



ACTIVITY PLANNER 2016

(Montessori-inspired)



Please remember:

1. This curriculum planner is meant to serve as a reference point for you.
2. Kindly edit it based on your child's interest and understanding levels.
3. Please follow your child and his lead at all times.
4. You can use this curriculum / parts of it for your toddler or preschooler. (age group 2.5 – 4 years)
5. Please note that this curriculum is flexible, and I will tweak it to “follow the child” and as per what works best for our home routine /holidays. I urge you to do the same 😊

Weekly planner clipart source: keepinglifecreative

Categories

<i>Practical life + self-care</i>	<i>Language</i>	<i>Sensorial</i>
<i>Math & sorting</i>	<i>Fine motor skills</i>	<i>Art</i>
<i>Movement / Nature</i>	<i>Science</i>	<i>Cultural studies</i>

Practical life

Activities	Introduce	Practice	Practice	Practice	Notes
Pouring (dry)					
Pouring (wet)					
Spooning, scooping					
Cooking (food prep) -spreading jam /butter on bread -using strainer - Whisking - Peeling - Grating - Juicing - Cutting					

Practical life

Activities	Introduce	Practice	Practice	Practice	Notes
Sort kitchen cutlery					
Washing vegetables / fruits					
Opening / closing containers					
Pour / scoop grains, beans, salt					
Washing and cleaning window panes					
Scissor skills – cutting					

Practical life

Activities	Introduce	Practice	Practice	Practice	Notes
Shoe cleaning / polishing					
Sponge squeezing					
Tools <ul style="list-style-type: none"> - nuts & bolt - lock & key - screwdriver - Hammering - Sawing 	-				
Table / chair scrubbing & cleaning					
Mirror scrubbing and washing					

Practical life

Activities	Introduce	Practice	Practice	Practice	Notes
Shell cleaning, scrubbing, washing					
Care of plants (inside the house)- <ul style="list-style-type: none"> - Flower arrangement - Washing leaves - Watering plants - Planting a seed 					
Polishing: Wood Metal glass					

Practical life

Activities	Introduce	Practice	Practice	Practice	Notes
Clamping clothespins					
Dish washing					
Socks sorting, socks folding					
Folding laundry					
Mopping					
Use of eye dropper					
Use of funnel for various practical life activities					

Practical life

Activities	Introduce	Practice	Practice	Practice	Notes
Use of Paste / Glue					
Sewing: -Lacing cards -Bead stringing - Needle threading - Knot tying					
Hole punch					
Use of tea pot					
Use of cloth finger mitt					
Help decorate room					

Practical life

Activities	Introduce	Practice	Practice	Practice	Notes
Sharpen pencils					
Erase white board / chalk board with duster					
- Using a broom and dust pan - Dusting					
Help Load / unload washing machine					
Shelf cleaning					
Recycling – concept + activities					

Practical life

Activities	Introduce	Practice	Practice	Practice	Notes
Use of: tongs tweezers chopsticks					
Gift wrapping					
Dressing frames: Snap Buckle Zip Velcro Tie					
Care of doll (wash station)					

Practical life

Activities	Introduce	Practice	Practice	Practice	Notes
<i>Putting toys / books back on its shelf</i>					

Practical life activities – Gross motor

Activities	Introduce	Practice	Practice	Practice	Notes
Walking on the line					
Walking around rug					
Rolling / unrolling a mat					
How to Carry a Chair					
Carry Objects on a Tray					
Carry Liquids on a Tray					
Carry trays to working mat / table. Keeping them back after the work.					

Practical life activities – outdoors

Activities	Introduce	Practice	Practice	Practice	Notes
Watering plants					
Planting a seed in garden					
Sweeping walkway					
Composting					
Scrubbing					
Removing dead leaves					
Collecting nature items for exploring and studying at home					

Self-care (life skills) – part of practical life:

Activities	Introduce	Practice	Practice	Practice	Notes
Brushing Teeth					
Combing Hair					
-Choosing clothes -dressing self (practice on dressing frames)					
Hand washing					
Wearing shoes					
Eating on own					
Drinking water / milk on own					

Self-care (life skills) – part of practical life:

Activities	Introduce	Practice	Practice	Practice	Notes
Use of spoon, fork, knife while eating					
Using potty / toilet					
Health & safety: <ul style="list-style-type: none"> - Learning Home Address & Phone Number - Fire safety - Learning through unit studies 					

Bonus activities: Pretend Play

Pretend play stations:	
Doctor clinic	
Vet clinic	
Café / Restaurant / Chef /hotel	
Pizza parlour / Burger shop	
Ice cream shop	
Flower shop	
Farmer's Market	
Car washing station	

Grace and Courtesy

Activities	Introduce	Practice	Practice	Practice	Notes
Greeting someone					
"Please" and "Thank you"					
Helping children / adult (not forceful)					
Shaking hands					
Silence game					
Community service					
Table manners					
Talking on phone					
Blow the nose					

Fine motor skills

Activities	Introduce	Practice	Practice	Practice	Notes
Inserting pipe cleaners / balls / popsicle sticks in a box with holes					
Inserting popsicle sticks on clay					
Putting spoons in the spoon stand					
Putting toothpicks on foam block					
Hanging keys on key holder					
Inserting tokens in piggy bank					

Fine motor skills

Activities	Introduce	Practice	Practice	Practice	Notes
Lacing / beading / sewing					
Transferring activities					
Activities with Q tips					
Grating soap					

Sensorial

Activities	Introduce	Practice	Practice	Practice	Notes
Wooden puzzles					
Blocks, stacking rings					
Texture boards / tactile activities					
Color matching activities					
Shape / pattern matching activities					
Sensorial bins / baskets					
Mystery or treasure basket / bag					

Sensorial

Activities	Introduce	Practice	Practice	Practice	Notes
<i>Color box I</i>					
<i>Color box II</i>					
<i>Tasting jars</i>					
<i>Smelling jars</i>					
<i>Sound activities (bells, sound cylinders etc.)</i>					
<i>Fabric feel / pattern matching</i>					
<i>Memory / logic games</i>					
<i>Cylinder blocks</i>					

Sensorial

Activities	Introduce	Practice	Practice	Practice	Notes
<i>Pink tower or DIY</i>					
<i>Broad stair or DIY</i>					
<i>Red rods</i>					
<i>Knobless cylinder</i>					
<i>Thermic tablets</i>					
<i>Baric tablets</i>					
<i>Geometric solids (3D)</i>					
<i>Tracing shapes</i>					

Sensorial

Activities	Introduce	Practice	Practice	Practice	Notes
Touch tablets & fabrics (match / grade) – blindfolded					
Sensory bins / baskets					
Nature inspired table					

Language

Activities	Introduce	Practice	Practice	Practice	Notes
Language matching card games (vocabulary cards)					
Match toy / figurines to their respective picture cards					
Opposites					
Show / spot & tell (group activity)					
Rhyming words					
Book themed activities					

Language

Activities	Introduce	Practice	Practice	Practice	Notes
Pre-writing practice, tracing letters					
Sand tray					
Language puzzles , sight words, bingo etc					
Language memory game					
Command games					
Sandpaper letters					
Artist cards					

Language

Activities	Introduce	Practice	Practice	Practice	Notes
Poetry					
Reciting songs, rhymes					
3-part Cards					
Language mystery bag / box					
Phonics – <ul style="list-style-type: none"> - Introduce lowercase letter sounds - Introduce short-vowel sounds before long-vowel sounds. - Introduce letter sounds with sandpaper letters and the Montessori 3-period lesson 					

P.S: Possible order of introducing letters to a preschooler: (Source: livingmontessorinow.com)

s m t a p f c

r b l i g n d

h j k w o u v

y z x q e

P.S:

- *According to Montessori principle, it is always recommended to start teaching the letters in cursive, and then move onto print.*

Notes:

Language

Activities	Introduce	Practice	Practice	Practice	Notes
Isolating initial sounds					
Montessori sound game					
Phonetic object box					
Phonetic I –spy game					
CVC picture cards					
Blend picture cards					
Sandpaper letters – match with objects					

Language

Activities	Introduce	Practice	Practice	Practice	Notes
Story telling					
Phonetic Words - Digraphs / Phonograms					
Letter of the week activities					
Sight words (only if shown interest)					
Label and read objects in the environment					

Reading:

- Read out books to the child every day
- Encourage independent reading if child shows interest
- Introduce children to literary genres, styles, periods, etc.
- Multicultural books
- Literature Circles: small groups read (during co-ops/ play dates)

Reference Book list: (You can make a list of books you read to your child in 2016) – print as many pages as you want !!

Name of the book	Publication / author

Language (continuation)

Activities	Introduce	Practice	Practice	Practice	Notes
Masculine , Feminine					
Singular, Plural					
Poetry					
Drama activities with props					
Movable alphabets (start with child's name)					
Metal insets or DIY					
Bob books / readers					

Pre-Writing

Activities	Introduce	Practice	Practice	Practice	Notes
Pre-writing works Sandbox tracing Sandpaper letters & numbers					
Metal insets					
Tracing lines					
Using sand / salt tray					
Writing on chalkboard easel					
Pencil grip and posture					

Writing (4+ years)

Activities	Introduce	Practice	Practice	Practice	Notes
Initial Stroke Method for Forming Individual Lower- Case / upper case Letters					
Correct Formation: Slope, Slant, Shape, Style					
Joining Letters					

Math

Activities	Introduce	Practice	Practice	Practice	Notes
Sorting activities (sort by color, shape, type, pattern, habitat etc)					
1-1 correspondence					
Counting activities (start with 0-10) – using math manipulatives					
Match to quantity					
Sequencing / patterning					

Math

Activities	Introduce	Practice	Practice	Practice	Notes
Counting with help of songs / rhymes					
Sizing activities – small, medium & large					
Number rods or DIY					
Sandpaper numbers					
Cards & counters					
Spindle boxes or DIYs					
Counting on fingers					

Math

Activities	Introduce	Practice	Practice	Practice	Notes
Concept of zero					
Bead stair					
Montessori Number line					
Concept of zero					
Counting (1-100) – depending on child's age & interest					
Introduction to fraction (4+ Years)					
Introduction to Money / currency					

Math

Activities	Introduce	Practice	Practice	Practice	Notes
Time – clock activities					
Introduction to Decimal System Bead Material (4+)					
Golden Bead Material (4+)					

Art

Activities	Introduce	Practice	Practice	Practice	Notes
<i>Use of Crayons / pencils/ markers</i>					
<i>Clay</i>					
<i>Chalkboard</i>					
<i>Correct use of scissors</i>					
<i>Pasting / gluing</i>					
<i>Easel drawing</i>					
<i>Painting with water colors</i>					

Art

Activities	Introduce	Practice	Practice	Practice	Notes
Art using 2D / 3D Material					
Painting on wood, stones, shells, leaves, thermocol balls etc					
Painting with paper rolls					
Painting with vegetables					
Use of tape for art activities					

Art

Activities	Introduce	Practice	Practice	Practice	Notes
Art appreciation activities - Art cards					
Study of famous artists					
Famous paintings					
Collage making					
sculptures					
Washing / cleaning easel					
Washing art smock / apron					

Art

Activities	Introduce	Practice	Practice	Practice	Notes
CUTTING: <ul style="list-style-type: none"> • Lines • Curved lines • Patterns • Shapes • Ornaments • Magazine photos 					
Hole punching					
Use of sponges					
Sharpen pencils					
Art using stickers					

Art

Activities	Introduce	Practice	Practice	Practice	Notes
Making homemade water paints / gel paints					
Colored salts					
Color mixing activities					
Use of tissue paper , felt, foam and other textured papers for art / craft activities					

Movement (gross motor)

Activities	Notes
Indoor activities that involve movement (e.g. skipping, hopping, jumping, rhythmic movements, other gross motor activities)	
Nature walk	
Dance	
Introduction to Yoga	
Fun fitness activities	
Outdoor play / obstacle course	

Movement

Activities	Notes
<i>Rhythmic movements</i>	
<i>Cycling / biking</i>	
<i>Ball (throw / catch)</i>	
<i>Gross motor occupational therapy activities</i>	
<i>Animal walks</i>	

Music

Activities	Notes
<i>Repetitive songs</i>	
<i>Echo songs</i>	
<i>Singing in unison</i>	
<i>Introduction to different musical instruments & their comparison</i>	
<i>Introduction to Classical music</i>	
<i>Matching instrument cards</i>	
<i>Songs & rhymes, poems</i>	
<i>Music & movement activities</i>	

Music

<i>Activities</i>	<i>Notes</i>
<i>Prayers / worship songs</i>	
<i>Montessori hand bells</i>	
<i>Child sized guitar</i>	

Nature

Activities	Notes
<i>Collecting natural materials</i>	
<i>Visit to Zoo / aquarium</i>	
<i>Nature / park walk</i>	
<i>Gardening / plant care</i>	
<i>Pet (animal care)</i>	
<i>Create nature table</i>	

Science

Activities	Introduce	Practice	Practice	Practice	Notes
Living Vs Non Living					
Unit Studies					
Day Vs Night					
Sink & float activities					
Hard Vs Soft, Hot Vs Cold					
Color mixing					
Magnetic Vs Non magnetic					
Plants Vs Animals					

Science

<i>Activities</i>	<i>Introduce</i>	<i>Practice</i>	<i>Practice</i>	<i>Practice</i>	<i>Notes</i>
<i>Weight/ balance</i>					
<i>Water-based (properties, etc)</i>					
<i>Cooking-based activities</i>					
<i>Plants Vs Animals</i>					
<i>Study of human body</i>					
<i>Five senses</i>					
<i>Study of human emotions</i>					
<i>Nutrition , Diet, Food groups</i>					

Science

Activities	Introduce	Practice	Practice	Practice	Notes
Study of skeletons					
Care of teeth - dental unit					
Study of Internal human organs					
Water cycle (4+)					
Solar system					
Moon phases (4+)					
Parts of earth (4+)					
Study of rocks					
Tinkering trays					

Cultural -Geography

Activities	Introduce	Practice	Practice	Practice	Notes
<i>Land water air</i>					
<i>Sandpaper Globe</i>					
<i>Continent study</i>					
<i>Continent globe</i>					
<i>World map</i>					
<i>Lands / water forms</i>					
<i>Country flags</i>					
<i>Multicultural study</i>					

History

Activities	Introduce	Practice	Practice	Practice	Notes
Calendar – weather / seasons					
Timeline of child's life					
Day Vs Night					
Daily routine / periods of the day (morning, afternoon, evening)					
Concept of today, tomorrow, yesterday					
Days of the week / months of the year					

Culture (History)

Activities	Introduce	Practice	Practice	Practice	Notes
Timeline of a typical day at home / school					
Birthday lesson (to understand the idea that earth revolves around the sun)					
Recording child's progress throughout the year – e.g. journal, art book, scrapbook					
Clock activities					
Family Tree					

Culture (History)

Activities	Introduce	Practice	Practice	Practice	Notes
Seasonal changes					
Timeline of people's age					
Introduction – development of modern humans from early primates					
Introduction to ancient civilization (4+)					

Culture (Botany)

Activities	Introduce	Practice	Practice	Practice	Notes
Introduction of plant					
Parts of the Plant					
Parts of the leaf					
Parts of root / stem					
Parts of the flower					
Herbs / spices					
3-part cards of different flowers					

Culture (Zoology)

Activities	Introduce	Practice	Practice	Practice	Notes
Classes - animals (farm, wild etc)					
vertebrates / invertebrates					
Mammals					
Ocean life					
Amphibians					
Birds					
Reptiles					
Habitats					

Culture (Zoology)

<i>Activities</i>	<i>Introduce</i>	<i>Practice</i>	<i>Practice</i>	<i>Practice</i>	<i>Notes</i>
<i>Hibernate / migrate</i>					
<i>Animal tracks</i>					
<i>Life cycles</i>					
<i>Arachnids</i>					
<i>Insects</i>					
<i>Food chain (4+)</i>					

Culture – Spiritual

Activities	
<i>Holy scriptures (Gita, Bible etc)</i>	
<i>Daily prayer / prayer cards</i>	
<i>Cultural Festivals</i>	
<i>Trips during festivals</i>	
<i>About different civilizations and their culture (4+)</i>	



Week of:.....



Monday

Tuesday

Wednesday

Thursday

Friday





*“Education is
a natural
process
carried out by
the child and
is not
acquired by
listening to
words but by
experiences in
the
environment.”*

- Maria Montessori

Image source: Montessoricompass.com