

"The greatest help you can give your children is the freedom to go about their own work in their own way, for in this matter your child knows better than you."

- Maria Montessori -

Montessori Activities

Brought to you by  Guide & Grow
Raising Tomorrow's Children

Babies



Toddlers



Preschool



"So long as the child is actively interested

in what he is doing and there is no harm in his activity, he is working on his own development. Besides any new idea he may be grasping, he is developing concentration and self-discipline." Maria Montessori

Ideas for Babies

Fine Motor Skills



- **Sticky notes stuck to a wall** - stick posteds on a wall where baby can reach and watch them try to pull it off.
- **DIY Object permanence box** - use an old shoe box lid as tray and square box for top to create your own object permanence box. Cut a hole into the square box and also a hole for ball to roll out into the tray. Stick/glue it on each other with sticky tape. Practicing posting and intentionally release of an object.
- **Muffin tray play** - place baby safe items in a muffin tin for them to take in and out.
- **Hanging balls** - use tape to hang some balls at baby's level for them to pull on.
- **Scarves in a tissue box** - let them pull scarves or fabric scraps from a wipes container or tissue box.
- **DIY posting box** - cut a hole into a shoe box or large box and let baby drop items into the box.
- **Rings on a peg / stable base** - use a paper towel holder and some curtain rings and let baby stack the rings.



Exploring the senses

- **Tray with water and floating toys/balls** - lay baby down in front of the tray/bowl and let them reach for the floating toys / balls. (Not typically Montessori but aligned)
- **Different temperatures** - Give baby something warm like a warm clean towel and cold like a teething toy which they can safely explore.
- **Banging pots and pans** with wooden spoons /dishing spoon/spatulas.



- **Treasure bag** - place different items (shapes and textures) into a bag and let baby take it out and explore each item.
- **Baby crinkly paper** - let them touch and hear the sound it makes.
- **Sound jars** - add items such as rice / lentils / beads to baby safe jars and let baby explore interesting sounds.
- **Sensory exploration basket** - add toys /pegs / utensils / balls etc into a basket for baby to explore.
- **Grasping materials** - rubber balls, baby rattles, maracas, place it in baby's hand and they will grasp.
- **Language development** - read to your baby. One picture per page books for infants and for older babies, realistic books where possible, relating to the life the child is living.
- **Language development** - Sing songs, keep it short and sweet. Poetry with action rhymes (pat-a-cake, head, shoulders knees and toes)



Visual development

- **High contrast black and white cards** - stick it to a mirror or lay it out in front of baby to see. We have some printables on our website www.guideandgrow.com/printables you can use.
- **DIY Montessori Mobiles** - (Munari & Gobbi) Print out some black and white cards and hang them 20-30cm away from your baby's eye level or DIY Gobbi mobile.
- **Play peek-a-boo games.**
- **Familiar Faces** - Print out some pictures of family members and place in a basket for your baby to explore.



Ideas for Toddlers

Hand-eye coordination

- **Threading** - use a pipe cleaner or string and thread beads/shapes or noodles onto it.
- **Colour matching** - use a muffin tray and stick coloured paper into the bottom of each hole and let child put items (balls, pom poms) inside that matches the colour.
- **Transferring activities** - using tweezers, wooden tongs and pom poms or beads. Transfer items from one basket to another.
- **Lock and keys** - using an old lock with it's key securely tightened to it with string, the child can practice unlocking and locking activities.
- **DIY posting box** - using an old coin box, your child can practice posting activities by posting large coins or cards. You can also easily make this using an old cardboard box.
- **Spice jar & sticks** - use a spice jar and cake pop sticks or wooden dowels and the child can post the sticks into the holes of the spice jar.
- **Opening and closing** - take a basket and put 2/3 household items in it for opening and closing (small purse, tins, lipstick cases, wet wipe containers etc.)
- **Yoga** - stretch on the floor or use wobble board.
- **Hanging** - hang cloths onto line with wooden dolly pegs.
- **Laying out cards** from wallet. They pull them out and stick back in the sleeves.



Object matching

- **3D objects to 2D images** - use 3D objects and let the child match it to a 2D image / drawing / picture. Can use fruit / vegetables / utensils or realistic animal figurines.
- **Colour matching** - using coloured paper and items of the same colour you can find in your home. Let the child match and group all the same colours in a basket.



Practical Life

- **Wiping and washing** - wash tables/ placemat, wipe windows let them help you wash floors.
- **Sweeping / vacuuming** - they love following you around when you are vacuuming, let them have a try.
- **Sort cutlery**
- **Setting table and help to clear table**
- **Prepare crackers and /cut banana / help with baking**



Self care

- Setup a **self care station** for your little one to brush their own teeth, wash their hands, face and wipe their nose. Will need a mirror too with brush and storage space for the toothbrush and toothpaste.
- Teach child to **dress themselves**. Make sure everything is in reach for your child.

Ideas for Preschoolers

- **Salt tray tracing** - fill a tray / baking tray with salt and an image card of what the child should trace. It can be a shape / letter / word.
- **Obstacle course** - set up an obstacle course inside /outside your house and let your children run free.
- **Family faces** - print pictures or use images of your family members and let the child match them together.
- **Help with household chores** like making their own bed, fold laundry
- **Board games** - You can create your own board games for your kids like shopping lists that they must try and find in the fridge/ cupboards or the Orchard by Haba board game.
- **Hammering** - hammering shapes in corkboard using wooden shapes a small hammer and a corkboard or polystyrene.
- **Threading** - use a shoelace and small beads to thread.
- **Make your own calendar** - Take a A3 page as background and create three columns with cut-outs you create for Day , Month and weather. Mon - Sunday, Sunny/cloudy, windy or rain and the month. The child can paste each cut-out on the A3 every morning.
- **Treasure bag** - put various items into a bag and let the child guess what the item is that they are feeling.
- **3 Part Language cards** - create your own 3 part language cards by tracing /drawing everyday items you can find in your house with the name on it. Guide & Grow's website also has some printables you can use for this.



Eggs



Caterpillar



Chrysalis



Monarch Butterfly

- **Explore the different seasons** - let children create artwork around different seasons. Find items such as leaves or flowers to help them.
- **Build your own marble / ball run** - using paper towel / toilet roll inserts and a small ball such as a ping pong ball or marble.
- **Craft box** - let the children create all sorts of craft projects by using items you put into a craft box for them.
- **Draw a line** - with a piece of chalk draw a line and walk next to the line, sit on the line and even practice balancing walking on a line. You can also use a string of tape for this.
- **DIY Sandpaper letters** - create your own sandpaper letters by cutting out pieces of sandpaper that the children can trace OR use glue and some loose sand to create your own letters so they can start practice writing.
- **Cut with scissors, use glue for craft items and sharpen pencils.**

Practical Life

- **Peel and cut a banana / carrot & apple.**
- **Help bake cookies using a rolling pin and cookie cutters.**
- **Help clean the house using a dustpan and small brush.**
- **Clean the house plants** using small sponge and water and also help out with some flower arrangements that they have picked from the garden.
- **Work on hygiene- cleaning hands, blow own nose.**
- **Work on manners - wait in line and take turns. Practice saying "please" and "thank you".**

Games

I Spy game

Roll out a work mat and place different items on it . Pickup and say the sound + word of each item for example B-B Balloon, C-C Cat, D-D Dog and then put the item down.

Then say I spy with my little eye something that sounds like D-D, and the child should pick up the dog.

Stacking cups

Taking a couple of plastic cups, see who can stack the most cups.

Start with a bottom row of 4/5 cups, then next row of 3/4 cups and next row on top of that to make a tower

*“Play is the
work of
the child”*

Maria Montessori

Sound sorting game

Pick two letters eg. M & B

Place items starting with the letter M and B in a basket and ask the child to sort the items according to the sound it starts with.

For example “mmm” for money and B for blanket etc.

Outdoor scavenger hunt

I can see ... (mark with an X)



Ant



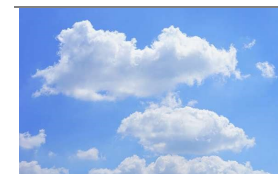
Butterfly



Autumn leaf



Green leaf



Bug



Faucet