

## PRACTICAL LIFE

*In a Montessori environment the traditional work of the family is known as Practical Life work and includes: Care of the environment, care of themselves and Grace and Courtesy.*

*Activities such as sweeping, dressing, cleaning dishes, and preparing food encourage children to work purposefully, to concentrate, to complete cycles of activity and to contribute to their family or social group. Practical Life work provides children with opportunities to practice hand-eye coordination, develop their fine and gross motor skills, walk and carry objects with control and develop good manners. The child works to practice and master skills and abilities - adults work to complete a task whereas children work to construct themselves.*

