

Montessori At Home Week 1 Primary: Kitchen exploration

For the first-year children:

Monday	Tuesday	Wednesday	Thursday	Friday
Learn the names of three kitchen tools you didn't already know. Play bring-me games with your child: "Bring me the rubber spatula."	Learn the names of some foods in your refrigerator. Invite the child to taste them with their eyes closed and guess.	Gather all the kitchen towels, washcloths, napkins (or a good assortment). Get your child started on sorting them and folding them.	Teach your child how to whisk bubbles (large bowl, towel, a few drops of dish soap, water, a whisk).	Choose a simple recipe and bake it. You will have to do the measurements, but the child can certainly mix ingredients and fill the baking pan.

Here are some other activities you could include on your activity shelf -- remember, offer just a few choices. You'll rotate things out every few days.

Practical life:

- Spooning or pouring beans, rice or salt from one container to another
- Sweeping, mopping
- Food preparation (chopping apples, peeling tangerines, egg peeling, buttering bread, peeling and chopping carrots)
- Polishing objects (wood, silver, shoes, glass)
- Window washing
- Hand washing! For 20 seconds!
- Plant care (polishing leaves, watering plants -- show your child how to tell if the plant needs water)
- Folding laundry
- Keep practicing zipping the jacket every day!

Art:

- Coloring, painting, chalk drawing, collage, paper cutting

Language:

- This isn't a shelf material -- but it should happen every day: Please play sound games with your child. It should be FUN, not a chore. Children love it. [Montessori Sound Games: Teaching phonemic awareness ...www.maitrilearning.com > blogs > montessori-pedagogy > 10040467...](http://www.maitrilearning.com/blogs/montessori-pedagogy/10040467...)

For the second-year children:

Monday	Tuesday	Wednesday	Thursday	Friday
Learn the names of three kitchen tools you didn't already know. Play bring-me games with your child: "Bring me something that starts with the sound /r/." Invite the child to write or draw the tools.	Have the child find one food from each food group and draw it. (Dairy, vegetables and fruits, breads and grains, proteins, fats/oils.)	Gather all the kitchen towels, washcloths, napkins (or a good assortment). Get your child started on sorting them and folding them. Count at least one category.	Teach your child how to whisk eggs. Scramble them. (If they have never used a whisk, you could start with whisking soap, above.)	Choose a simple recipe and bake it. You will have to do the measurements, but the child can certainly mix ingredients and fill the baking pan.

Here are some other activities you could include on your activity shelf.

Practical life:

- Sweeping, mopping
- Food preparation (chopping apples, peeling tangerines, egg peeling, buttering bread, peeling and chopping carrots)
- Polishing objects (wood, silver, shoes, glass)
- Window washing
- Hand washing! For 20 seconds!
- Plant care (polishing leaves, watering plants -- show your child how to tell if the plant needs water)
- Keep practicing zipping the jacket every day!

Art:

- Coloring, painting, chalk drawing, collage, paper cutting

Language:

- Make a salt tray so your child can practice writing sounds in cursive; alternately, they may write on a chalkboard, or pencil and paper.
- Improvise metal insets: Let the child use colored pencils to trace any shape they find in the house onto blank white paper, then coloring it in while staying in the lines.

Math:

- Put out a basket of items the child can count (socks, buttons, spoons) and written numbers for them to match.

For the third-year children:

Monday	Tuesday	Wednesday	Thursday	Friday
Depending on your child's level, your child may either write labels for as many things as they like in the kitchen; or you may write labels and the child may read and label the kitchen.	Choose a prepared food that your family uses often. Have the child dictate or write a list of ingredients.	Have your child deep-clean one of the drawers or cabinets in your kitchen.	Dictate your week's grocery list to your child and have them write it down. (Your child may write it phonetically -- that's what we do at school too.) Don't forget the ingredients for tomorrow's baking project.	Give your child a choice of two simple recipes. They will read the recipe, measure everything and bake it themselves, then clean up.

Practical life:

- Sweeping, mopping
- Food preparation (chopping apples, peeling tangerines, egg peeling, buttering bread, peeling and chopping carrots)
- Polishing objects (wood, silver, shoes, glass)
- Window washing
- Hand washing! For 20 seconds!
- Plant care (polishing leaves, watering plants -- show your child how to tell if the plant needs water)
- Folding laundry
- Put a pair of shoes with shoelaces out so your child can practice tying a bow

Art:

- Coloring, painting, chalk drawing, collage, paper cutting

Language:

- Improvise metal insets: Let the child use colored pencils to trace any shape they find in the house onto blank white paper, then coloring it in while staying in the lines.

Math:

- Have your child practice writing numbers as high as they can go.