



*AMC Montessori Fall 2011  
Hands-On Creative Lesson  
Planning Newsletter*

## *The AMC Montessori Newsletter*

*Published by American Montessori Consulting*

*Heidi Anne Spietz, Editor*

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*<http://www.amonco.org>*

The AMC resource participants have generously shared hands-on activities that you will want to use in coming months. You'll be impressed with the ingenuity and creativity expressed in the recipes and crafts they have chosen to share with you. Use their ideas to foster interest in science, social studies, art, mathematics, and other academic hands-on learning activities. Integrate the recipes and crafts into your multicultural lesson planning as well.

Hopefully, you will let the participants know how much you have enjoyed their recipe(s) and craft(s). Visit the websites listed throughout the newsletter. You'll find additional helpful lesson information at these sites.

American Montessori Consulting is not responsible for any of the crafts or recipes posted here. All of the crafts and recipes are copyrighted and are the property of the participating AMC resource organizations listed in this newsletter. For questions concerning their individual copyrighted material, you need to visit the website listed in association with the craft(s) and recipe(s) that interest you and

obtain the telephone number and/or e-mail address of the contact person(s). If you would like friends on special listservs to know of this newsletter, please request that they download the newsletter directly from

[http://www.amonco.org/montessori\\_fall\\_handson.html](http://www.amonco.org/montessori_fall_handson.html)

Use special precautions when involving children in any craft or recipe where there is a potential for harm. Some children have special food allergies and/or other medical conditions like diabetes. Small children need supervision. Scissors, hot glue, hot stoves and ovens, and other elements in making some of these recipes and crafts need to be considered. Please consider carefully the age and maturity level of the child before allowing him or her to participate.

Be sure to visit each resource participant's site to see the marvelous selection of educational offerings you can use in your school and home classrooms. You'll also find creative, unique educational gift items that are sure to be enjoyed by the special young people in your life.

The following creative ideas are from the AMC Montessori Resource Center <http://www.amonco.org/directory.html> participants. Visit their websites for additional innovative ways to reach your students throughout the school year.

## **Contents of Part VIII of the AMC Montessori Fall 2011 Hands-On Creative Lesson Planning Newsletter**

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# Wood, Etc.

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Website: <http://www.woodetccorp.com>

## Craft Submitted by Anna

I am not a very crafty person but this summer I directed a summer Day Camp for Camp Fire USA. Our theme was Animal Safari. We made stick "Zebras" and the children had a lot of fun making them and riding them. All you need is an old white tube sock, washable black markers, buttons, red and black felt, yarn, stuffing, and a stick.

We had pictures and books with Zebra photos in them and did a little talk about them first. To make the Zebra head, have the children draw the stripes on the sock. Young children can also draw the eyes and mouth; older children (8 years and up) can sew buttons on for eyes and sew or glue red or black felt for the mouth. (You would be surprised how many children have never used a needle and thread. They really enjoy learning how to sew.) After the head is finished, stuff it fully with craft stuffing and put the stick (it can be an old broom handle or a wooden dowel or stick about 24 to 30" long depending on the age of the child) leaving room at the neck to tie the sock on the stick with the yarn. If you leave the yarn long enough you can make a horse reign for the children to hold on to as they ride the Zebra.



## *About Wood, Etc.*

Our storage units are ideally used to organize the classroom as well as any place there is a need to put things neatly away. We have dozens of units for all types of needs. Our library units are a great way to store and display books. Housekeeping units are ideal for dramatic play. Easels and art centers are used to promote creativity.

In the spotlight are our bookcases the Order # R0010M small two shelf bookcase is just 24" t x 29" w x 14" d or if you need adjustable shelves, the R0241M has two adjustable shelves and is 36" t x 24" w x 15" d. We also offer stacking two shelf modules the R0240M that are 26" t x 36" w x 15" d. Our four shelf R0011M is 48" t x 36" w x 15" d. If you need storage on casters, consider the R0242M mobile two shelf storage unit that is 25" t x 48" w x 15" d. **For more storage or housekeeping wooden equipment see <http://www.woodetccorp.com>**

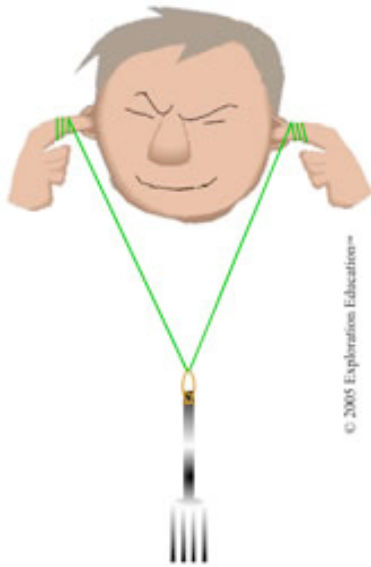


# Exploration Education™

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Website: <http://www.ExplorationEducation.com>



## Science Activity Submitted

by John Grunder

“SIMPLY SOUND”

This simple and effective activity exploring sound looks a little silly, but it works great! Children under nine may need help setting it up.

### Materials needed:

- One metal fork and one metal spoon
- Three to four feet of string
- One rubber band

### Instructions:

1. Hang the fork onto the middle of the string with the rubber band.
2. Wrap the ends of the string around your two index fingers three times.
3. Gently rest your fingers into your ears. Don't push your fingers in too hard or you can hurt your ears.
4. Lean forward so the fork is hanging free and have a friend hit the side of the fork with the spoon.

5. How does it work?

Sound travels through waves. It is similar to when a pebble is dropped into a pond and the waves ripple out from the center. Sound needs something to travel through. It can travel through air, liquid or solid. In this case when the fork is hit with the spoon, the fork vibrates sending sound waves through the string, into your fingers, and then into your ears.

Practical applications

Sound travels through many different mediums (substances). Of course we all know it travels through air, because that is how we talk to each other. Sound also travels through water, that is how dolphins and whales communicate to each other. Sound can even travel through solid rock. Interesting question – is there any sound in outer space?



## *About Exploration Education*

As an author and educator, John Grunder helps bring science alive through hands-on, project-based learning. You may visit his site at:

<http://www.ExplorationEducation.com> for more information and product demos. Phone: 925-324-4504



# *Bountiful Spinning, Weaving and Knitting*

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Website: <http://www.bountifulspinweave.com>



## **Broken Rib Scarf with Seed Stitch Border**

**EASY BEGINNER PATTERN**

**Designed by Lois Scarbrough**

This is an easy pattern using big needles and requiring just simple knit and purl stitches. Suitable for beginning knitters who have mastered knit and purl stitches. Visit our website <http://www.bountifulspinweave.com> for other free patterns! There are some that are easier and some that are more difficult.

Shown in Alpine Meadow Yarns "Golden Aspens"

Our soft wool yarns have Angelina Sparkles in them so are gorgeous when you have them in any light!!

Gauge: Approx 5 stitches x 6 rows per inch in pattern

Gauge not critical! Approx. Finished size: 6" x 52"

Requires: 2 Skeins Alpine Meadow Sport Weight Yarn Approx. (235yds)

OR approximately 235 yards of any quality yarn that is approximately 1600 yards to the pound. (You can use yarns with different yardages but will need to adjust your needle size until you get a gauge that is pleasing to you. If you use yarns with different yardage the total amount of yarn will be different so make sure you have plenty of yarn.)

With sz. 10 needles, cast on 31 stitches

BORDER- Row 1: K1, \*P1, K1; repeat from \*  
Row 2-5 Repeat Row 1

BODY of SCARF -Row 6: K1, (P1, K1) twice, place marker, (P1) 21 times,  
place marker, (K1, P1) twice, end K1

Row 7: K1, \*P1, K1: repeat from \*

REPEAT ROW 6 AND 7 until scarf measures approx 51" or until approx. 10  
yards of yarn remains.

Work Row 6

BORDER - Work Row 1; five times  
Bind off in pattern.

Wash gently in warm soapy water. Blot in towel, lay flat and pat into shape. Let  
dry. Wear and enjoy!

## *About Bountiful Spinning, Weaving and Knitting*

BOUNTIFUL SPINNING AND WEAVING carries a complete line of Spinning  
and Weaving Equipment plus yarns, fibers, books and videos. We have all the  
Harrisville Friendly Loom Products as well as other spinning and weaving kits  
suitable for children and adults. We have a wonderful beginning knitting kit with  
big wooden knitting needles and yarn for a scarf along with instructions written  
for children. These kits are also popular with adults learning to knit.

Visit our website for Spinning, Weaving, Felting and Knitting!!!

Visit [http://www.bountifulspinweave.com/kids\\_page.htm](http://www.bountifulspinweave.com/kids_page.htm) Children's &  
Beginner's Weaving Looms and

[http://www.bountifulspinweave.com/alpine\\_meadow\\_patterns2.htm](http://www.bountifulspinweave.com/alpine_meadow_patterns2.htm)  
Alpine Meadow Yarns for free knitting patterns.

Get ready for the cold winter months today! Before you know it, you and your  
children will have handmade some beautiful, warm winter clothes to wear as well  
as give us gifts!!!! Visit <http://www.bountifulspinweave.com> today!

# *Insta-Learn*

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Website: <http://www.insta-learn.com/>

## *Recipe Submitted by Millie*

### Macaroni and Cheese

Cook macaroni until tender. Drain, but do not rinse. Put macaroni back in cooking pan. Add lots & lots of sharp cheese. If it does not melt right away, turn heat on low and stir constantly.

## *About Insta-Learn*

### **Insta-Learn**

Insta-Learn carries a fine line of educational products ranging from preschool to level nine. The Insta-Learn product is constructed so that only the correct answer will fit. The company has been serving schools for over 28 years and their products are currently being used in many private, public and Montessori schools. See <http://www.insta-learn.com/>



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## *Unit Study by Heidi Anne Spietz*

### **Study of the Human Cardiovascular System - Links for a Montessori Unit Study**

Locate the information you need to present a comprehensive cardiac unit study for primary and secondary students. With this free resource information, you can easily customize the lessons for Montessori school and homeschool environments. A sampling of the topics are as follows:

The Heart with Labels  
Diagram of the Heart  
Inside of Your Heart  
The Anatomy of Your Heart  
Anatomy - My Heart's Electrical System  
Using a Pumping Station  
Sounds of the Heart  
Valves and Pumps - A Demonstration  
Food Tree for a Healthy Heart  
What Kinds of Activities are Best

See [http://www.amonco.org/montessori\\_heart\\_unitstudy.html](http://www.amonco.org/montessori_heart_unitstudy.html) to view the entire unit study.



# *A Cherry Mae Miro Recipe*

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*Cherry Mae Miro*

## **Filipino Fruit Salad**

Ingredients:

- 2 cans of fruit cocktail
- 3 bananas, sliced
- 3 ripe avocados, sliced, pitted, and peeled
- 2 small apples, diced small
- 1 sweetened condensed milk
- 1 Nestle Cream

\*In a large bowl, mash the avocados with a fork. Add the condensed milk and cream. Mix it well.

\*Add the fruit cocktail, bananas and apples and chill well before serving.

## **Filipinio Mango Float**

Ingredients:

- 5 Large Ripe Mangoes
- 1 Box Graham Crackers
- 2 Nestle Cream
- 2 Condensed Milk

\*Thinly Sliced Mangoes

\*Combine Nestle Cream and condensed milk.

\*Put a layer of graham crackers, then the mangoes, followed by the cream and condensed milk mixture into a square glass pan.

\*Repeat the layer of graham crackers, mangoes, cream and milk mixture until you have used it all.

\*Chill overnight.

# Filipino Leche Flan

Ingredients:

## Caramel

1/2 cup sugar  
1/4 cup water

## Custard

8 egg yolks  
1 condensed milk  
1 evaporated milk  
1/2 cup sugar

\*In a saucepan put water and sugar. Carmalize until the sugar is completely dissolved.

\*Pour caramel into custard cups or a flan mold.

\*In a large bowl, combine the egg yolks, condensed milk, evaporated milk and sugar. Stir lightly.

\*Pour custard into the custard cups or flan mold.



## *About Cherry Mae Miro*

Cherry Mae is a young talented chef who is capable of catering a last minute casual event, as well as a planned, elegant social gathering. She has the unique gift of taking a regular recipe and adapting it to meet the needs of those with high blood pressure, diabetes or other dietary issues.

She has an innate ability to know what types of seasonings are needed to add that special touch to the meal that she is creating. Cherry Mae has prepared many mouth watering appetizers, main dishes and desserts originating from the United States, Germany, Italy, Ireland, Spain, Mexico, Frances, the Philippines and China. Very few chefs can prepare such an eclectic array of delicious food from virtually every continent around the world.

**Read the other parts of this creative hands-on lesson planning newsletter by visiting**

**[http://www.amonco.org/montessori\\_fall\\_handson.html](http://www.amonco.org/montessori_fall_handson.html)**

*End of Part 8*

