



FIRST STEPS

ESL TOGETHER WITH LOVE



**MONTESS.
CARDS**

PRINT AND LAMINATE

With a few key yet simple adjustments, a very effective environment can be created for young children that enable them to acquire English naturally and easily.

Children's absorbent minds can also be encouraged by non-native speakers either at home or in group courses. Print the handy cards below (laminare) and let children choose the activity themselves and be a patient loving guide according to the Montessori method.



My name is Eva Potociarova and I am passionate about introducing English as a second language to children in a natural way.

I support and practice bilingual parenting myself (suitable also for non-native English speakers). I share ideas, resources and inspiration for effective and fun English learning the Montessori way.

Enjoy the progress and have fun :-)

Happy English learning!

With love,

Eva



Game played with babies. Marching the fingers up the child and tickling at the end of the rhyme.

**Creep mousie,
Creep mousie,
Up the stairs and
Into the housie!**

Find where it tickles or where it is the most fun 😊



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Game played with babies. First swirl your finger around the palm, then walk your fingers up the child's arm and tickle child's underarm.

**Round and round the garden.
Like a teddy bear.
One step, two steps.
Tickle you under there!**

Repeat and enjoy the time together 😊



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Simple and fun repetitive finger play.
Are you ready? Here we go!

These are Baby's fingers.
These are Baby's toes.
This is Baby's belly button.
Round and round it goes!

Touch the body parts – fingers, toes,
stomach and circle or tickle around the
belly button ☺

And what are fingers called?

The biggest is Thumb.
Then goes Index Finger.
Middle Finger.
Ring Finger.
And the little Pinky.

Try also these songs:
Finger Family, Where is Thumbkin?

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Nursery rhyme and finger-play for baby's toes.

Start wiggling from the big toe to the pinky toe.
You may tickle the foot at the end.

This little piggy went to market,
This little piggy stayed home,
This little piggy had roast beef,
This little piggy had none,
And this little piggy cried,
Wee wee wee,
All the way home.



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Walk your fingers up baby's body according to the rhyme.

**Slowly, slowly, very slowly,
Creeps the garden snail.
Slowly, slowly, very slowly.
Up the wooden rail.**



**Quickly, quickly, very quickly,
Runs the little mouse.
Quickly, quickly, very quickly.
Round about the house.**

At the last rhyme you may go around the head and finish with **DING DONG** sound while pressing the nose 😊

Repeat and have fun.



Interesting movements combined with exploring meanings of sounds and words.

Here is the beehive, where are the bees?
Clench your fist.

Hidden away where nobody sees.
Pretend to look inside your fist.

Open it up and out they fly.
Open fist and bring out fingers quickly one by one.

One, two three, four, five, buzzzzz.
Tickle your child's neck while saying "buzzzzz."



Let your child sit on your knees facing you.
Gently bounce them up and down and say:

**Ride a little pony,
Down to town.**

**Better be careful,
So you don't fall DOWN.**

Pretend to let your child fall when saying
"down." Open your legs and let your child
slide down between them.

You may comment.

Oops. You fell down!

Now let's go up.

Do you want some more?

Yes, you do?

Continue the fun 😊

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Put your baby on the lap facing you.

**A smooth road, a smooth
road, a smooth road, a
smooth road.**

Bounce baby gently.

**A bumpy road, a bumpy
road, a bumpy road, a
bumpy road.**

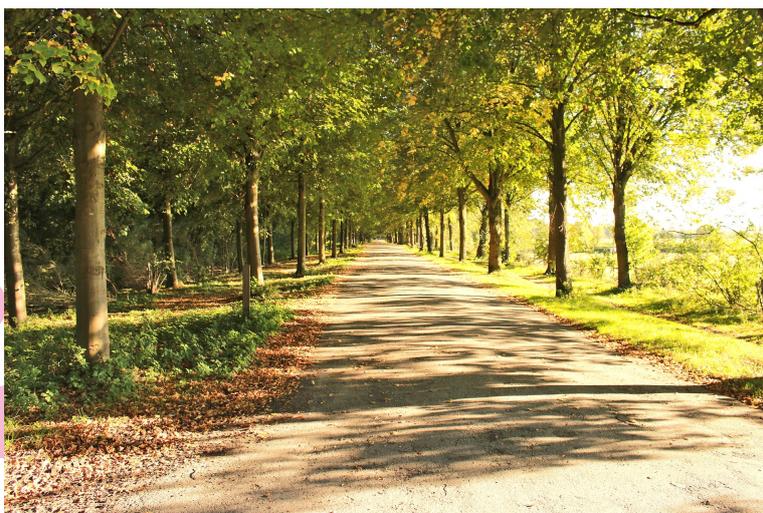
Bounce baby faster.

**A rough road, a rough road, a
rough road, a rough road.**

Bounce baby higher.

A hole!

Drop baby gently between your
knees.



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Let your child sit on your knees facing you.
Gently bounce them up and down and say:

**Humpty Dumpty sat on a wall,
Humpty Dumpty had a great fall.
All the king's horses,
And all the king's men,
Couldn't put Humpty together again.**

Pretend to let your child fall when saying "fall."

Repeat the fun 😊



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Practice stretching arms above the head and have fun with this game.

Ask your child:

How big are you?

or

How big is ... (name)?

And when stretching say:

You are sooooo big!

Sooooo big!

You may comment some more:

Yes, you are.

Like this.

At the beginning, stretch together.

Help gently with little babies.



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Children's singing game.

**Ring-a-round the rosie,
A pocket full of posies,
Ashes! Ashes!
We all fall down.**

Hold hands in the circle and go round.
Fall down at the last rhyme.

"Let's get up. Do you want more?"
Repeat and have fun ☺



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Learning first movements together and having fun. Hold a small baby on your lap or exercise with bigger children together.

**Jump, jump, jump, ...
Dance, dance, dance, ...
Fly, fly, fly, ...
Turn around.**

Naming the action:

**You are jumping now!
You are dancing!
Super! Great! Wonderful!**

Ask your child:

**How do you fly? Yes, like this!
Up high to the sky!**

At the beginning choose a few favorites and practise to the child's desire.
Add some more later.



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Children's singing game.

**London Bridge is falling down,
Falling down, falling down.
London Bridge is falling down,
My fair lady.**

Hold hands up to make an arch for your baby to pass through. The "arch" is then lowered at the song's end to "catch" a player. Switch roles.

You may comment:
I got you!



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Fun clapping game for two.

**Pat-a-cake, pat-a-cake,
Baker's man.
Bake me a cake,
As fast as you can.
Pat it and roll it,
And mark it with a "B",
Put it in the oven,
For baby and me.**

With infants hold their hands while you do the actions. My little ones loved to clap their hands and roll their arms.

"B" and "baby" in the last two lines can be replaced by the child's first initial and first name.

For nice bonding, end with kisses all over baby's face and neck.



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Fun baby play with many variations. First cover or hide your face or your baby's face:

Where is ...(name)?

Then uncover and say:

Peek-a-Boo, I see you!

You may comment.

Here is ...(name)!

While lying on their back during a diaper change, you may place a small light towel in front your baby's face and play Peek-a-Boo.

Or hide your favorite toy for example a monkey and say:

Where is the monkey?

Do you see the monkey?

Peek-a-boo! Here is the monkey.



First introduce:

I am mommy.

You are (name).

Play searching games:

Where is mommy?

Where is daddy?

Where is ... (name)?

You may comment:

Yes, here is daddy.

I see you!

Repeat a few times. Or change the subjects you search for:

Where is a flower?

Where is a baby?

Try playing also while reading. But make sure to introduce words first.



FIRST STEPS

Easy Opposites

Easy to understand and fun to practice.

OPEN – SHUT

Open the door.

Shut the door.

BIG – SMALL

Look, this strawberry is big.

And this one is small.

FAST – SLOW

The turtle is slow.

The rabbit is fast.

PLEASE – THANK YOU

The dog says "please!"

Here you go. "Thank you!"

IN – OUT

The turtle is in. The rabbit is out.

UP – DOWN

The strawberry is up.

The dog is down.



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FIRST STEPS

Drawing Game

Every child loves when you draw softly on their face. Small babies may even fall asleep from this activity.

Describe and softly draw on your child's face:

Here is your head.

Here is your nose.

Here are your ears.

Here goes your neck.

Try our little rhyme:

Your face goes round and round.

Your eyes go round and round.

Your mouth goes round and round.

Your nose goes up and down!

While slowly singing the Head Shoulders Knees and Toes song, you may describe and softly touch the parts you sing about.



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Showing the love:

My little darling!
Pretty baby!
I love you!

Describe the action:

I will kiss your cheek!
I will kiss your head!
I will kiss your hand!
I will kiss your nose!



Repeat a few times.

You may ask:

Do you want more?
Do you like it?

Perhaps answer for you child:

I see you do!

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Enjoy your time together when blowing on your baby's bodyparts.

Blow on baby's hair.
Blow on baby's neck.
Blow on baby's tummy.
Blow on baby's fingers.
Blow on baby's palms.
Blow on baby's toes.

....

Find where it tickles or where it is the most fun 😊

Did you know that you can:

- Blow bubbles
- Blow the dandelion
- Blow a kiss
- Blow baby's nose (when having a runny nose from the cold)



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