

# The Little People (0~3) Lessons



| Practical Life  |   |   |  |  |
|---|---|---|--|--|
| Preliminary Exercises   | Care of the Indoor Environment  | Care of the Person  | Movement of Objects  | Care of the Outdoor Environment  |
| Walking<br>Sitting in a chair<br>Pushing in a chair<br>Carry a tray<br>Serving water<br>Put materials back on shelf | Wiping & Drying a Table<br>Washing a Table<br>Dusting<br>Sweeping<br>Mopping<br>Cleaning Glass<br>Polishing a Mirror<br>Polishing Wood<br>Dusting Leaves<br>Washing and Watering Plants<br>Flower Arranging<br>Washing Cloths<br>Hanging Up Cloths<br>Feeding Pets<br>Germinating | Dressing Frames (Velcro, Zipper, Large Button, Snap, Buckle)<br>Hand Washing as an exercise<br>Hand Washing at the sink<br>Brushing Hair<br>Brushing teeth<br>Wiping the nose<br>Cleaning shoes<br>Polishing shoes<br>Washing and polishing shoes<br>Putting shoes/socks/pans/shirt/co at on and off<br>Storing belongings in cubby | Carrying a Chair<br>Sitting on a chair<br>Carry a Table<br>Carrying a Stool<br>Carrying a Bench<br>Carrying a Rug<br>Rolling and Unrolling a Rug | Outdoor sweeping<br>Raking<br>Scrubbing the wooden deck<br>Watering plants<br>Germinating Seeds<br>Gardening (digging)<br>Store sand toys<br>Picking up leaves<br>Appreciating nature<br>Observation and Scientific Principles of Nature |

# The Little People (0~3) Lessons



| Food Preparation   |   |   |  |
|--|---|---|--|
| Baking   | Slicing, cutting, and spreading   | Snack and lunch   | Other food preparation   |
| Bread<br>Cookies<br>Cup cakes<br>Pancakes<br>Pizza<br>Banana bread | Apple Slicing<br>Banana slicing<br>Spreading<br>Peeling and slicing an egg<br>Peeling and slicing cucumber<br>Washing vegetables and fruits<br>Making lemon water<br>Peeling and slicing a carrot | Setting table for snack<br>Setting table for lunch<br>Cleaning after lunch<br>Group snack | Making Rice ball<br>Grinding sesame<br>Washing Dishes<br>Drying Dishes<br>Squeezing orange<br>Making lemon water |

# The Little People (0~3) Lessons



| Psychomotor Sensory Activities   |   |  |
|--|---|--|
| Refinement of Eye-Hand Coordination  | Stereognostic Activities                    | Equilibrium and Gross Motor Movement of Objects  |
| Peg box<br>Cubes on vertical dowel<br>Discs on horizontal dowel<br>Discs on serpentine dowel<br>Coloured pegs with coloured rings<br>Bead stringing 1<br>Bead stringing 2<br>Bead stringing 2<br>Mail box with shapes<br>Slotted box with chips<br>Locks and latches<br>Basket of containers<br>Nesting Square box<br>Matryoshka Nesting Doll<br>Stacking trays<br>Locks and Keys<br>Nuts and bolts<br>Geometric frame puzzles<br>2 piece puzzles<br>3 piece puzzles<br>Multiple piece puzzles<br>Circle sorter puzzles<br>Whole perception puzzle<br>Sorting<br>Coin bank<br>Putting straws<br>Putting sticks | Classified Bag<br>General Bag<br>Paired Bag | Stairs<br>Climbing Hill<br>Stairs with slides<br>Wheelbarrow<br>Balance bike<br>Hula Hoops<br>Wooden discs<br>Transporting different object<br>Tracker |

# The Little People (0~3) Lessons



| Language  |  |  |   |  |   |
|---|--|--|---|--|---|
| Nomenclature  | Objects with Matching Cards  | Books  | Rhythmic Language   | Verbal Self-Expression                                     | Questioning Exercise  |
| <b>Real Objects</b><br>Vegetable<br>Fruits<br>Cooking tools<br>Cutlery<br><b>Replica</b><br>Vegetable Replica<br>Fruits Replica<br>Clothes<br>Dining furniture<br>Bedroom furniture<br>Kitchen furniture<br>Bathroom furniture<br>Insect<br>Ocean Animals<br>Transportation | <b>Identical</b><br>Cutlery<br>Insects<br>Stationary<br>Flowers<br>Dining furniture<br><b>Similar</b><br>Gardening tools<br>Savanna animals<br>Stationary<br>Nomenclature Cards<br>Transportation<br>Vehicles<br>Fruit<br>Washroom objects<br>Forest animals<br>Bedroom furniture<br>Kitchen tools<br>Objects in the classroom | Looking at books in a group<br>Looking at books individually | Animal<br>Transportation<br>Plants and nature<br>Body and movements<br>Colour | Engaging in a conversation in regards to the child's topic | Engaging in a conversation the adult choose<br>What's missing game<br>I spy game<br>Simon says (introductory) |

# The Little People (0~3) Lessons



| Self Expression          |  |
|--------------------------|--|
| Art                      | Music  |
| Drawing<br>Chalk<br>Clay | Singing<br>Listening to music<br>Playing Musical Instrument<br>Objects with Identical Matching Cards<br>Objects with Similar Matching Cards<br>Nomenclature Cards<br>Cards and Sounds<br>Cards and Composers<br>Music and Movement |