



*AMC Montessori  
Spring 2010 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\\_spring\\_handson.html](http://www.amonco.org/montessori_spring_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 III of the AMC Montessori Spring 2010 Hands-On Creative Lesson Planning Newsletter**

Science Activity "I CAN'T TAKE THE PRESSURE!"

"The Needle-Proof Balloon"

Yummy Peanut Butter Fudge

Make Your Own Illustrated Favorite Foods and Recipes Notebook

New Middle School Word Puzzles

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

## *Science Activity Submitted by John Grunder*

### **“I CAN’T TAKE THE PRESSURE!”**

This simple and effective activity about air pressure has a big “wow” factor and is for children (and adults) of all ages.

#### **Materials needed:**

\* Two straws (clear work best)

\* One clear drinking glass

#### **Instructions:**

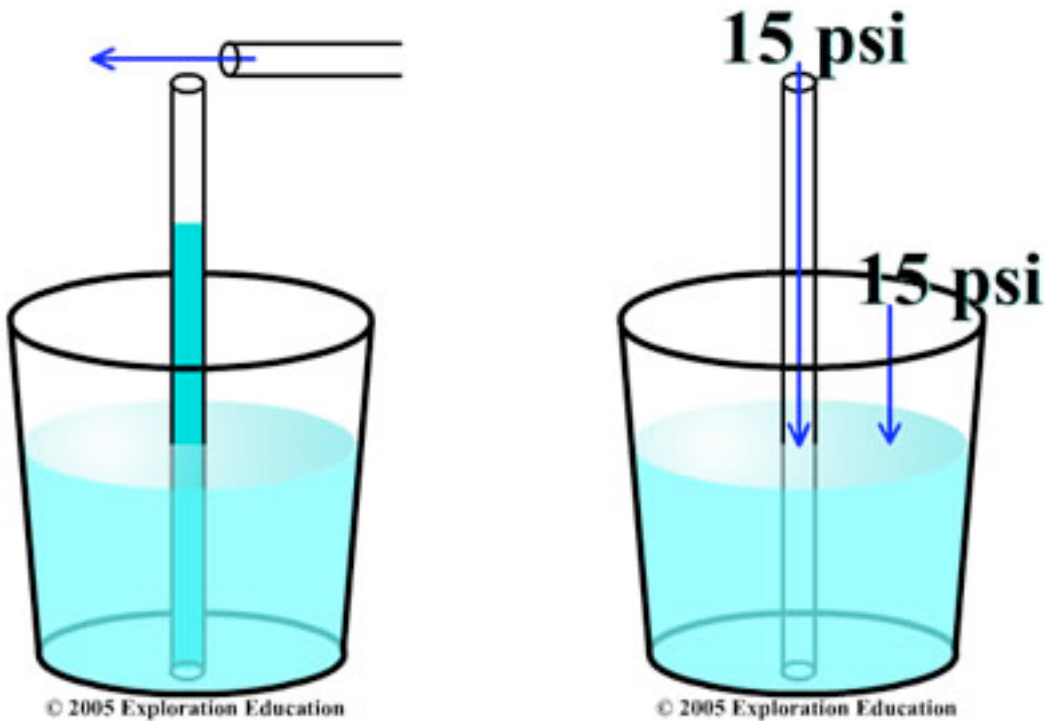
1. Fill a clear drinking glass close to the top with any liquid (water works fine, but a colored liquid allows you to see it a bit easier.)
2. Hold one straw in the glass straight up and down (vertically).
3. Hold the second straw horizontally at the top of the vertical straw.
4. Now blow hard through the horizontal straw so that the air stream is flowing across the top of the straw that is in the water.

The water will move up the straw. The faster the air blows across the top of the straw, the higher the water will rise up into the straw.

## How does it work?

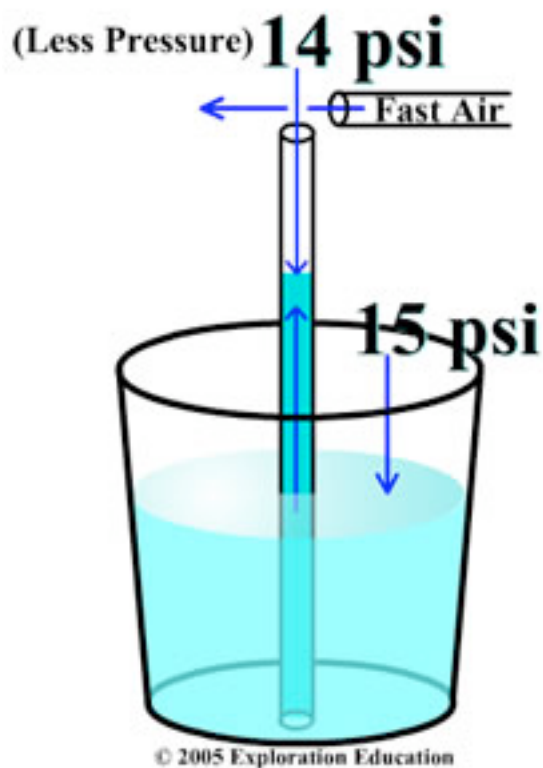
There are two scientific principles at work in this experiment.

**1. Air pressure** As you may know, air is made up of molecules that are in constant motion. As these molecules push against any object, they exert a force or pressure on that object. At sea level, this pressure is approximately 15 psi (pounds per square inch.) This pressure is pushing down on the water both outside and inside the straw.



**2. Bernoulli's principle** An 18th century Swiss scientist named Daniel Bernoulli discovered that fast moving air (like the air blowing across the top of the straw) has less pressure than slower moving air. The air pushing down on the water in the cup is 15 psi, but the fast moving air going across the top of the straw is less than that (say 14 psi). The greater pushing force pushing down on the water outside of the straw forces the water higher up on the inside of the straw.





### Practical applications of Bernoulli's principle

There are many practical applications of Bernoulli's principle such as the carburetor in a car engine and lift on airplane wings. This principle also helps us understand why certain things happen. For example, in a hurricane, windows blow out away from the house. The reason for this is because the wind just outside the window is moving very fast (very low pressure), and the air inside the house is not moving (higher pressure). Therefore, the high air pressure in the house pushes the windows out.

### “The Needle-Proof Balloon”

This simple and effective activity explores the chemistry of balloons and is for children six and up. Visit <http://www.explorationeducation.com/activities/Chemistry/needleBalloon.html> to access this free lesson plan!

## *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



## *Barchowsky Fluent Handwriting*

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**Website:** <http://www.bfhhandwriting.com/>

## *Make Your Own Illustrated Favorite Foods and Recipes Notebook Submitted by Nan*

Make handwriting practice personal! Make it part of your everyday pleasure. If you enjoy good food, try this. Collect recipes. Get a notebook and practice handwriting with a list of your favorite foods, favorite meals. Then fill your notebook with recipes. Illustrate them too!

**Here's just one recipe.** Visit <http://www.amonco.org/Recipe.pdf> to view this yummy **Peanut Fudge Recipe**. See how you plan extension lesson exercises combining handwriting, cooking and illustrating!!! It's one of many ideas for handwriting practice on the CD in *BFH, a Manual for Fluent Handwriting*. <http://www.bfhhandwriting.com/> today!



## About Barchowsky Fluent Handwriting

Barchowsky Fluent Handwriting is easy to teach, easy to learn. No boring workbooks! Printed text guides the user. Lessons and exemplars are on a CD. Users print out pages as presented, or edit them so the student practices writing about their special interests. You can even create custom pages to make learning to write really cool.

Beginners start with fun activities to establish habits of movement that support effective handwriting. They learn one simple alphabet. Then with no changes to the letterforms, they join letters for legible, fast, individual writing. No problematic letter changes to write "cursive!" No retraining of fine motor skills! Adults who, as children, learned to write with this program prove its success. Visit <http://www.bfhhandwriting.com/> for details.



## Stillsonworks

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

**Alan Stillson, the author of Middle School Word Puzzles, asks:**

How well do you and your 8-14 year old know your foods and drinks?

1. K \_ \_ O N \_ \_ K \_ B \_ R

2. \_ R \_ N N \_ S M \_ \_ H

3. \_ R \_ N \_ H F \_ I \_ S

4. B \_ L \_ P \_ P P \_ \_

5. \_ E \_ O N \_ D \_

6. P \_ M \_ G \_ A N A \_ E

7. \_ O \_ K C H \_ P \_

8. J A \_ A \_ E N \_

9. C \_ C \_ N U \_

10. S \_ O W P \_ A \_

**HERE ARE THE ANSWERS:**

KLONDIKE BAR

GRANNY SMITH

FRENCH FRIES

BELL PEPPER

LEMONADE

POMEGRANATE

PORK CHOPS

JALAPENO

COCONUT

SNOW PEAS

In honor of two major spring holidays, Alan Stillson, the author of Middle School Word Puzzles, invites you to find these words and expressions that are related to Easter or Passover:

1. R A \_ \_ \_ T
2. \_ Y \_ D \_ E \_ \_ S
3. \_ A S \_ E \_ \_ B \_ N N \_ T
4. J \_ \_ \_ Y \_ \_ E \_ \_ S
5. O \_ \_ \_ O \_ \_ B O \_ \_ D \_ G \_
6. \_ A \_ K \_ T
7. P \_ E P \_
8. H \_ \_ \_ C R \_ \_ \_ \_ \_ U N \_
9. \_ N \_ E \_ V E N E \_ \_ B \_ \_ E \_ D
10. N \_ \_ \_ C \_ O \_ H \_ S

HERE ARE THE ANSWERS:

- RABBIT
- DYED EGGS
- EASTER BONNET
- JELLY BEANS
- OUT OF BONDAGE
- BASKET
- PEEPS
- HOT CROSS BUNS
- UNLEAVENED BREAD
- NEW CLOTHES



## *About Stillson Works*

If you enjoyed these ten puzzles, imagine how much fun it would be to have a thousand of them! You can order Middle School Word Puzzles and Alan Stillson's other seven puzzle books directly from Stillsonworks and get an educator's discount. Just click onto <http://stillsonworks.com>

**Read the other parts of this creative hands-on lesson  
planning newsletter by visiting  
[http://www.amonco.org/montessori\\_spring\\_handson.html](http://www.amonco.org/montessori_spring_handson.html)**

*End of Part 3*

