



AMC Montessori Fall/Winter 2009 Hands-On Creative Lesson Planning Newsletter

The AMC Montessori Newsletter

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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_winter_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.

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North American Montessori Center

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Website: <http://www.montessoritraining.net>

Recipe and Activities Submitted by Dale Gausman

GINGER-COCONUT BAKED APPLES

Preparation time: 15 minutes

Baking time: 55 minutes

Makes 4 servings

3 tbsp (45 ml)	butter
4 to 5	large (or 8 to 10 small) gingersnap cookies
3 tbsp (45 ml)	sweetened shredded coconut
2 tbsp (30 ml)	golden raisins
tsp (1 ml)	cinnamon
2	baking apples, such as Northern Spy or McIntosh
1/4 cup (50 ml)	water

1. Preheat oven to 350F (180C). Melt butter in a medium saucepan or microwave in a medium bowl. Break cookies and place in a food processor. Whirl until coarse crumbs form. Or place cookies in a bag and crush with a rolling pin. Crumbs should measure 1 cup (125 ml). Don't use more. Stir into butter with coconut, raisins and cinnamon.

2. Discard stems from apples, then slice in half crosswise. Using a spoon or melon baler, scoop out and discard each core, along with enough apple flesh to create a hollow that will hold about 2 tablespoons (30 ml) crumb mixture. If apples will not sit flat on a plate with cut-side up, trim a little from bottoms.

3. Place apples in a 9-inch (23-cm) pie plate. Spoon some crumb mixture into apple hollows and press down lightly. Mound remaining mixture onto centers. Pour water into dish (not over apples). Cover with foil. Seal edges to plate. Bake in centre of 350F (180C) oven 40 minutes. Then uncover. Bake until apples are very tender but still hold their shape, 15 to 20 more minutes. Delicious with whipped cream, yogurt or sour cream on the side.

Making a Button-Buddy

ACTIVITY 1

Material

Tray containing: different colored pipe cleaners (two per button-buddy); basket containing big beads for the head (one per button-buddy); basket containing various medium-size buttons for the body (six per button-buddy), and large buttons for the hat (one per button-buddy); basket containing pre-cut lengths of colored yarn for the hair; about 8 inches (20 cm) long; scissors; permanent marker.

Presentation

- Most Montessori teachers present this activity in Year 1.
- In advance, place all material on the tray and place the tray on a shelf.

PART 1: GETTING READY

- Announce that today students will have an opportunity to make a buddy out of buttons.

- Invite a student to bring the tray from the shelf and place it on the worktable or mat.
- Explain the activity: The students will make button-buddies from buttons, yarn, and other material.

PART 2: MAKING THE BUTTON-BUDDY'S HEAD

- Pick up one of the pipe cleaners from the tray and fold it in half lengthwise.
- Pick up one of the large buttons and place one end of the folded pipe cleaner through each hole in the button.
- Slide the button to the fold in the pipe cleaner. Explain that this is the button-buddy's hat.
- Invite the students to each select a large button and pipe cleaner, then to follow the previous steps to make hats for their button-buddies.
- Pick up one of the big beads and place both ends of the folded pipe cleaner (from below the hat) through the hole of the big bead.
- Slide the big bead along the pipe cleaner until it touches the large button (the hat). Explain that this is the button-buddy's head.
- Invite the students to each select a big bead, then to follow the previous steps to make heads for their button-buddies.

PART 3: MAKING THE BUTTON-BUDDY'S BODY

- Next, choose six medium-size buttons from the basket and slide them on the folded pipe cleaner below the large bead (the head). Explain that these six buttons are the button-buddy's body.
- Invite the students to follow the previous step and to make bodies for their button-buddies.
- Once all six buttons are on, twist the folded pipe cleaner twice and explain this will prevent the buttons from falling off.
- Invite the students to follow the previous step and to twist their pipe cleaners twice.
- Pick up another pipe cleaner and twist it twice around the first pipe cleaner just under the "body button" that is second from the top. Explain that this second pipe cleaner forms the button-buddy's arms. Hide the twist under the second body button.
- Invite the students to follow the previous steps and to make arms for their button-buddies.

PART 3: FINISHING THE BUTTON-BUDDY

- Pick up the scissors and trim about one third of the length off each arm.
- Invite the students to follow the previous step and to trim their button-buddies' arms.
- Explain that the two ends of the first pipe cleaner sticking out below the six buttons (the body) are legs then make knees and feet by bending the legs slightly.
- Invite the students to follow the previous step and to make knees and feet for their button-buddies.
- Make elbows and hands on the button-buddy's arms by bending the pipe cleaner that forms the arms in the same way as for the knees and feet.
- Invite the students to follow the previous step and to make elbows and hands for their button-buddies.
- Pick up the permanent marker and carefully draw a face on the button-buddy's head.
- Invite the students to follow the previous step and to take turns drawing faces on their button-buddies.
- Choose a few pieces of colored yarn from the basket and tie each one (using a knot) around the first pipe cleaner under the button-buddy's hat, leaving the ends to hang out. Explain that this is the button-buddy's hair. Trim the hair if necessary.
- Invite the students to follow the previous step and to create hair for their button-buddies.
- Encourage the students to make button-buddies on their own, whenever they choose.
- Remind the students to clean the work area, and to place all material back on the tray and return it to its proper place on the shelf when they are finished the activity.

Extension

- Make smaller and larger button-buddies by varying the size of the buttons and beads and the length of the arms and legs.

Smelling Bottles

Purpose

To refine the child's olfactory sense. **Age:** 3 years old.

Material

Two wooden boxes, each containing six smelling bottles for a total of twelve bottles.

For the purpose of visual discrimination the bottles in one box are slightly darker than the six bottles in the other box.

The bottles are filled one-third full with water, and different essence is added to each one, e.g. vanilla, almond, peppermint, lemon, strawberry and coconut.

As an alternative, a saturated cotton ball with flavoring or perfume can be dropped into the bottle. An identical essence is added to the six bottles of the other box for pairing purposes.

Presentation

- Invite a child and show her where the Smelling Bottles are kept on the shelf.
- Ask the child to carry one box to a table, while the teacher carries the other.
- Remove a bottle from the first box e.g.. almond. Show the child how to place the bottle on the table and remove the cap.
- Show the child how to smell the essence, and invite her to repeat it.
- Remove another bottle from the same box e.g.. vanilla.
- Smell this bottle in the same manner. Invite the child to repeat.
- Remove the almond bottle from the second box. Smell it and say to the child "This is the smell we are looking for". Allow the child to smell the bottle.
- Ask the child if she can locate the other bottle with the identical smell. When she does, show her how to place them beside each other as a pair.
- Repeat with vanilla.
- Mix all four bottles up and ask the child to pair them on her own.
- The teacher checks to ensure that they are all correctly paired.
- Mix the four bottles and add one more pair.
- The child pairs all six bottles.
- Continue adding pairs until the child can work with all twelve bottles.
- When she is finished, ask the child to return the boxes to the shelf and explain that she is free to work with the material whenever she chooses.

Optional Activities:

Ask children to bring different perfumes, colognes and soaps from home. Arrange a field trip outdoors. Ask the children to identify all the different odors they smell e.g.. smoke, flower, herbs, cut grass etc.

Acting Out How Animals Survive Winter

A C T I V I T Y 1

Purpose

To learn how animals living in areas with cold winters adapt.

Material

- Two large T-shirts for role-play, one white and one brown or black.
- Small cushion.
- Dry grass, seeds and nuts in their shells.
- Brown fabric or sheet.
- Classroom chairs.
- Books and movies about animals surviving cold winter conditions.
- Zoology journals and pencils.

SAFETY NOTE: Before providing seeds and grass for the activity, check for allergies among the students. If necessary, find non-allergic alternatives.

Presentation

- Most Montessori teachers present this concept in Year 1. This activity may be presented in parts over one or several days.
- Announce that the students will have an opportunity to act out how animals live through cold seasons.

PART 1

- Invite the students to describe briefly what changes they make to their own clothing or behavior when cold weather comes.
- Explain that doing something like wearing a warm coat is an example of adapting to the environment. Define and discuss adaptation, including the extra challenges many animals have in adapting to winters (cold, lack of food, and, for some animals, vulnerability).
- Define and discuss other strategies animals use for surviving cold winters (migration, hibernation, hoarding, insulation with fur or feathers or stored fat, huddling, color change), encouraging the students to give an example of an animal that uses each strategy. Include the survival strategies of some insects.

- Explain that many animals use several survival strategies, not only one, and again invite the students to give examples of such animals.

PART 2

- Invite the students to imagine they are animals preparing for winter and to think about what they would have to do to prepare for winter.
- Demonstrate and discuss the props the students can use. For example, the students can put T-shirts over their clothes to show a change from summer to winter colors and can add the cushion to show the animal storing fat. The students can use the sheet and chairs to make caves, and the seeds or grass (or non-allergic alternative) for hoarding.
- Ask the students to take a minute to decide on an animal they wish to act out.
- Ask the students to name aloud what animal they wish to act out. Invite students acting as animals that huddle to form a group.
- Tell the students that they will perform in silence. Give them five minutes to rehearse quietly.
- After five minutes, invite the students to act out, one student at a time or one group at a time, the winter preparations their animals might make.
- After each student or group has finished acting, encourage the rest of the students to describe what the animal being acted out did as it prepared for winter.
- Ask the students to use their journals to draw a labeled picture of the animal they chose, showing how that animal prepares for winter.



About North American Teacher Training Montessori Center

- **Infant/Toddler** (birth- 3 years)
- **Preschool/Kindergarten** (3-6 years)
- **Lower Elementary** (6-9 years)
- **Upper Elementary** (9-12 years)

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Simple Reading Books & Land and Water Forms Cards and Labels from Richard

At LORD Company <http://www.lordequip.com> you may still download "Simple Reading Books" for constructing, coloring and easy reading exercises for home use or for gifts. Something new for children from 4 to 8 years of age is a free download of the Land and Water Forms Cards and Labels for a hands on experience exploring the differences and similarities of Lake and Island, Cape and Bay, Isthmus and Strait, Peninsula and Gulf, and Archipelago and System of Lakes. Visit http://www.lordequip.com/land_water.php Here are some suggestions for work with the forms:

Follow the directions included for matching cards for younger children and definitions for older children.

Use clay to actually make small replicas of the Land and Water Forms and pour blue colored water (dilute blue acrylic paint from any hobby & crafts store) in the depressions to actually make the forms and name them for memory enhancement.

Find the forms on a globe and name them.

Find examples of the forms in magazines like National Geographic and cut them out to paste into a booklet of forms.

While visiting <http://www.lordequip.com> we hope you will take a look at our new products and low introductory prices. The NEW "Straight Line/Curved Line" material is a great winter indoor activity material at a great price through 2009. We love to hear feed back on our free downloads and product line.



About LORD Company

LORD Company has serviced the Montessori Market for more than 20 years. We have an economy line of furniture and educational material for those with budget constraints and a premium line of solid hardwood heirloom quality furniture for school or home. Winter specials (starting in November) from LORD Company offers a good time to shop for schools and Christmas gifts.

After November 1 a big half price sale will be launched on close outs, overstock items and some new products. All our PL-475 Vocational Tables will be included in this sale.

Other new product discounts that may be viewed at www.lordequip.com :

Straight Line/Curved Line: New product for physical exercise and creative design with lines and circles. Uses span all age ranges.

For Infants: The Walk Around - For pulling up and walking the curved movement of a circle

For 3 to 6 years: A new American looking Farm for the Montessori Language work.

For Early Elementary: Intro to Noun and Verb material.

For Elementary: Material to introduce the shared properties of magnetic and electrical forces. Satisfies science curriculum requirements. To see the complete line of products available from Lord Company, please visit <http://lordequip.com>



THE MUSIC HOUSE

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

Recipe Submitted by Vern

Aromatic Basmati Rice with Saffron

3 cups long-grain Basmati rice

2 Tsp. salt

1 teaspoon ground saffron dissolved in 3 Tsp. water

3/4 cup butter or vegetable oil

1. Clean 3 cups of long-grain Basmati rice from any small objects and dirt that might be present.
2. Wash the rice with lukewarm water 4-5 times to completely clean the rice.
3. Soak it in water (water line one inch above the rice line). with 2 tablespoons of salt for 1 to 24 hours. This prevents the rice from breaking up and allows the rice to fluff up.
4. Bring 8 cups of water with 2 tablespoons salt to a boil in a large nonstick pot. Drain the water from the rice and pour into the pot. Boil for 6 to 10 minutes, gently stirring with a wooden spoon to loosen any grains that may have stuck to

the bottom. Bite a few grains. If the rice feels soft, it is ready. Drain rice in a colander and rinse in 2 or 3 cups of lukewarm water.

5. Place 1/2 cup butter or oil and 1/2 cup hot water, and a few drops of dissolved saffron in the bottom of the nonstick pot.

6. In the pot, spread the rice over the bottom of the pot. This will make a golden crust (called Tao dig or otherwise crispy rice) when rice is cooked.

7. Take one spatula full of drained rice at a time and gently shape the rice into a pyramid. This shape leaves room for the rice to expand and enlarge. Poke one hole in the middle of the rice pyramid with the handle of a wooden spatula.

8. Cover and cook rice for 10-15 minutes over medium heat in order to form a golden crust.

9. Dissolve the remaining butter in 1 cup hot water and pour over the rice pyramid. Place a clean dish towel or 2 layers of paper towels over the pot and cover firmly with the lid to prevent steam from escaping. Cook for 40-50 minutes longer over low heat.

10. Remove the pot from heat. Allow to cool on a damp surface for 5 minutes without uncovering it. Put 2 tablespoons of rice in a small bowl or cup, mix with remaining saffron water, and set aside for garnish.

11. Place the rice on a serving platter. Mound the rice into a cone. Sprinkle the saffron rice garnish over the top.

12. Detach the layer of crust from the bottom using a wooden spatula. Serve on the side or arrange it around the rice.



About THE MUSIC HOUSE

Vern provided us with some of the latest Music House offerings:

“The Music Sets, offered through The Music House, was conceptualized by Lynn Kleenex. Perfectly adapted to the developmental skills of three different age groups, these sets are a terrific way to introduce children to the creative process of making music. Award winning safety-tested and age graded products and accompanying videos that feature lots of fun-filled musical activities.

For children ages 2-5 we have the Music Set for Kids

<http://www.musichousetheshop.com/store/iwRLKT.html> which includes a tambourine, rhythm sticks, maraca, jingle bells and a triangle. For children ages 3-8 years of age we have the Music Set for Kids Too!

<http://www.musichousetheshop.com/store/iwRLKK.html> which includes a hand drum with mallet, tone block, finger cymbals, shaker egg. An accompanying video with fun-filled musical activities is also included. To transport the instruments, a clear case is provided that can be carried with a handle or as a backpack.

For children ages 0-2 we have the Music Set for Baby

<http://www.musichousetheshop.com/store/iwRLKB.html> which includes a baby drum with mallet, a baby bell stick, maraca, and a red ""Peek-a-boo"" and baby book. A video is also included.

At The Music House <http://www.themusichouse.com> , you can find many items for the holiday gift giving season. We have many educational and fun toys and instruments for children of all ages.



Birdcage Press

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

Visit http://www.birdcagepress.com/learning_center.php and click on the Fun Games to Play at the Museum icon located at the bottom left of the screen to discover some fun games to play at museums. Integrate the **Postcard Treasure Hunt, I Spy an Eye, Scavenger Hunt, and Art Collector** into your curriculum.

For stories about Renaissance artists, go to this link and click on any of the SAMPLES listed in the left nave bar. For each sample, choose READ THE TEXT:

<http://www.birdcagebooks.com/reenact/index.shtml>

For stories about Impressionist artists:

http://www.birdcagepress.com/artist_bio.php

For stories about Van Goth, Gauging, Cozen and their friends:

http://www.birdcagepress.com/artist_bio.php

Each story has been "kid-tested" by my young assistant editors. We have made sure they are interesting to children and parents alike.

We have also posted advice and short quotes by the artists.

For advice from the Impressionists:

http://www.birdcagepress.com/artist_bio.php

For advice from Van Goth & Friends:

http://www.birdcagepress.com/artist_bio.php

All of the text on our website also appears in our art games. Each game comes with a companion art book filled with fun and fascinating stories about the artists and the times they lived in. Each of our games has also won a Parents' Choice Gold Medal.

Each game includes museum-quality playing cards and a companion art book. Children play "Go Fish," to collect all the works of art by each artist. As they play, they learn to recognize different styles of art. The 80-page, full color art book presents fascinating facts about each artist and painting in the game. It also teaches history through the lives of the artists. Fun and educational for all ages. Visit us at <http://www.birdcagepress.com>



About Birdcage Press

Games to Enjoy

http://www.birdcagepress.com/games_homepage.php

The games we make here at Birdcage Press were created with parents, educators, and children in mind. All our card sets are highly adaptable. Old Dinosaur, for example, can be used to play Old Maid, Memory, and two kinds of Go Fish and each of our Close Up Art Cards can be used to play five different games.

And if none of the games we create catch your child's fancy, you can always use our attractive cards to create your own games. The possibilities are endless.

Books to Explore

http://www.birdcagepress.com/books_homepage.php

Each of our activity books is an adventure waiting to happen. Through stories, games, and drawing activities, not to mention numerous prints of famous paintings, your students learn the lives and creations of important artists. Our activity books encourage readers to invent the stories told by famous paintings and create their own art inspired by the work of the masters.

In Gallery Ghost, readers explore a museum that is haunted by famous artists. The ghosts of the masters have made spectral additions to each other's paintings. Spot the differences between the real paintings and the ones with ghostly additions and discover which ghost painted the most! Gallery Ghost has recently won two gold medals.

Wide Variety, High Quality

http://www.birdcagepress.com/product_list.php

At Birdcage Press, we are dedicated to providing a wide variety educational products. The books and games at Birdcage Press cover ancient history, earth science, and art of all kinds, from the Renaissance to the modern day. We have card games, board games, and activity books.

<http://www.birdcagepress.com!>



End of Part 3

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

http://www.amonco.org/montessori_winter_handson.html

Looking for additional hands-on lessons? Don't forget to read the companion newsletter. Just visit

http://www.amonco.org/montessori_fall_handson.html

Visit <http://www.amonco.org/> for additional lesson planning information.

