING A SPRING NATURE TABLE + CELEBRATING SEASONS



A Nature or Seasonal Table is one way we can observe and celebrate the seasons.



A Nature or Seasonable Table is a table, a shelf, or we can use a tray, where together with our children we can create beautiful scenes and collect items from nature that reflect the rhythms of the season outside. The Nature Table enables children to touch, look at closely, smell and listen to some of the things in our natural environment. It encourages an interest in, and respect for, the natural world. We can also use our Nature Table for storytelling, exploring themes like lifecycles and simply enjoying the beauty of the season.



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SPONGE SALAD

Rinse the sponge several times with clean water and lay it in the dish. Sprinkle cress seeds over the top of the sponge. Add some water to the dish. In about a day the seeds will crack open. They will start to root in about three days, and probably by the next day will have leaves. When they get big enough, trim them off with scissors and eat. Sponge farming



a b c d



THANKS

