

Maliha Abbasi

MEPI Submission

Giant Sages, Little Bodies- What Adults Can Learn from the Montessori Child & Montessori Classroom

Montessori has made me a better mother, educator, and human being. Over the past few years, I have learned so much through the students I have taught in the Montessori classroom as well as my own children who have attended Montessori school.

As adults we often get lost in the hustle and bustle of the world, constantly rushing through things, leaving things to the side and sometimes even leaving people behind in our quest to just get things done.

But what I have learned from the tiny Montessori sages in my life is to go through the cycle of work that needs to be done in a way where I give it full attention. I have learned from the Montessori children in my life to put my whole heart into approaching my work: starting something, working through it with concentration, completing my task and putting things away when I am done. Channeling the pure joy and satisfaction that comes from completing small and great tasks. Seeing my students and children work towards mastery as opposed to rank is a beautiful thing. The greatest lesson to take away here is our greatest gains come when we are pushing ourselves forward based on exploring our own abilities, not comparing ourselves to other people's abilities.

I have also learned to communicate when I am upset, channeling the energy of a peace table in my mind instead of keeping things inside my being.

My students and children have taught me to embrace everyone around me no matter where they are in their development. Whether young or old, no matter our varied abilities, we can embrace each other as a community. We should be inviting each other to share a snack, honoring our guests as we host (just as we do during grace and courtesy lessons).

If we truly practiced those lessons we taught our children in our classrooms, we could shift the social climate around us. We should try reaching across the aisle to share moments with people who sometimes we perceive as being so different. When we open our eyes to understand, we see that we are all one community that shares a common desire to belong and be accepted. The Montessori approach is a celebration of mercy and belonging in our family of humanity.