

# A Peek Into The Atrium

## **Practical Life: What's that and what's it got to do with God?**

During these early months in the atrium we are presenting many new activities for your child to use in his/her time in the atrium. We call these activities "works" and one of the main types of early "works" is called Practical Life. There are practical life works that assist children in gaining control their body movements, others assist in developing care of self, the environment, and others.

Practical Life work is often repetitive and involves the child in a physical way. This type of activity helps the child slow down his/her movements and through the repetition of movement, to begin to enter a more thoughtful or meditative awareness. This type of work prepares the child for works later that may be more complex, profound, or abstract.

### **First Year Practical Life**

Some of our initial Practical Life materials include:

Plant watering	leaf washing	window washing
Carpet sweeping	dusting	hand washing
Spooning	dry pouring	liquid pouring

Some of these are works may already familiar to the child, thus enabling a smoother transition from home environment to atrium.

### **Second & Third Year Practical Life**

Second and Third Year Practical Life Works again help the child re-enter the atrium environment in the fall through the use of repetitive physical movement, usually involving more complex processing and/or more steps to complete.

#### **Second Year Practical Life**

Flower Arranging (*Feel free to offer small cut flowers from your garden!*)  
Pasting                      Pencil Sharpening

#### **Third Year Practical Life**

Brass Polishing              Wood Polishing