



# VOCATIONAL COURSES IN CHILD EDUCATION

## HAND BOOK FOR PRACTICAL USE & PRACTICE OF MONTESSORI APPARATUS

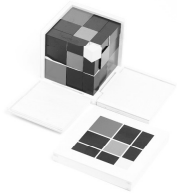


***PUBLISHED BY:***  
**NATIONAL CHILD DEVELOPMENT COUNCIL**  
**NEW DELHI**

**ISO 9001: 2015 CERTIFIED**



Copy Right is reserved with the publisher. Any unauthorized reproduction, distribution and transmission in any form or by any means of this copyrighted work is illegal and punishable as per the Indian Copy Right Act. Just report such attempts to: [ncdcdelhi@gmail.com](mailto:ncdcdelhi@gmail.com)



# INDEX

## *UNIT 1*

**EXERCISE OF PRACTICAL LIFE (EPL)**

## *UNIT 2*

**SENSORIAL APPARATUS & ACTIVITIES**

## *UNIT 3*

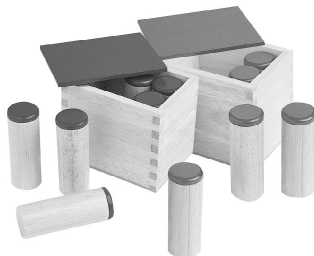
**LANGUAGE APPARATUS ACTIVITIES**

## *UNIT 4*

**MATHEMATICAL APPARATUS & ACTIVITIES**

## *UNIT 5*

**OTHER SCIENCE APPARATUS & ACTIVITIES**



## KEY POINTS OF THIS EDUCATIONAL METHODOLOGY

- A method considering all aspects of a person (Body, Mind and Spirit) & the interrelations between them & helping to progress in these areas.
- A method based on sub conscious mind and its power.
- A method considering the eleven senses (5 direct senses, 5 imaginary senses & sense of Athma) & sense orientation in a person.
- A special new language training method for picking a language very quickly.
- A method which helps in building person's family, society and nature very easily.
- A method which unifies science and spirituality.

## Aims & Objectives of National Child Development Council ( NCDC)

- Protect the rights of children & working for the welfare of Women & Children
- Develop scientific and psychologically moulded training methods.
- Improve the quality of child education.
- Conduct premarital and post marital counselling programs.
- Abolish child labor and child begging.
- Give timely valuable suggestions & advice to govt. and other organizations.
- Conduct Different Training Programs for Parents, Teachers & Children.

As the government abolished Child labor, NCDC initiated a novel program, '*Mother House Project*' to create awareness among the public against Child labor.

***'Let children grow as children.'*** Hundreds of awareness programs are being conducted to impart the message of avoiding child labor.

NCDC honours and recognizes Media, media personnel, organizations schools and individuals engaged in child welfare activities. Now NCDC is a participant of the United Nations Global Compact, New York, USA.



## IMPORTANT GUIDELINES FOR FACULTIES & STUDENTS

- Here learning happens by doing and practicing all the 'Learning Activities' mentioned in this book. So, all learning activities should be practiced. Then only you will understand the idea and will become thorough to be usable for the future and career. Before starting all 'Learning Activities' practices in each chapter, students should read the passages in each unit many times & should do all preparations and practices to its maximum. All the assignments should be written in your own sentences. For reference you can use different sources like the internet, books, magazines, subject experts, self-thinking & self-meditation etc.
- Participatory system, Freedom in practices, development of different skills & intelligences, confidence building, making presence of mind and thereby creating happiness and enjoyment, different types of activities & practices, different presentation skills, life & social lessons & nature friendly living, encouraging others, exchanging positive energy to others, career building, spiritual development etc. is the core of this Methodology. The practices and assignments in this book are to be done for your development and for getting ideas for teaching school children.
- Montessori Practical Record Book: Buy a quality A 4 size book for this subject & make it in an attractive way with page designs.



## IMPORTANT GUIDELINES FOR FACULTIES & STUDENTS

- All the practices & assignments of the students should be unique. Don't copy any other assignments or text content.
- Trainees should be given full freedom to do the practices according to their imagination. NCDC Faculty also becomes a student at the time of these practices. Never follow the explaining, copying & by hearting method as per the conventional system. If you follow this Methodology, a student's self-capacity increases & the learned things becomes deep & become an asset for their future & career & she become a unique personality.
- This book is only a syllabus module & all the things written are for practicing.
- Students get the result only by doing the practices written in this book.
- Our examination is also based on this methodology. All the learning way practices & assignments will be taken into consideration.
- Faculty and students must use English for all formal and informal communication during the academic year (Rule in the back of course reg. form). All Pre and Post Home & Outside Assignments written in this book should be done as home or outside assignments. Live practices are for practicing in the live as individual, pair & group as mentioned in the practice.

## DAY 1 - 4

### UNIT 1

## EXERCISE OF PRACTICAL LIFE (EPL)

### Pre Home Assignments

**Learning Activity 1: Read passage & Meditate:** Should read the passage in this unit minimum 3 times. After reading each paragraph, close your eyes & think about the paragraph content for a few minutes. Also do the preparations for the Live Class Lesson Activities.

### Learning Activities for Live Class Session:

**Learning Activity 1: Face to face Interview:** Two pupils sit face to face like a TV interview. One acts as Dr. Montessori. The other one asks questions to her about Exercise of Practical Life (EPL) and its benefits. After one round change the pair & continue practice.

**Learning Activity 2: Reading & understanding:** All students read the 200 EPL points one by one and learn.

**Learning Activity 3: Guided Imaginary Activity practice** with closed eyes: Sub: Exercises of Practical Life (EPL) in a Montessori House of Children.

**Learning Activity 4: Skit:** Group the students to 4 or 5 members & plan and present skit regarding Exercises of Practical Life (EPL) for 3 year old children in a Montessori House of Children:

**Learning Activity 5: Face to face Interview:** Two pupils sit face to face like a TV interview. One acts as Montessori Directress in a Montessori House of Children. The other one asks questions to her regarding Exercises of Practical Life (EPL) for 4 year old children in a Montessori House of Children. After one round change the pair and continue practice.

**Learning Activity 6: Group Discussion:** Arrange a Group discussion regarding Exercises of Practical Life (EPL) for 5 year old children in a Montessori House of Children. One student can be the moderator of the Program.

**Learning Activity 7: Skit:** Group the students to 7 or 8 members & plan and present skit regarding developing social skills and socialisation of Children in a family.

**Learning Activity 8: Pair Practice:** Two pupils sit face to face and share their school experiences relating to EPL. After one round change the pair and continue practice.

**Learning Activity 9: Speech:** Write each of the below points in a small piece of paper. Fold or roll and keep them together. Let a trainee pick one from the lot as lotto pick and give a speech about the same for 3-4 minutes.

Points:

1. **EPL** related to Water works.
2. **EPL** related to cleaning and hygiene.
3. **EPL** related to dressing.
4. **EPL** related to dining and table manners.
5. **EPL** related to plants and garden.

6. **EPL** related to kitchen and cooking.
7. **EPL** related to social skills and socialisation.
8. **EPL** related to Physical Movements.
9. **EPL** related to birds and animals.
10. **EPL** related to the washroom and toilet.

Once it's done, remove that from the lotto and continue the process with remaining trainees. Giving opportunities to all students. One student anchoring the Program.

**Learning Activity 10: EPL exercise:** Practice the below activities with the mind of a kid.

1. **EPL** related to Water works.
2. **EPL** related to cleaning and hygiene.
3. **EPL** related to dressing.
4. **EPL** related to dining and table manners.
5. **EPL** related to plants and garden.
6. **EPL** related to kitchen and cooking.
7. **EPL** related to social skills and socialisation.
8. **EPL** related to Physical Movements.
9. **EPL** related to the birds and animals.
10. **EPL** related to the washroom and toilet.

**Learning Activity 11: Group Discussion:** Arrange a Group Discussion like in TV. All students are participating in the discussion.

Round 1: Purpose and objectives of learning and practicing the content in this unit

Round 2: How to apply the knowledge and the ideas in this unit in your life, career and in society.



### **Learning Activity 12: Learning activity as per students' choice.**

Conduct a learning activity as per the choice of lesson activities coordinating group.

## **Self-Home Assignments & with classmates:**

**Learning Activity 1: Self Speech in front of Mirror:** Do a Self-Speech about 10 topics written below (Each topic in 3-4 minutes).

Topics:

1. **EPL** related to Water works.
2. **EPL** related to cleaning and hygiene.
3. **EPL** related to dressing.
4. **EPL** related to dining and table manners.
5. **EPL** related to plants and garden.
6. **EPL** related to kitchen and cooking.
7. **EPL** related to social skills and socialisation.
8. **EPL** related to Physical Movements.
9. **EPL** related to birds and animals.
10. **EPL** related to the washroom and toilet.

**Learning Activity 2: Face to face Interview:** Two pupils sit face to face like a TV interview. One acts as Dr. Maria Montessori. The other one asks questions to her regarding Exercises of Practical Life in a Montessori House of Children. Faculty prepare the list & put it in the group.

**Learning Activity 3: Self Speech in front of Mirror:** Do a Self-Speech about the importance of Exercises of Practical Life (EPL) in a Montessori House of Children by following all the formalities and techniques of public speech.

**Learning Activity 4: Face to face Interview:** Two pupils sit face to face like a TV interview. One acts as Montessori Directress in a Montessori House of Children. The other one asks questions to her regarding Exercises of Practical Life (EPL) for 3 year old children in a Montessori House of Children. Faculty prepare the list & put it in the group.

### **Individual & Other Activities as Post Home Assignments:**

**Learning Activity 1: Cursive Handwriting of English:** Buy a four line book & practice Cursive Handwriting of English Capital and Small Letters.

**Learning Activity 2: EPL exercise:** Practice the below activities with the mind of a kid. If you have kids in your house you can practice with them too:

1. **EPL** related to Water works.
2. **EPL** related to cleaning and hygiene.
3. **EPL** related to dressing.
4. **EPL** related to dining and table manners.
5. **EPL** related to plants and garden.
6. **EPL** related to kitchen and cooking.
7. **EPL** related to social skills and socialisation.
8. **EPL** related to Physical Movements.
9. **EPL** related to birds and animals.
10. **EPL** related to washroom and toilet.

**Learning Activity 3: Illustrated Montessori Apparatus Record Book** (House Assignment: for this entire practical session): For this unit: Make a list of minimum 100 items use for practicing

Practical Life Exercises (EPL) in a Montessori House of Children. Include Buttoning Frames pictures and its details also.

**Learning Activity 4: Watch good videos:** Watch good videos related to EPL from good Montessori Schools (Eg: Europe) on YouTube or other internet media.

## **EPL ACTIVITIES FOR THREE YEAR OLD CHILDREN**

The following Practical Life Activities are suggested for the child of three, to develop independence and concentration, will - power and motor control, self-confidence and self-esteem. Kitchen is an important place in any house. Cooking is an art as well as a science. Children's activities in the kitchen lay the foundation for future scientific activities. First of all, your kitchen should be a safe and secure place. However, do not leave the child alone there. You drop their children somewhere. The Montessori environment is the best option for them to leave their children since they love to be there and learn aids to their life there. A child must have a stool, an apron, a swab cloth and a broom in child size and hung somewhere within his reach. He should be helped to do the following:

1. Washing plates and glasses.
2. Wiping and arranging them according to size.
3. Arranging vessels and matching containers with their lids.
4. Participating in cooking: learns the name of the dish and the ingredients used.
5. Learns names of cutlery, utensils and meaning of boiling, frying, roasting etc.
6. Setting the Dining Table.
7. Clearing the Dining Table and putting back everything.
8. Sorting Vegetables and Fruits for storage.

9. Sweeping the floor.
10. Mopping the floor.
11. Dusting things inside shelves.
12. Pouring water from one container to another.
13. Transferring grains etc. from one container to another.
14. Rolling Chapatis and Kneading of dough.
15. Cleaning rice, removing stones etc.
16. Dissolving sugar or salt in water with a spoon.
17. Let your child know how rice and dhal change when boiled; how they change when soaked in water.
18. Let the child know how water changes into vapour when heated; how vapour condenses to become droplets when covered with a lid.
19. Let the child know how milk becomes curd, how cream is formed when milk is boiled, how butter and butter milk is obtained.
20. Take a tray with five cups & one large cup for sorting activities. Different things can be used in the large cup for sorting.
  - a) Different types of vegetable seeds.
  - b) Different types of beads.
  - c) Different types of buttons.
  - d) Different types of clip
  - e) Different types of grains.
21. A table or a mat may be used for sorting different colors and designs of bangles, cloths, rubber bands etc.
22. Let the child sort out soiled clothes for washing: White clothes, colored clothes, woollen dresses, cottons and silks. The child can help you in putting the washed clothes on the clothesline with clips.
23. Let the child help you in folding clothes. Let him fold the small ones. Assist the child to sort out the folded clothes. Let the child identify each clothing, to which it belongs and then arrange the same in the cupboard.

24. Pictures of animals, birds, insects and fishes may be used for sorting and pairing.
25. Rolling and unrolling of mats and carpets.
26. Sitting down and getting up from mats and chairs.
27. Give old greeting cards and scissors in a tray. Let the child cut the cards into small bits.
28. Let the child dress up by him, comb his hair, powder his face, wear socks and shoes etc. Let him pack up the snacks and fill up the water bottle.
29. Make use of opportunities to watch and observe carpenters, painters and plumbers at work.
30. The child can be given certain responsibilities such as:  
Folding his blanket or bed sheet.  
Putting his soiled clothes for washing.  
Drying his bath towel.  
Washing his plates and glass.  
Opening and closing the gate.

## **EPL ACTIVITIES FOR FOUR YEAR OLD CHILDREN**

1. Washing, wiping dishes and vessels and arranging them.
2. Mixing dough and rolling chapatis.
3. Washing, scraping and cutting vegetables.
4. Cleaning rice by picking stones and paddy.
5. Making lime juice and fruit juices.
6. Churning curd and pounding spices.
7. Storing various condiments in different containers.
8. Making salad with a few fresh vegetables and arranging them attractively in a plate.
9. Sprinkling salt, pepper etc. on salad and other dishes.
10. Participating the child in your cooking. Let him learn the steps

in cooking rice, dishes etc.

11. Keep the following items near a bucket of water: mango, potato, kerchief, a piece of paper, a leaf, a stone, a piece of plastic etc. Allow the child to drop each item into the bucket of water. Let him observe and learn what happens when each item is dropped. He learns a lot about sinking and floating.

12. Ask the child to cut and collect different pictures from old weeklies and monthlies.

13. While having breakfast, lunch and supper, tell the child what the different types of food do to the body. Examples: Fruits give good eyesight; milk and vegetables make the bones and teeth strong and healthy.

14. The child can start ironing small clothes: towels, kerchiefs etc. Take special care to avoid burns.

15. Let the child learn from you how to open and close doors and windows, how to lock and open cupboards without sound.

16. Learning these words: boil, fry, stir, bear, whisk, sprinkle, churn, sinking, floating, spice etc.

## **OUTDOOR ACTIVITIES**

1. Pouring water in the garden, removing weeds, sowing seeds and planting seedlings.

2. Have evening walks and show the local places, junctions, tall buildings, different vehicles etc.

3. Take different routes to go to school and return.

4. Take the child to a church, to a temple, to a hospital, to a market, and to a post office. Let the child see, observe the things happening there. Give the required explanations when necessary.

5. As you travel by car, bus or train, tell the names of the various villages and towns through which you pass by. Let him feel how houses and trees are running to the opposite direction!

6. Keep a big basket about three meters away. Let the child try to put a ball into the basket.

7. Whenever you go out with the child, help him to read the big name boards, or advertisements etc.

#### Science Activities

1. Ask your child to light a candle with a matchbox. Then tell him to cover it with a transparent glass. Observe what happens.

2. Explain to the child how water comes from the tank, through the pipes, into the kitchen, into the bath room etc.

3. The child should know why blood clots. What would happen if it does not clot?

4. Make a pinwheel for the child. Let him feel the force of the wind by keeping it in different directions.

5. Allow the child to keep a fresh, dressed chicken in the freezer. Let him take it out after a day or two. Show him how hard it is. Let him know what happens by keeping it outside for two hours.

#### **EPL ACTIVITIES FOR FIVE YEAR OLD CHILDREN**

1. Tell your child about evaporation and condensation. He can observe it in the kitchen. Help him to understand how it rains.

2. While cooking, the child may be asked to weigh and give you the required things from the store. The child can weigh 300 grams of rice, 200 grams of dal, 250 grams of potato etc. for lunch.

3. Let the child learn the names of nutrients in the food: proteins, carbohydrates, vitamins, calcium, iron etc. While eating, speak about these items. Why do we need them for our body? What will happen if these items are not in our food?

4. The child can start washing napkins, kerchiefs and other small pieces of dress. Show him how to wash them.

5. Let him learn to hang curtains by inserting rings etc.

6. The child should begin to learn sewing. Give him a few small

pieces of cloth, needles and a few different colored threads. Draw simple designs on the small pieces of cloth. He can learn from you how to thread a needle. Let him start with the running stitch. Later other stitches may be introduced. Then he can stitch a coat button, a press button and even hooks.

7. Simple Rangoli (Kolam) items may be introduced.

## **200 Exercises of Practical Life:**

### **Physical Movements:**

1. Walking quietly without any noise.
2. Rolling and unrolling mats and carpets.
3. Sitting down and getting up from mats and carpets.
4. Sitting down and getting up from chairs.
5. Talking softly, but audibly by going near a person.
6. Holding rolled mats and carpets.
7. Holding jugs of different sizes and weights with and without handles.
8. Holding glasses, cups, saucers, plates etc.
9. Holding chairs, boxes, tables, lunch boxes, parcels etc.
10. Holding heavy things by two persons.
11. Carrying all the above items to another place
12. Picking all these items.
13. Arranging all these items.
14. Carrying things in both hands without knocking and keeping an eye on both.
15. Carrying a tray with both hands.
16. Carrying a tray with things on it.
17. Holding and carrying books, pictures and photos.
18. Carrying light and heavy things on the head.



19. Holding and carrying pointed, sharp things (Point turned downwards and sharpened turned leftward) (pens and pencils; cutlery and scissors)
20. Holding and carrying garden tools such as spade, rake, watering - can.
21. Putting down all the above things without noise.
22. Holding and carrying candles and oil - lamps which are lit and unlit.
23. Putting down the above items.
24. Folding napkins, handkerchief and table-cloths in different patterns.
25. Unfolding the above items.
26. Opening and closing of doors, windows, cupboards, boxes, bowls, drawers, shutters, chests etc.
27. Opening and closing with keys and latches, (locks, gates, chains, bolts)
28. Pouring dry materials from a jug into glasses and vice versa.
29. Pouring liquids from a jug into glasses and vice versa.
30. Pouring liquids such as oil into a bottle, through a funnel.
31. Hanging up towels, brooms, pictures etc.
32. Turning the pages of a book, photo album etc.
33. Lighting and extinguishing matches, candles and oil lamps.
34. Preparing cotton - wicks.
35. Cutting things with scissors along straight lines.
36. Cutting things with special scissors along curved lines.
37. Cutting bread, vegetables and fruits.
38. Peeling fruits and vegetables.
40. Cleaning rice, wheat etc. (winnowing them)
41. Washing vegetables and fruits.
42. Breaking a coconut, pouring the water inside, scraping its ker-

nel etc.

43. Grinding rice, wheat, nuts etc.

44. Beating and whisking eggs.

45. Stirring and mixing ingredients.

46. Crushing spices for masala and chutney.

47. Pounding with pestle and mortar.

48. Shelling of beans, peas, pea-nuts, cashew nuts, cardamom etc.

49. Making mashes with boiled potatoes.

50. Churning butter - milk.

51. Seasoning salads.

52. Kneading dough for chapati, borota and poori.

53. Rolling kneaded dough.

54. Cutting rolled dough in different shapes for different purposes.

55. Making tea, coffee and lime-juice.

56. Pasting paper, stamps and envelopes.

57. Opening and folding a newspaper or magazine.

58. Opening and folding an umbrella.

59. Group activity: Silence - Pin - drop Silence Activity.

60. Walking on the line alone, with things in hand, on head etc.

### **Indoors and Outdoors:**

61. Dusting tables, chairs and other things with duster, feather duster and soft brush.

62. Arranging mats, carpets, chairs, tables, cookies etc. for various purposes such as individual, group and collective activities and functions.

63. Putting back furniture and apparatus after using.

64. Sweeping rooms with a broom.

65. Using dustpan and brush.

66. Polishing and shining of brass, bronze, silver and wood with appropriate materials such as brush, polish, ash, tamarind, lime and salt.
67. Cleaning mirrors, windows and doors with water, methylated spirit or old newspaper.
68. Washing towels, handkerchiefs, duster, crockery and cutlery using soap, soap-powder and sponge.
69. Cleaning of framed photos and pictures.
70. Drying the above items.
71. Cleaning and scrubbing pots and pans.
72. Washing the floor.
73. Mopping the floor, spilled liquids from tables and floors.
74. Polishing or smoothening an earthen floor with a mixture of earth and cow dung.
75. Washing slates, writing boards etc.
76. Beating mats and carpets.
77. Brushing mats and carpets.
78. Dusting writing -boards.
79. Ironing clothes. The handle of the iron should be well-protected by a holder, and there should be a wooden plank for standing.
80. Laying and clearing a dining table as per the local customs and styles.
81. Preparing what is necessary for a meal, a snack or tea.
82. Decorating the floor at the entrance (gate, door) with white and color powders and different designs.
83. Decorating the surroundings for functions and festivals.
84. Preparing and hanging bead-garlands for doorposts.
85. Watering flower plants and vegetable plants in pots.
86. Sprinkling, washing and dusting leaves.
87. Feeding pet animals and birds.

88. Maintaining bird - cages.
89. Maintaining aquarium, terrarium and insectariums.
90. Arranging flowers in a vase, pouring fresh water in flower - vases; cutting and removing withered leaves and flowers.
91. Sweeping courtyard and compound with a broom.
92. Sweeping lawns and foot paths.
93. Scribbling and washing concrete and stone payments.
94. Raking open places and grounds.
95. Digging with a spade or a garden fork; and hoeing too.
96. Weeding - weeds to be put in a basket for removal.
97. Watering plants, lawns and flower beds with hose, water-pots or watering can.
98. Protecting delicate, tender plants and fruits with branches, leaves, muslin bags etc.
99. Collecting fruits in baskets and drying them in the sun.
100. Maturing fruits in straw or sawdust.
101. Arranging fruits on shelves, in baskets, in trays.
102. Collecting firewood - bundling - carrying - stacking.
103. Collecting or harvesting vegetables.
104. Collecting eggs.
105. Cleaning and looking after poultry, pigeons, rabbits and other pet animals.

### **Personal Cleanliness:**

106. Washing hands, face, feet, mouth etc.
107. Taking a bath under shower, using soap.
108. Drying the wet parts of the body.
109. Cleaning the teeth with brush, paste or sticks.
110. Gargling and rinsing of the mouth.

111. Washing the eyes and the nostrils.
112. Hair combing, brushing, oiling, washing etc.
113. Applying eye-black and other cosmetics.
114. Nail-cutting, cleaning, brushing, filing, polishing and painting.
115. Painting the foot-soles and toe-nails
116. Cleaning the ears with cotton.
117. Blowing the nose, coughing and sneezing.

### **Clothes- Dressing, Undressing:**

118. Folding and unfolding clothes.
119. Keeping chapels and shoes when not in use.
120. Brushing clothes and removing spots etc.
121. Removing mud and dirt from foot - wears.
122. Polishing shoes, shining shoes.
123. Use of door mats and shoe-scrapers.
124. Washing, Drying and Ironing clothes.
125. Using pyjama or skirt - string - inserting a piece of cloth with a proper inserter.
126. Closing and opening frames.
127. Opening and closing large and small buttons, press buttons, hooks and hoops, ribbons, laces, buckles and zips.
128. Putting on and taking off various garments, shoes, sandals and chapels.
129. Plaiting saris and dhotis.
130. Plaiting: First: with three different colored cords.  
Second: with cords of one color.  
Third: With strains of wool in three colors.  
Fourth: with strains of wool in one color.
131. Putting kumkum, sandalwood paste on the forehead.
132. Putting a Beauty Spot on the cheek.

133. Making beautiful flower garlands and wreaths.
134. Putting flowers in the hair.
135. Wearing flowers onto a plate.
136. Decorating the face on special occasions.
137. Using a shoe-horn and wearing socks.
138. Hanging clothes on cloth-hangers.
139. Winding plaits around the head.
140. Putting on, taking off, folding, cleaning - spectacles and goggles.
141. Tucking in and hitching up clothes.
142. Putting up and folding sleeves, trouser legs etc.
143. Using the four mirrors - head and neck, body from neck to knees, feet and the full - length mirror.

### **Social Relations:**

144. Greeting for different times of the day.
145. Saying Namaste.
146. Bowing gracefully
147. Touching the feet with reverence.
148. Greeting elders and VIPs on great occasions.
149. Performing religious gestures in Temples, Churches & Mosques.
150. Waiting quietly in a queue (Q) until attention is given.
151. Asking or making a request.
152. Thanking somebody for something.
153. Asking permission to pass in front of somebody when it is unavoidable.
154. Apologizing and excusing one.
155. Knocking at doors and waiting for permission to enter.
156. Taking leave from somebody or from somewhere.
157. Borrowing things which can and cannot be borrowed.
158. Lending things which can and cannot be lent.

159. Blowing one's nose and yawning when in company.
160. Offering help to others.

### **Public Places:**

161. Learning to cross a road; walking on the road.
162. Learning the elementary traffic rules.
163. Waiting: when and where.
164. Overtaking: how, when and where.
165. Walking in a procession, files or jatha.
166. Talking on the road and in public places.
167. Using and leaving a public place.
168. Showing the way and asking for the way.
169. Helping people in need.
170. Offering alms.
171. Returning lost things found, to the real owner.
172. Avoiding waste: Close taps, switch off lights.
173. Using public services such as waste -paper-baskets.
174. Halting or stopping buses, standing in Q, getting in and getting out of a bus, taking a ticket.
176. Behaving well at a bus - stand, at the railway station.
177. Showing regard for fellow-passengers in the waiting room, inside the bus, inside the compartment of a train.
178. Behaving well in hotels and restaurants.
179. Behaving well in a cinema theatre.
180. Picking up fallen things for others.
181. Correcting mistakes at the dining table.
182. Receiving visitors; offering seats; and a shake hand.
183. Accompanying people to a place, showing the way and adjusting the pace.
184. Introducing persons to each other; introducing one.

185. Preparing one before entering any place or office.
186. Preparing oneself before leaving any place.
187. Giving way or place to others.
188. Showing courtesy while ascending and descending steps and staircases.
189. Preparing to have a meal: washing hands and face.
190. Leaving after a meal: washing hands and rinsing mouth.
191. Using and leaving a bath - room or a latrine.
192. Learning table manners: handling cutlery, mixing food with the fingers, avoiding noise while eating, serving others, asking and refusing further helpings etc.
193. Offering things to elders, guests and VIPs.
194. Helping others to dress themselves.
195. Helping others in washing hands, offering soap, towel etc.
196. Offering and accepting things from others.
197. Avoiding stepping or walking on mats; avoiding touching others.
198. Caressing and embracing others: whom and when?
199. Learning to use the Three Golden English words: 'Please', 'Thanks', 'Sorry'.
200. Greeting, bidding good-bye and farewell to teachers, relatives and friends.

### **Activities in the bathroom and Garden:**

1. You and your child can play the bubbles. Let the child learn to make small bubbles as well as big bubbles. Look at your reflection in the bubbles.
2. While bathing, give the following orders: Scrub your feet and toes, scrub your knees, your neck, chest, etc.
3. Pour water on the child at different temperatures. Let him feel & recognize the differences of cold, warm, hot and very hot water.



4. The child can learn the following words: forehead, ankle, knee, chest, hip, etc.
5. Let the child learn to wash hands, face and feet. He can take a bath, using soap and dry himself. Cleaning the teeth, gargling, rinsing the mouth, etc.
6. Let your child learn to pour water for a plant.
7. He can collect all fallen leaves in a basket.
8. He can pick up small stones and pebbles from the garden. How to hold and carry garden tools may also be learned.
9. He can uproot small weeds in the garden. He can identify and differentiate colors in flowers.
10. He can learn the following names: Flower garden, Vegetable garden, trees, plants, weeds, manure, water can, rain water, spade, garden fork, flowers, seeds, etc.

### **Buttoning Frames (Practical Life)**

Different colored frames with buttoning, pressing, buckling, lace tying, hooking and sticker pressing.

#### **Practice and direct benefit:**

1. Encourages different buttoning.
2. Learn to button and pull yourself.
3. The joint action of the fingers.
4. Development of motor skills.



#### **Other benefits:**

1. Practical life knowledge.

2. Tactile brain development.

