



# **Montessori At Home Activity Booklet**

Easy Ways to Introduce  
Montessori to Your Child

**For Children  
3 to 6 years old**

**“The child has a different relation to his environment from ours... the child absorbs it. The things he sees are not just remembered; they form part of his soul. He incarnates in himself all in the world about him that his eyes see and his ears hear.”**

**Dr. Maria Montessori,  
The Absorbent Mind**

# Hello from HotH

Dear Parent,

A warm welcome from all of us at House on the Hill! We are a family-run, genuine Montessori school, committed to pursuing excellence in early childhood education.

We pride ourselves as a leading Montessori pre-school where each child's creativity and talents are nurtured in a socially aware, stimulating and warm environment. But Montessori practice shouldn't end when school ends – starting and continuing the Montessori approach at home is of great benefit to your child.

There are many benefits to the Montessori style of teaching. Every child is born unique and full of potential. Montessori practice gives them the gift of independence through structured freedom and by allowing to learn at their own pace. This in turn enables the child to learn and grow, unimpeded, encouraging discovery and development.

We love sharing tips with our parents about how to bring Montessori into their homes. We have collected a selection of Montessori at Home activities that you can use to help your child to develop better, instilling a habit of responsible freedom and social awareness that will stay with them for life.

Thank you for taking the time to read our little booklet. There is so much more that we would like to share. If you have found the tips here useful, please consider:

- ◆ [Signing up for our newsletter mailing list](#)
- ◆ Following us on Social Media  
[Facebook](#) / [Instagram](#): @HouseontheHillSG

Warm regards,  
The HotH Team

# How To Use This Booklet

All children, regardless of age, thrive in an environment where they are challenged. Having said that, it is important to strike a balance between challenging them and allowing them to develop at their own pace.

- ◆ **Use this booklet as a guide.** Trust your instincts about what is best for your child.
- ◆ **Take some time to plan and get organised.** This applies to setting the space up as well as before each activity.
- ◆ **Let the child take the lead.** Take this time to talk to your child and explore what is important to them at this moment. Perhaps they have an interest in cooking or making a film. What is interesting to them is what they will focus on, and truly want to learn. Observe them objectively and give them freedom to explore.
- ◆ **Slow down.** What's the rush? Plan activities for and with your child – and these activities don't have to happen once. You can do them over and over again, children learn different things in each step. Practice makes perfect! Slowing down might also include lessening your reliance on digital devices. Take time to find joy in real life.
- ◆ **Hands on learning in the home.** Children **like** responsibility. They enjoy being involved in preparing food, setting the table, tidying up and more. Consider the child through their eyes - the most mundane task for adults can be exciting for children, especially the younger ones. Surprisingly, one of the most favourite activities for little ones in our schools is washing their dishes after a meal! Don't be afraid to involve your children in daily life.



- ◆ **You are the Guide – and Not the Boss or the Servant.** Give help when it is needed – but as little as possible. Let them help themselves, it is all part of the learning process.
- ◆ **Be patient!** It is not about perfection. Learning is a journey – and mistakes are a part of it.
- ◆ **Don't praise.** This might seem counterintuitive but with time children find intrinsic joy in independent work. We avoid praising the child to prevent them from doing the activity only for our acknowledgment. In our Montessori practice we use encouragement, not praise, to build healthy self-esteem and habits in our children.

**We are constantly updating our blog with information about Montessori practice and positive parenting. [Visit our blog here!](#)**



# HotH Montessori Prepared Environment

## Creating the Ideal Space for learning in the home

If there is one Montessori term that you should know, it's the Absorbent Mind! The Absorbent Mind was Maria Montessori's most in-depth work on her educational theory, based on decades of scientific observation of children. This book helped start a revolution in education. Since then, there have been both cognitive and neurological studies that have confirmed what Maria Montessori knew decades ago.

At House on the Hill, all our classes are carefully and purposefully designed to help our children to develop well, based on Dr. Montessori's learnings.

**Key Points** that you should take from the Absorbent Mind are:

- ◆ The child gains knowledge from his environment – they learn from the physical space around them, and they will mirror the language and movement of adults and children
- ◆ Starts with impressions being absorbed unconsciously
- ◆ At its peak receptivity during the preschool years
- ◆ Children do not need direct teaching in order to learn
- ◆ What the child takes in during the absorbent mind period is taken in effortlessly and remains as the foundation of their personality

We believe that with the right conditions, the full potential of a child can be realised. In order to achieve this, we must create the ideal learning environment for them. It needs to be structured by careful preparation, to aid the child's life and natural growth.

How do you create this ideal learning environment at home?

If you think about what an ideal environment for you to work in is like, the same would apply for children. Peaceful, quiet surroundings enable concentration. A beautiful environment helps to motivate. A place that is orderly and tidy.

## Here are our top tips for creating the ideal environment!

- ◆ **Follow your child** – Observe your child's interest and development
- ◆ **Invest in open shelves and baskets** – Create an organized and peaceful environment
- ◆ **Choose some of your child's nicest toys** – Do they inspire and nurture? Which one sparks your child's imagination?
- ◆ **Limit** quantity of toys available for the child to select
- ◆ **Natural Materials** – try to use materials that are beautiful and delicate to the touch
- ◆ A **home** for everything and everything in its place
- ◆ **Accessible space** – giving children the opportunity to be independent in their own space
- ◆ **Get support** – don't be afraid to ask for help! It could be from anyone at home who is actively participating in raising your child, other parents from the same school or from your child's class teacher





# Age Group Expectations

## Child

Children aged 3 to 6 do well in environments that promote repetition, routine and the mastery of purposeful movement. Let your child pick activities that are interesting to them. Give them the opportunity for periods of time without distractions.

The key to a successful learning environment is order, access to tactile resources, space to explore and meaningful activity. At this stage of growth, work and play should be interchangeable—a natural, fun and exciting part of life.

Dr Maria Montessori wrote that a child “wants to acquire a knowledge of his own, to have experience of the world, and to perceive it by his own unaided efforts.” A child needs independence and freedom in order to learn and grow, and it is our job to enable that independence and freedom in a safe and effective manner.

You can encourage this by supporting your child’s independence in daily life activities. Be mindful of and allow children to continue periods of concentration. Work with them to establish daily routines and expectations.

This can be challenging, but try to limit screen time. Instead, factor in time for daily physical activity. This is the age when children really start to mature and time can fly by, so be present for as much as you can – and enjoy yourselves!





# Montessori at Home Activity

## Practical Mathematical Skills at Home

Maria Montessori used her understanding of child development to design a philosophy for teaching math to the young child. Montessori math is very hands on, with children using concrete materials to learn mathematical concepts.

It is quite difficult to recreate the Montessori curriculum at home without the materials. But, your child can still have real, fun and concrete experiences with numbers every day!

Children are exposed to numbers and math in their daily lives. Help them to love math by establishing familiarity with numbers. They could be on calendars, clocks, and other daily objects, or hear adults discussing money or how many of something exists.

Having a certain level of familiarity with numbers helps children be more successful in the classroom. It gives them confidence and prevents what so many children believe, that they're "not good at math".

Here are 11 ways to bring math into your everyday interactions with your child:

### 1. During mealtime

Make math fun and social! Introduce it at mealtimes. Some example conversation ways to do this would be to say something like "I ate one apple and now there are only two left.", "If you get the two blocks from the shelf, then we will have five altogether." "I need two more plates to set the table."

## 2. Measure things

Children love to measure things with a tape measure or ruler. They may or may not be able to read the numbers on the tape but can enjoy the process of discovering the longest or shortest.

Measure your child's height and show them the numbers on the tape measure. Let them have a turn and help her measure the height of their favourite soft toy. What else can they measure in the house?

## 3. Identify shapes

Help children to learn to count or identify shapes easily through books, songs, and everyday games or activities.

## 4. Supermarket shopping

Enlist your child to help you count out the things you need at the supermarket. For example, "We need eight potatoes, can you help me count and get eight of them?"

## 5. Follow a recipe

Cooking with your children can help discourage picky eating, and it is also a great opportunity to practice mathematics with children of all ages!

For children learning to count, "playing" with their food can be a fun way to practice. Help your child follow a simple recipe where the ingredients keep their shape (for example, cherry tomatoes retain their form, whereas cups of flour blend together in the bowl). For snack, they can count out a set number of fruits to make a fruit salad. For dinner, they can make their own pizzas and top it with a specific number of mushrooms, capsicum, or whichever ingredients you have on hand!

The kitchen is full of math, and children are happy to learn in such an engaging and delicious way. Plus, they'll be happy to eat their vegetable-full creations!

## 6. Let them pay

If your child is a little further along with math, let them help you pay when you run errands. Show them how to figure out which coins you need and put them in charge of a little coin purse for small purchases.

You might want to start with a low-pressure situation like paying for lunch, as it will likely take them a while at first and a long line of people waiting for them to finish at the grocery store may be too much pressure.

## 7. Play a game

Many games children love include numbers. Try Simon Says ("Simon says jump three times") or Hide and Seek ("Count to 50 before you look for me").

Many board games also include counting spaces. You could even make your own board game together, writing out the numbers on the spaces and using stickers to signify the meaning of different spaces for added fun.


## 8. Create a road trip game

Ask your child to count how many stop signs or how many blue cars they can see while you're travelling. Hopefully this will also keep you from counting the number of times you hear, "Are we there yet?"

## 9. Think out loud

We use numbers all of the time in everyday life, but it's often automatic and done all in our head so our children have no idea.

Try to notice when you're counting or doing a calculation in your head and say it out loud instead. Even if your child is too young to understand what you're talking about, you're getting them used to the language of math.

A decorative graphic at the bottom of the page consisting of two overlapping wavy shapes. The shape on the left is a darker purple, and the shape on the right is a teal color. They both have a smooth, undulating top edge.

## 10. Read and sing about numbers

Read books with numbers, but don't use it as a chance to turn it into a quiz. That takes away the fun and make them feel the pressure.

When they recognize the numbers, they may just shout them out on their own, but otherwise just read the book and know that you're increasing their familiarity with numbers every time you do.

There are also so many fun children's songs that involve counting. Some of our favourites are Over in the Meadow, 5 Green and Speckled Frogs, and One Grey Elephant Balancing etc.

## 11. Play with patterns

Pattern play is a great way to indirectly prepare children for math. You can use tangrams and take turns making patterns or make patterns with stickers or by stringing beads.





# Montessori at Home Activity

## Extending Language Learning at Home

1. Right from the start to talk, talk and talk! As a parent, you are the model of good speaking and listening. Regularly introduce new words (vocabulary) e.g. for the word big you could also introduce large, huge, enormous and encourage them to say the word too. This is not about reading the words but about your child hearing and saying them.
2. Rhyming games, songs and tongue twisters. Young children love these and they will support your child in hearing speech sounds that are the same and that are different.
3. Read age-appropriate books to and with your child as often as you can. Reading will get them thinking about words and sounds from the get-go as well as developing their imagination, growing vocabulary and absorbing tricky words (commonly known as “sight words”).

### Phonics at Home

1. **Word Games:** Play simple phonics word games that involve listening and recognising the sounds your child is learning and has learned at school for example: Sound Eye Spy: Eg. “I spy with my little eye something that begins with the sound \_\_\_” or “What other things can you find that begin with that sound?”
2. **Speedy Sounds:** Make or buy small flashcards with the speech sounds on them. Keep a set in your bag to play while waiting for a sibling, or going to a café.

Optional: Using the timer on your mobile phone, select the sounds and letters your child has been taught so far. Place them in a pile. Start the timer (set to

whatever time you wish e.g. 30 secs). Ask your child to turn over the cards one at a time and say the sound clearly. (If they get to the end of the pile before the timer stops, they keep turning over the same cards). Count how many times they say a sound correctly. Keep a note and next time tell them that you're going to see if they can beat their record!

- 3. Sound Scavenger Hunt:** Write/draw a list of items for your child to find in the garden/house all beginning with the same letter and they have to tick off & say the sound when they find it. Extend these by getting them to add more to the list.



# Montessori at Home Activity

## I went to the zoo and I saw a ...

Listening skills are critical for language development and reading. Children learn new vocabulary and expand their sentences and grammar—all thanks to listening. This is a fun game to develop these skills!

### What To Do

- ◆ This game involves listening as well as memorising.
- ◆ Choosing any animal names, start the game by saying, “I went to the zoo and I saw a monkey”.
- ◆ Your child then responds with, “I went to the zoo and I saw a monkey and a lion”.
- ◆ You respond with, “I went to the zoo and I saw a monkey, a lion and a tortoise”.
- ◆ For each turn, repeat the animals that have already been listed, in sequence, then add a new one. You may not repeat an animal.
- ◆ Have fun!



### 💡 Montessori Tips

Children who are good listeners often grow up to become good communicators. It's an important skill to develop at an early age and, like a muscle, it needs regular exercise to grow stronger.

This game can be varied with any list e.g. I went to the shop and I bought a..." or "In my fruit salad there is a..."

# Montessori at Home Activity

## Music

Music is important for people of all ages. It is a cultural artefact, it entertains us, and aids in children's development! When children listen to, perform, and learn about music they practice skills like concentration, counting, listening, cooperation, language, and more. You don't need any background in music to incorporate it into your home life!

Dr. Montessori's approach to music was three-pronged:

- ◆ Developing musical appreciation
- ◆ Making the child aware of the elements of music beginning with a sense training by
  - Developing listening skills
  - Developing pitch discrimination
  - Developing rhythmic and dynamic awareness through movement
- ◆ Developing emotional responses to music through movement

Start with listening to a variety of music. Children are particularly receptive to music with strong rhythmic beats, so try out some classical tunes. As they develop their language abilities they'll also enjoy listening and singing along to repetitive songs like nursery rhymes.

Maria Montessori also believed in a global education that taught children about other cultures, and music is a great avenue to do so! Check out playlists and podcasts that curate music that you might not be as familiar with; talk with your children about what you hear.



Next, consider incorporating more singing into your daily life in little pockets of time. We might not always have time to schedule a singing session with our children, but we can learn a few songs to sing as we pick up toys, put on our shoes, walk to school, or play in the bathtub!

Expose your children to musical performance by checking out symphonies and live shows. Head to the internet to find out what's playing in your neighbourhood or online!



# Montessori at Home Activity

## Musical Water Glass Xylophone

We use music in this sound science experiment to discover how sound waves travel and how different pitches are produced. It's easy to make at home and fun to do with your child.

### What You Need

- ◆ Identical clear glasses, cups or mason jars
- ◆ Food colouring
- ◆ Tap Water
- ◆ Silicone sticks, wooden sticks or wooden spoon

### What To Do

- ◆ Arrange glasses in a line and fill them up with water in equal decreasing increments (i.e. pour less and less in the next subsequent glass).
- ◆ Add food colouring to give the water a colour-pop (this is optional, it has no effect on the sound but it looks inviting).
- ◆ Invite your child to tap each glass gently and discover the sound each glass makes!



### 💡 Montessori Tips

This is a wonderful way to stimulate senses, exercise science skills and grow musical abilities. You can even incorporate math by using measuring cups and fractions.

Add a sensorial dimension by creating secondary colours through mixing the primary colours together.

Compose a song or play a familiar tune on the xylophone!

# Montessori at Home Activity

## Ants on Your Pants

Two areas we take very seriously at House on the Hill are Montessori and nutritious food, so any time we can combine them and share with parents we are pretty excited! Having healthy snacks available for children builds healthy eating habits from a young age, and having children help you prepare the snacks is at home Practical Life work!

### What You Need

- ◆ Slice of bread
- ◆ Jam spread
- ◆ Cutting board
- ◆ Raisins
- ◆ Butter knife

### What To Do

- ◆ Introduce the materials/ ingredients that will be used.
- ◆ Let child cut their slice of bread into a shape of a pants.
- ◆ Spread the jam on their bread.
- ◆ Hand out raisins to the child and let them decide where they want to place their “ants”.
- ◆ Eat! Ask the child, “Why do they think ants are attracted to this pant?” (hint: ants love sweet stuff)



### 💡 Montessori Tips

Focus on just one step at a time, and if your child does not know how, begin by doing the action slowly and quietly and letting them observe, and then give them the opportunity to do it on their own. You can help when they are in trouble and then enjoy the finished product together!

# Montessori at Home Activity

## Gaudi's Trencar Mosaic Towers

### Antoni Gaudí

A famous Spanish architect, Gaudí started a special mosaic design technique called the "Trencar Technique". It creates mosaic forms and shapes by putting together broken ceramic tiles, plates and cups. Now you can make your own mosaic masterpiece!

#### What You Need

- ◆ Toilet/Kitchen rolls
- ◆ Empty bottles
- ◆ Milk/juice cartons
- ◆ Coloured papers or pages from magazines
- ◆ Foil packaging (use the shimmery part)
- ◆ Glue
- ◆ Markers

#### What To Do

- ◆ Create your towers by sticking coned paper on one end of the toilet rolls or bottles as roof.
- ◆ Draw windows and doors using markers.
- ◆ Cut or tear coloured paper, pages of magazines and plastic foil packaging into tiny pieces.
- ◆ Paste on the walls of the towers forming a mosaic.



### Montessori Tips

Focus on the PROCESS of making art, rather than the final product. This allows the child to experience the sensorial element of art without the expectation of creating something recognizable. Teach your child how to use the materials properly and take care of them, especially how to clean and put everything away.

Show by example – make your own tower alongside your child and have a fun discussion about what you're doing at the same time. What materials are you using? How tall is your tower?



# Montessori at Home Activity

## DIY Montessori Smelling Bottles

A fun way to explore the sense of smell using everyday ingredients! Smelling bottles are a standard material in the Sensorial area of a Montessori classroom. The purpose is for the child to develop their sense of smell. The process is simple - the child sniffs their way through the bottles trying to match identical scents.

### What You Need

- ◆ 4 small dishes
- ◆ Small piece of ginger (uncut)
- ◆ Small amount of pepper
- ◆ Small piece of garlic (uncut)
- ◆ Small piece of onion (uncut)

### What To Do

- ◆ Place a small piece of ginger, garlic, onions and a small amount of pepper in individual covered containers.
- ◆ Place the containers in a row.
- ◆ Place the uncut ginger, garlic and onion and the bottle of pepper below the dishes in a row in random.
- ◆ Get your child to close their eyes and you will pick an item from the first dish and let them/her smell it. You may wish to ask questions such as: Does it smell good? Can you describe how it smells?
- ◆ Repeat with the rest of the items.
- ◆ Now, get them to match the items in the dish to the items on the second row through memory.



### 💡 Montessori Tips

This activity is a good way to explore our sense of smell and learn to differentiate the smell in their surroundings. The ability to smell is important as it is closely linked to our ability to taste. Smells can also evoke particularly memories and emotions, hence it can calm or excite us as well. This activity can also be replicated with flowers, herbs, etc.

# Montessori at Home Activity

## Arranging Flowers

Care of environment exercises foster love for the environment, help children connect and engage with nature, and encourage the child to interact with the environment, exhibiting respect and love. Such exercises also help the child form a connection with their home environment, in which they find a personal responsibility towards it.

### What You Need

- ◆ Child-sized tray or basket containing: Sponge, Scissors, Funnel, Small cloth, Place mat, Child-sized pitcher, Small basin, Flowers, Small vase, Small bucket
- ◆ Optional: Apron

### What To Do

- ◆ Bring materials to the table and put on aprons.
- ◆ Fill the pitcher about 3/4 full with water at the sink, and return to the table.
- ◆ Fill the basin with water about 1 inch deep, wiping the lip of the pitcher with the sponge.
- ◆ Fill the vase with the appropriate amount of water, wiping the tip of the pitcher with the sponge.
- ◆ Choose one flower from the supply and measure it against the vase to see if it is the right length. If not, say, "I need to cut this flower to the right length for this vase."

If leaves need to be removed, say, "I need to remove these leaves so none are under water."

- ◆ Remove leaves.
- ◆ Submerge the stem end in the basin and clip to length with the scissors.
- ◆ Place in the vase.
- ◆ Invite the child to select a place for it in the room.

- ◆ Begin clean up: Pick stem clippings out of the basin and place them in the trash.
- ◆ Pour the water from the basin and pitcher into the small bucket. Empty the bucket.
- ◆ Dry the basin and bucket with the cloth.
- ◆ Replace the damp cloth.
- ◆ Complete the cycle of activity by folding the apron and the mat.



## 💡 Montessori Tips

Extension of exercise using a funnel: On the same or another occasion, repeat steps 5–10 with a slender vase requiring a funnel to pour in the water.

When measuring the flowers to fit into the container, it is important to re-cut the stem even if just a little bit (the stem has closed from when it was cut the first time and it needs to be reopened so that it will take the water in properly when in the vase; or else it will wilt and die.

Cut the stems under water so that the flower will instantly suck up the water instead of closing off the stem in shock.

Remove the leaves or else they will rot and disturb the balance of nutrients in the water.

# Montessori at Home Activity

## Setting the Table

“Considering the method as a whole, we must begin our work by preparing the child for the forms of social life, and we must attract his attention to these forms”  
–The Montessori Method, Dr. Maria Montessori

Montessori teaches grace and courtesy as part of the Practical Life curriculum, and there are many lessons that children can learn and practice at home, too! One exercise is to practice table manners by learning to set the table!

### What You Need

- ◆ Plates and utensils for the family
- ◆ Napkins
- ◆ Water glasses

### What To Do

- ◆ Show them how you'd like each place setting to look, and perhaps even print off a guide for them to follow.
- ◆ Get them to practice carrying dishes, pouring water, and folding napkins.



### 💡 Montessori Tips

Give children plenty of time before dinner starts, and even practice a few nights before.

For other skills like sitting patiently, conversing politely, and eating without too big of a mess it is important to practice a lot and practice early. Make sure you are modeling the behavior you want to see (so no phones at the table!).

In Montessori we like to isolate skills; don't try to teach everything at once and just focus on one thing at a time. You can have a whole lesson on napkins– how do we fold them, how do we use them, where do we place them and when!

Finally, be understanding of their limitations. If things start to go awry during dinner, avoid yelling or describing what your child shouldn't do, and instead let them know how you'd like them to behave in positive terms. If they're starting to run from the table tell them they can be excused once they've thanked the host or cook, or if they're grabbing for more bread remind them that if they say "please" someone will help to pass the bread to them.



# Key details about HotH

Founded in 2012, House on the Hill is a family-run school. We are a house of curated learning, a genuine Montessori. We believe in immersing the child in an open and stimulating environment with a curriculum of experiential learning. This allows each child to develop life-long skills for their futures successes, at their own pace.

Here are 5 things you should know about us:

## ◆ **Genuine Montessori**

We stay true to the values and education excellence of the Montessori method. Our specially-trained Montessori educators help to ensure our curriculum instils strong language and mathematical skills, preparing each child for their next step in either local or international schools. House on the Hill is one of a few Montessori pre-schools with individualised curriculum, vertical – learning, and 3-hour work cycle classes.

## ◆ **Life is an Adventure**

To build critical thinking skills and creative independence, we create and weave in experiences that help with fostering a lifelong love of learning. Children at House on the Hill are imbued with a lasting sense of positivity to seize every moment of life.

## ◆ **Prepared Environment**

From large green spaces to the cozy, wood-filled classes, our spaces are warm, inviting and purposefully built to be safe, accessible and to subtly nurture sensorial and motor skill development.

### ◆ **Nutrition**

We are what we eat and this is doubly so for children. Our menu has been developed in collaboration with “The Food Doctor” Ian Marber, an internationally-renowned expert on diet and nutrition, using only the highest quality produce and no added salt or sugar to create well-balanced and nutritious meals for our growing children. This allows them to concentrate better and learn more actively.

### ◆ **Close Relationships with our Parents**

We believe in being a pillar of support for parents. Regular and specific feedback is provided often to optimise each child’s individualised curriculum. Our Parents-Teachers Association is highly engaged and parents are invited to participate in school activities on a regular basis. Bringing up your child is a team effort and everyone who joins us becomes part of the HotH family, both child and parents alike!

**To find out more about House on the Hill or  
to book a visit, please click here  
[houseonthehill.com.sg/welcome](https://houseonthehill.com.sg/welcome)**



## LOCATIONS

### **Mount Sophia**

33 Mount Sophia  
Singapore 228481

### **Balmoral**

2H Balmoral Crescent  
Singapore 259887

### **Pasir Panjang**

396 Pasir Panjang Road  
#02-01, Singapore 118733

## CONNECT WITH US

 [houseonthehill.com.sg](https://houseonthehill.com.sg)

  @houseonthehillsg

## ADDITIONAL RESOURCES

Please check out our blog for more  
Montessori at Home activities and  
information about Montessori

**[houseonthehill.com.sg/news-events](https://houseonthehill.com.sg/news-events)**