

Table of Contents

| | |
|---|-----|
| Chapter 1: Introduction to School | 1 |
| Preliminary Exercises | 5 |
| Preliminary Exercises: Walking on the Line | 6 |
| Chapter 2: Grace and Courtesy | 29 |
| Grace and Courtesy: Ground Rules | 30 |
| Grace and Courtesy: Social Skills - the Silence Game: Rationale | 38 |
| Chapter 3: the Practical Life Materials | 41 |
| Design Characteristics of Practical Life Exercise and Materials | 42 |
| General Points for Presenting an Exercise | 44 |
| Principles for Creating Variations in Practical Life Exercises | 46 |
| Chapter 4: Control of Movement | 47 |
| Control of Movement: Placement of Materials on Shelves | 111 |
| Chapter 5: Care of the Environment | 113 |
| Control of the Environment: Placement of Materials on Shelves | 148 |
| Chapter 6: Care of Person | 149 |
| Care of Person: Placement of Materials on Shelves | 177 |
| Chapter 7: Food Preparation | 178 |
| Chapter 8: Sewing | 192 |
| Materials List | 205 |
| Material Sources | 211 |
| Glossary | 212 |
| Bibliography | 213 |
| Recommended Reading | 213 |
| Additional Titles | 214 |

Care of the Environment: Care of Living Things - Cleaning the Leaves of a Plant

Age

- 3 – 6 years

Control of Error

- unclean leaves
- unclean work area

Material

- supply of cotton balls
- small dish for cotton balls
- eye dropper bottle with water and label
- baskets
- glass coaster
- sponge and sponge dish
- tray
- supply of small plants in the environment



Aim

Direct

- develop a sense of respect and care for plant life
- develop order, concentration, coordination, and independence
- develop self-esteem and confidence

Indirect

- develop the ability to clean the leaves of a plant

Point of Interest

- admire the beauty of the leaves when they are clean

Variations

Wash the leaves of a large plant, using the floor and a mat for the work surface.

Presentation

1. Count out loud to three as three cotton balls are counted into the small dish on the tray.
2. Carry the tray to a table.
3. Grasp the eye dropper bottle in the left hand.
4. Say, "This is water."
5. Unscrew the top of the eye dropper bottle.
6. Squeeze one eye dropper of water into the coaster with the right hand.
7. Place the eye dropper in its original position.
8. Select a plant from the environment.
9. Place the plant on the tray.
10. Grasp one cotton ball with the right hand.
11. Dip the cotton ball into the water.
12. Place the left hand under the leaf of the plant.
13. Rub the leaf gently with a circular motion, removing the dirt.
14. Place the used cotton ball in the basket to the right of the plant if it is dirty.
15. Inspect the leaf to see if it is clean.
16. Repeat the procedure on the same leaf if it is dirty. If it is clean, select another leaf and repeat the procedure.
17. Pause to admire the clean leaf.
18. Grasp the basket of used cotton balls with two hands.
19. Dispose of the used cotton balls in the wastebasket.
20. Place the basket in its original position.
21. Grasp the sponge with the right hand.
22. Wipe the coaster clean and wipe up any drips.
23. Place the sponge in its original position.
24. Return the plant to its original position.
25. Return the tray to the shelf.

Care of the Environment: Cleanliness - Small Object Washing

Age

- 3 – 6 years

Control of Error

- unclean shell
- wet work area

Material

- small object such as a shell
- toothbrush
- apron
- pitcher
- bowl
- soap and soap dish
- small towel
- tray
- bucket
- sponge and sponge dish



Aim

Direct

- develop order, concentration, coordination, and independence
- develop self-esteem and confidence

Indirect

- develop the ability to clean small objects

Point of Interest

- admire the beauty of the shell when it is clean
- notice the texture of the shell

Variations

Children may wash other objects such as different kinds of shells, rocks, etc.

Presentation

1. Put on the apron.
2. Carry the tray to the table.
3. Lay out the towel on the table to the right of the tray.
4. Pick up the pitcher with two hands.
5. Fill the pitcher with water from the water source.
6. Pour the water into the bowl.
7. Place the pitcher in its original position.
8. Place the shell gently into the bowl.
9. Take the toothbrush in the dominant hand using the three-finger grasp. Brush once across the soap. Say, "One."
10. Hold the shell with the sub-dominant hand. Scrub the shell with the toothbrush using a circular and straight motion where appropriate.
11. Rinse the toothbrush in the bowl and allow extra water drops to drip back into the bowl. Place the toothbrush on the towel.
12. Rinse off the shell using the sponge and water.
13. Squeeze the excess water from the sponge into the bowl. Replace the sponge on the tray.
14. Using both hands, lift the shell from the bowl. Allow extra water drops to drip back into the bowl.
15. Place the shell in the center of the towel. Pat the shell dry with the towel.
16. Grasp the bucket with both hands.
17. Move the bucket to the floor space in front of the bowl.
18. Grasp the bowl, placing the left hand on the left side of the bowl and the right hand on the right side of the bowl.
19. Raise the bowl. Center the bowl over the bucket.
20. Pour the soapy water, aiming away from the body into the bucket.

21. Place the bowl in its original position on the tray.
22. Grasp the sponge with the right hand.
23. Grasp the side of the bowl with the left hand.
24. Wipe the bowl dry with the sponge.
25. Squeeze the water from the sponge into the bucket.
26. Wipe the work area and tray free of any drips.
27. Place the shell in its original position.
28. Place the toothbrush in its original position.
29. Fold the towel and place it in its original position.
30. Grasp the bucket with two hands.
31. Carry the bucket to the sink or designated dirty water container.
32. Empty the dirty water into the sink or designated dirty water container.
33. Wipe the bucket with a sponge at the sink.
34. Place the bucket in its original position.
35. Remove the apron.
36. Place the apron in its original position.
37. Return the tray to the shelf.