

# MONTESSORI ACTIVITY PLAN

## *THEME: FANTASTIC ELASTIC BRAIN*

### MONDAY

**Brain Activity:** Gross Motor is the name of the game. Use the book Brain Gym to do midline movements and loads of other activities helping the brain develop through movement.

**Resources:** Brain Gym

### TUESDAY

**Brain Activity:** Go outside & meditate. Yoga movements. A great way to approach meditation to young children is by practicing the traditional Montessori Silence Game.

**Resources:**

ABCs of Yoga cards

Silence Game print out

6 Books to Teach Mindfulness to Kids

### WEDNESDAY

**Brain Activity:** Take Montessori Language Learning Outdoors with the activities within this post including The Art of Conversation, Storytelling in Nature, Tree of Life, Parts of Speech Hunt, and The Journey of a Grain of Sand.

**Resources:**

An outdoor environment & your imagination



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### THURSDAY

**Brain Activity:** Explore the Eye's Blind Spot with this activity! This post includes a super fun & engaging activity on Learning about the Eye.

**Resources:**

Cross Section of the Eye  
Parts of the Eye Coloring & Labeling  
Watch this video on how the eye works

### FRIDAY

**Brain Activity:** Culminate the week with learning about the BRAIN!

**Resources:**

Amazing Brain Facts Video  
How Fast is Your Brain Activity  
Download, color, & label this brain chart  
Color Your Brain  
Cross Section of a Brain  
Make a Paper Brain  
Bits of Intelligence Brain Card

