

# August 2016

## FAMILY PRERARATION FOR SCHOOL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Family prepares for school. Work with child to gather school supplies, water bottle, lunch boxes, soft soled inside shoes and sneakers. <b>Skill: Show child how to put on and take off shoes. Show where they should be stored.</b> Prepare for tomorrow.</p>	<p>1 Parents work with child to label items of clothing, water bottle, lunch boxes, am snack container, lunch container and pm snack container. <b>Skill: Show child how to open, close and wash containers. How to pack their lunch boxes. Show where they belong in the kitchen.</b> Prepare for tomorrow.</p>	<p>2 Family prepares to work together to establish sleeping and waking habits necessary for optimal brain and body activity. (10-12 sleep hrs/day) 7-8pm: Preparation for bed routine – help clean up after dinner, prepare table for morning, bathroom duties, gentle bedtime story, bed. 8pm-6am: Uninterrupted sleep. 6 – 7:00am Morning routine -bathroom duties, breakfast, cleanup, travel. <b>Skill: Show child how to undress and dress self. Show how to fold clothes and put away in appropriate places. Allow child to practice putting self to sleep.</b> Prepare for tomorrow.</p>	<p>3 Family prepares to establish healthy eating habits necessary for optimal brain and body activity. Ex. Fruits and vegetables. No processed foods or foods with added sugars. Left over dinner can be eaten for lunch the next day. <b>Show child how prepare food and feed her/himself. Show child how to clean up after self.</b> Prepare for tomorrow.</p>	<p>4 Family discusses drop of routine for school: Parent escorts child to school gate, greets teachers and parents, encourages child to do the same. Parent and child sit on deck for first day of school family photo. Exchange greetings “Have a great day, Make good choices/Listen to your teachers, I love you, hug and kiss” Parent leaves child with teacher. <b>Skill: Parents practice giving clear consistent instructions. Child practice following instructions.</b> Prepare for tomorrow.</p>	<p>5 Family discusses health and safety routines for everyday living. <b>Skill: Show child how to properly wash hands: conserve water, wet hands, apply soap, make lather, massage fingers, palms of hands and wrists thoroughly, rinse hands thoroughly, dry hands thoroughly. Other items of hygiene to pay attention to: nose blowing, sneezing, coughing, using the bathroom.</b> Prepare for tomorrow.</p>	<p>6 Maintain routines and eating habits. Go out or invite friends and family and have fun. <b>Skill: Go out or invite friends and family and have fun.</b> Both preparation and fun will reduce stress and anxiety and ensure smooth tomorrows.</p>

“The work of the child is to create the adult” Dr. Maria Montessori

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PEACEFUL CLASSROOM, GRACE AND COURTESY, MANNERS, NAME GAMES, RULES FOR SAFETY AND PEACE.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 Maintain Faith routines if you have one. <b>Skill: Prepare for school. Put school items by door. Keep to sleep routines.</b> Prepare for tomorrow.	8 Orientation drop in 9:00am -11:00am  Parents and child bring personal belongings, nap sacs, tuition check, DHR form immunization form.	9 First Half Day 8:00am-11:30am  7:30 – 8:15am Family photos. Sign in, put away belongings. Drum Names, Getting to know you songs and games, outdoor play, am snack, photo frame craft, dismissal	10 Half Day 8:00am- 11:30am  Drum names, Getting to know you songs and games. <b>Skills: following games,</b> am snack, name collage	11 First Montessori Day 8:00am- 5:30pm  Drum names Sun and Moon salutations. <b>Skills: fast/slow, start/stop</b> am snack, hand prints, lunch, nap. PM project: Friends mural.	12 8:00am- 5:30pm  Drum names Sun and Moon salutations. <b>Skills: responding to being called, eye contact.</b> am snack, foot prints, lunch, nap, PM project: Friends mural	13
14	15 Morning routines. <b>Peace Education - rest and reflection. Parts of the face,</b> am snack, Week AM project: My book of feelings, lunch, nap, Week PM project: Family Mural	16 Morning routines. <b>Interrupting, inviting, welcoming,</b>	17 Morning routines. <b>Waiting, listening, responding.</b>	18 Morning routines. <b>Asking, sharing, offering help.</b>	19 Morning routines. <b>Thanking, excusing, volunteering.</b>	20
21	22 Morning routines. <b>Peace Education- Community</b> Week AM project: Montessori Peace Chart Week PM project: Kind Deeds	23 Morning routines. <b>Individual vs Group</b>	24 Morning routines. <b>Safe space for ideas</b>	25 Morning routines. <b>Group Rules</b>	26 Morning routines. <b>Cooperation</b>	27
28	29 Morning routines. <b>Peace Education- respecting what is different about us.</b> Week AM project: Glyph Project Week PM project: My food chart.	30 Morning routines. <b>Smelling/Tasting</b>	31 Morning routines. <b>Hear/Touch</b>	1 Morning routines. <b>Seeing/Feelings</b>	Maria Montessori's 145th birthday  Last Monday of the month - Monthly birthday recognitions	Gussan 8-6-12 Asha 8-6-12 Mara 8-25-11 Dr. Montessori 8-31-1870