

Ronald Knox Montessori E-Learning 2020

Calming Down Time

(Choose activities for calm time/s of the day)

Books

- Joke Books
- Make a How-to Book
- Make a Picture Book
- Make a Family Tree/Family History Book
- Make an “All about Me” book
- Tell a Story
- Re-Tell a Story from a Book or Family Event
- Draw a sequence of events on a tri-fold paper, Beginning, Middle and End

Art

- Painting
- Drawing
- Artist Study
- Color Mixing
- Sponge Painting

Calming sensory materials –

- Shaving cream on a baking sheet, drop food coloring on top for mixing
- Playdough, clay, stress balls (dried beans in a balloon or a sock)

Food

(Make snacks and meals together- prep food together before meals-practice set up and clean up routines)

- Make a healthy snack list and put healthy snacks in the front of your fridge or pantry
- Make a menu for the day or meal
- Look at cookbooks or recipes online together
- Make Smoothies
- Make fruit sushi
- Bake!
- Set the table
- Clear the dishes
- Wash the dishes
- Empty the dishwashes
- Take pictures of your meals and start a family cookbook

Movement

(Music/Dance; Gross Motor)

- Explore different genres of music/ global music
- Make musical instruments (egg shakers out of Easter eggs-tape them shut)
- Find a Zumba video and dance it out
- Build an Obstacle Course
- Make a Fort
- Make Amazon boxes into buildings/boats/spaceships
- Jump rope
- Hopscotch
- Freeze Dance
- Jumping, Hopping, Trampolines
- <https://app.gonoodle.com/>
- <https://fluencyandfitness.com>

Practical Life

(Be prepared to enjoy the process without emphasis on the product; Use small amounts of water if working indoors and lay down beach towels or big absorbent towels underneath the workspace)

- Wash a Chair or Table
- Spraying/Watering Plants
- Vacuum/Wash the Car
- Wash the dog/pet
- Open the mail - (sort the mail, show them how to read the print, open the letter, recycle)
- Write a letter or a postcard
- Fold laundry
- Carry laundry baskets to rooms
- Sweep
- Vacuum
- Mop
- Scrub the floor (with a spray bottle and a rag)
- Sewing (cut out two circles on a piece of felt, fill it with dried beans or stuffing of your choice)
- Help them grate a soap bar to create their own shavings for bubble making
- Scrub with a toothbrush or nail brush, a bar of soap and a small object
- Yard Work
- Gardening

Science

- Shine pennies with Lemon Juice and little bit of salt mixed together.
- Freeze water and small objects in a dishpan and let them hammer away - Experiment with pouring warm water, or add food coloring before freezing
- Google experiments with baking soda and vinegar
- Chart the daily weather -check the temperature
- Plant seeds indoors or outdoors
- Classify Objects
- Research about favorite animals and/or any other topic (space, trains, volcanos, plants etc.)
- Play “Sink or Float?” with select objects around the house

Additional Resources/Link:

- www.Montessoriinreallife.com
- www.sugarspiceandglitter.com
- www.carrotsareorange.com