

**Bloomington Montessori Practical Life Curriculum**  
**Ages 3-12**

Updated 2017

	Peace				Practical Life			
	Intrapersonal		Interpersonal		Care of Self	Care of Others	Care of Environment	
	Self-care	Character Development	Mindfulness	Friendships				Community
<b>Primary (ages 3-6)</b>	<ul style="list-style-type: none"> <li>personal care</li> <li>dressing oneself</li> <li>food preparation</li> <li>lunch program</li> </ul>	<ul style="list-style-type: none"> <li>grace and courtesy</li> <li>identifying and managing one's emotions</li> <li>work habits</li> <li>problem solving</li> <li>independent choice</li> <li>kindness</li> <li>helping others</li> </ul>	<ul style="list-style-type: none"> <li>making silence</li> <li>listening</li> <li>self-awareness</li> <li>development of concentration</li> </ul>	<ul style="list-style-type: none"> <li>social relations</li> <li>conflict resolution</li> <li>kindness</li> <li>patience</li> <li>teacher-led small group games</li> </ul>	<ul style="list-style-type: none"> <li>table manners</li> <li>care of the classroom environment</li> <li>careful use of materials</li> <li>gardening, music and singing</li> <li>all-school peace assemblies</li> <li>respect for others' concentration</li> <li>geography and cultural studies</li> </ul>	<ul style="list-style-type: none"> <li>dressing oneself</li> <li>washing hands</li> <li>covering coughs and sneezes</li> <li>identifying one's needs</li> <li>accessing and using materials</li> <li>brushing teeth</li> </ul>	<ul style="list-style-type: none"> <li>helping</li> <li>serving food</li> <li>holding the door</li> <li>shaking hands</li> <li>introducing someone</li> </ul>	<ul style="list-style-type: none"> <li>pouring</li> <li>sweeping</li> <li>caring for plants</li> <li>gardening</li> <li>raking</li> <li>shoveling</li> <li>folding</li> <li>polishing</li> </ul>
<b>Elementary (ages 6-12)</b>	<ul style="list-style-type: none"> <li>washing dishes, food prep and service, hygiene, stress management</li> </ul>	<ul style="list-style-type: none"> <li>honesty</li> <li>perseverance</li> <li>grace and courtesy</li> <li>work habits</li> <li>identifying and managing emotions</li> <li>problem solving</li> <li>independent choice</li> <li>kindness</li> <li>helping others</li> <li>clear and compassionate communication</li> <li>active listening</li> <li>gratitude</li> <li>making amends</li> </ul>	<ul style="list-style-type: none"> <li>making silence</li> <li>listening</li> <li>self-awareness</li> <li>development of concentration</li> <li>awareness and control of breath</li> </ul>	<ul style="list-style-type: none"> <li>social relations</li> <li>conflict resolution (4-step communication)</li> <li>kindness</li> <li>compassion</li> <li>empathy</li> <li>speaking up</li> <li>giving help and support</li> <li>accepting growth and change</li> <li>working with a variety of peers</li> <li>respecting others' work</li> <li>listening</li> <li>gratitude</li> <li>grace and courtesy</li> <li>patience</li> </ul>	<ul style="list-style-type: none"> <li>care of environment (cleaning, caring for plants and animals, organizing)</li> <li>gardening</li> <li>snack prep and service</li> <li>group games</li> <li>making materials</li> <li>caring for materials</li> <li>grace and courtesy</li> <li>table manners</li> <li>all-school peace assemblies</li> <li>leadership</li> <li>service</li> <li>awareness and empathy</li> <li>travel</li> <li>welcoming visitors</li> <li>intergenerational projects</li> <li>resource use, awareness, problem solving</li> <li>stewardship of the Earth</li> <li>public kindness and consideration</li> <li>consumer experiences</li> <li>letter writing</li> <li>expressing gratitude</li> </ul>	<ul style="list-style-type: none"> <li>dressing oneself</li> <li>washing hands</li> <li>covering coughs and sneezes</li> <li>identifying one's needs</li> <li>basic first aid</li> <li>nutrition and human body studies</li> <li>advocating for oneself</li> </ul>	<ul style="list-style-type: none"> <li>helping</li> <li>serving food</li> <li>holding the door</li> <li>preventing the spread of illness</li> <li>allergy sensitivity</li> <li>peer mentorship and support</li> <li>hosting a visitor</li> <li>shaking hands</li> <li>introductions</li> <li>social learning opportunities</li> <li>leadership</li> <li>service</li> <li>awareness</li> <li>problem solving</li> <li>community outreach</li> </ul>	<ul style="list-style-type: none"> <li>material use and care</li> <li>sweeping</li> <li>washing dishes</li> <li>cleaning the classroom</li> <li>caring for plants and animals</li> <li>gardening</li> <li>raking</li> <li>shoveling</li> <li>library organization</li> </ul>