

Contents

Thank you	2
Foreword	5
Practical life exercises	7
The meaning of the practical life exercises	7
Care of self	9
Hand washing	9
Dressing frames	12
Plaiting	17
Cleaning Shoes	20
Care of the environment	22
Rolling and Unrolling Carpets	22
Folding Fabric Squares	25
Spoonng – Dry and Wet Pouring	30
Spoons on a tray	31
Pouring	34
Sweeping the table	38
Polishing Metal	40
Flower care - cutting and arranging flowers	42
Sensory education	46
Meaning of educating the senses	46
Experiences with dimensions	48
Knobbed cylinders and knobless coloured cylinders	48
The Pink Tower	54
The Brown Stair	56
The Red Rods	58
Experience with colours	61
The colour tablets	61
Experience with touch	64
The touch tablets	64
Touch boards	66
Material Box	67
Experience with the sense of hearing	69
Sound boxes	69
Experience with the sense of weight	71
Baric tablets	71
Experience with the sense of temperature	72
Thermic tablets	72

Experience with the olfactory senses	73
Smelling bottles	73
Experience with the sense of taste	74
Taste bottles	74
Experience with forms and figures	76
Geometric solids	76
Geometric cabinet with cards	78
Constructive triangles	81
Binomial and Trinomial cubes	85
Decanomic square	90
Experience with the kinesthetic sense	93
Walking on the line	94
Walking with an object on your head	94
To be guided blindly	94
Walking with obstacles	94
Walking and juggling with plates on sticks	95
Horse riding	95
Finger games	95
Outlook	97
References	99