

MFMS Online Virtual Classroom 1

Material List (Week of April May 3rd – 7th)

Theme of the Month: International - Brazil

Monday

Montessori Work:

- Cleaning our toys
Materials needed: one big bowl with water, soap, clean cloth or paper towel, some toys)

Culture:

- Brazil
Worksheet attached under Sunday on HiMama
Materials needed: scissors, colouring pencils, stapler

Art:

- Brazilian parrot
Materials Needed: paper plate, streamers or tissue paper, googly eyes, feathers, paint, scissors, glue
Reference picture attached under Tuesday > Art on HiMama

Suggested Menu		
Morning Snack	Lunch	Afternoon Snack
Multigrain cheerios cereal, milk	Chicken and bean chilli, brown rice, carrots and turnips, fresh fruit Vegetarian: bean chilli	Social tea biscuits, orange, vanilla yogurt

Tuesday

Montessori Work:

- Smelling jars
 Materials needed: 6 small jars or bowls, 6 pieces of cotton, jug of water, scents (vanilla, vinegar, lemon juice), piece of painters tape

Science:

- Rain in a bag
 Materials Needed: ziplock bag, sharpie, jug of water, blue food colouring, painters tape
 Reference picture attached under Tuesday > Science on HiMama

Art:

- Brazilian carnival mask
 Materials Needed: coloured paper, popsicle stick, scissors, glue, decorative materials (i.e. feathers, pompoms, gems)
 Reference picture attached under Tuesday > Art on HiMama

Suggested Menu		
Morning Snack	Lunch	Afternoon Snack
Banana oatmeal bar	Turkey meatballs in tomato sauce, bun, green beans, fresh fruit Vegetarian: soy meatballs	Whole wheat pita pocket, cheddar cheese cubes, grape tomatoes

Wednesday

Montessori Work:

- Lid tracing
Materials needed: paper, pencil, various lids and caps from home

- Number writing
Worksheet attached under Sunday on HiMama (print either 1-5 or 1-10)

Culture:

- Brazil (continuation from Monday)
Materials needed: booklet from Monday, colouring pencils

Art:

- Brazilian rainstick
Materials needed: paper towel roll, plastic bag, elastic bands, aluminum foil, rice or beans, decorative materials (i.e. paint, markers, stickers)
Reference picture attached under Wednesday > Art on HiMama

Suggested Menu		
Morning Snack	Lunch	Afternoon Snack
Organic whole wheat carrot muffin	Diced herbed chicken, whole grain pasta, sunshine vegetables (yellow and orange carrots, green beans), fresh fruit Vegetarian: diced herbed soy chick'n	Whole wheat apple cinnamon loaf, blanched baby carrots, hummus

Thursday

Montessori Work:

- Height
Worksheet attached under Sunday on HiMama

- Small button frame
Materials needed: a shirt with buttons

Science:

- Apple science
Materials needed: small chunks of apple, 4 jars or bowls, vinegar, lemon juice, soda
Reference picture attached under Sunday on HiMama

Art:

- Brazilian rainforest
Materials needed: toilet paper rolls, green paper, brown marker, scissors, glue
Reference picture attached under Thursday > Art on HiMama

Suggested Menu		
Morning Snack	Lunch	Afternoon Snack
Whole wheat shreddies cereal, milk	Tomato bean soup, whole wheat roll, peeled cucumber, fresh fruit	Multigrain breadsticks, guacamole, cheddar cheese cubes

Friday

Montessori Work:

- Brazilian lemonade
 Materials needed: 2 limes, 3 cups of water, ½ cup sugar, 3 tablespoons sweetened condensed milk, 1 cup ice cubes
 Materials needed: blender

Suggested Menu		
Morning Snack	Lunch	Afternoon Snack
Whole grain mini bagel	Cheesy broccoli and chicken casserole, diced carrots, fresh fruit Vegetarian: broccoli casserole	Social tea biscuits, watermelon, edamame