Introduction to the Exercises of Practical Life

1. Definition and Description
2. Purposes
   a. Independence
   b. Consolidation and coordination of movement
   c. Concentration
   d. Development of the will
   e. Adaptation
   f. Orientation
3. Areas of Practical Life
   a. Preliminary Exercises
   b. Care of Self
   c. Care of the Environment
   d. Grace and Courtesy
   e. Control of Movement
4. Characteristics of the Materials
   a. Familiar
   b. Physically proportionate: child-sized
   c. Psychologically appropriate
   d. Maintained
   e. Attractive
   f. Independent sets of materials
   g. No multiple sets: similar sets
   h. Differentiation
   i. Separation
   j. Culturally specific
   k. Simple to complex
   l. Cycle of activity
   m. Color-coded
   n. Indirect preparation
   o. Display
5. Responsibilities of the Adult
   a. Preparation of the environment and materials
   b. Presentations
   c. Freedom
   d. Observation
6. Long-Term Results

Reading:
Joosten, A.M. "The Exercises of Practical Life."
Lillard, Paula Polk. Montessori: A Modern Approach, Chapter 3
Montessori, Maria. Creative Development in the Child: Volume 1, Chapters 9-10
Montessori, Maria. The Child in the Family, Chapter 8
Standing, E.M. Maria Montessori: Her Life and Work, Chapter 13