

MONTESSORI MOMENT #5

One of the points that really struck and stuck with me was to take time (a moment, if you will) just before entering the environment to center myself. To have a moment of peace and mindfulness to carry into the room and throughout the day.

P. Donohue Shortridge really impressed upon us that we as guides (teachers and parents) must be authentic when interacting with children. They are so incredibly observant and learn through imitation and repetition of those observations. Even as an adult there is benefit to taking a couple minutes a day to practice mindfulness. To pass that mood and calming techniques to a child is enormously beneficial for them. It all falls into this category of slowing down to meet the child at their pace. Having created this inner calmness in oneself it is easier to slow down, stay calm, and help the child learn a basic task, or how to calm their own bodies and minds.

This point on taking time to center myself before entering school has helped me realize that Montessori is not just about observing and following the child, but also observing and reflecting on oneself as a guide for that child."

As we prepare for colder, Winter months, we also need to consider our child's need for movement. According to DCFS guidelines, we will stay inside for any temperature colder than 25 degrees. In the Tedx talk below, Angela Hanscom, pediatric occupational therapist and author, reminds us how critical **outdoor** play is to each child. Maria Montessori was also emphatic in her support of nature and the outdoor environment.

"There is no description, no image in any book that is capable of replacing the sight of real trees, and all the life to be found around them, in a real forest. Something emanates from those trees which speaks to the soul, something no book, no museum is capable of giving."

- Maria Montessori

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