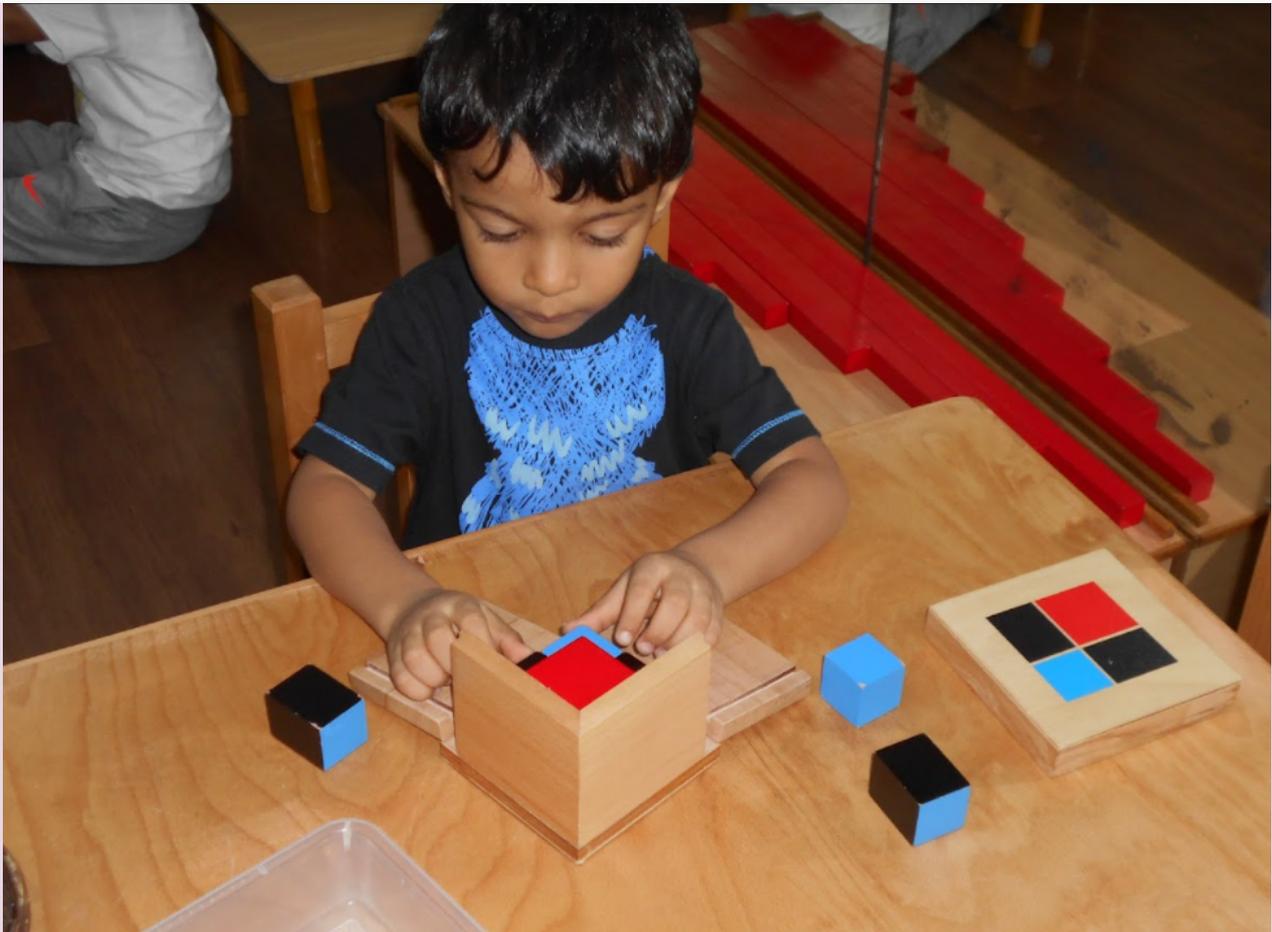


# THE TOUCH BOARD



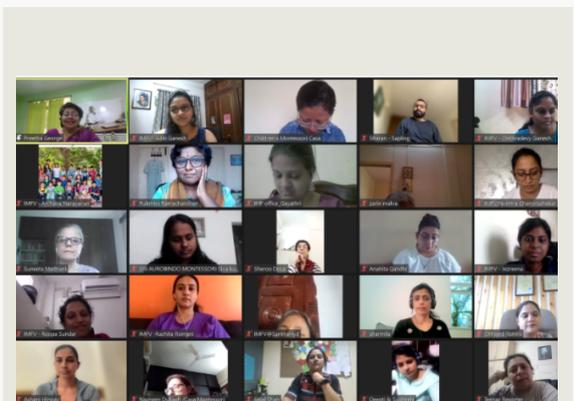
## IMF Events

### School Heads Meet

- Aditi Ganesh

The Annual School Heads Meeting, an initiative by IMF to work closely with Montessori Schools in India, took place on December 18, 2021. Lynne Lawrence, Executive Director at the AMI, shared a special message highlighting the collective work of all Montessori teachers in supporting and making a great impact in the lives of young children. Following this, the teams of Volunteers from the Touch Board, Montessori Matters, School Connect and Events presented plans for the year, incorporating ideas from the previous School Heads Meet.

The Heads of schools who are organising Parent Outreach Programmes with the support of IMF also shared how their parent community have been enriched by it. Tshering Yolmo, Children's Montessori Casa, Siliguri expressed how these talks have made parents understand that Montessori goes beyond academics and focuses on building life skills, especially in a place where the philosophy is very new.



*Preetha George from Lalaji Memorial Omega International School, Chennai appreciated the contribution of IMF to the parent community to have a better understanding of the child.*

*"We have realized that the nature of our work has shifted from working with the children to working with the parents. Through talks and workshops, we have access to the knowledge and wealth of all the trainers across the country."*  
Sharan Sirur, Sapling Nursery, Pune

## Talk - 'Consistency: The Key to Parenting'

- Meera Ghelani



On January 22, Amy Kirkham, Director of AMI training at Sydney Montessori Training Centre shared her thoughts and ideas on why we need to be consistent with our children. Over 130 participants from all over India virtually met to understand this deep need of young children.

Amy truly captured the essence of what goes through a child when there is consistency and a lack of it, how it manifests in the child and our reactions to the same. Bhavana Madan, a mother of a 2 year old, feels she has gained a whole new perspective of handling her child's emotions and tuning into herself before having big reactions. *"I was reminded of the importance of routine, order and familiarity that so affects the child's life."*

What really stirred Anchal Pandey, a student from Mumbai was a quote of Ashleigh Warner that was shared, *"Beneath every behavior there is a feeling. And beneath each feeling is a need. And when we meet that need rather than focus on the behavior, we begin to deal with the cause, not the symptom."*

- **STAY** calm and comfort your child.
- **ROUTINES** help young children feel in control.
- **SLEEP** need 10 to 11 hours each night.
- **FRUSTRATION** mismatch of skills and challenge level, tiredness and a change in routine are key triggers.
- **YOUNG CHILDREN** are twice as likely to throw a tantrum with their parents than with other adults.

## City Events

### Workshop - Chennai - 'Mindful Parenting - The First Two Years'

- Aditi Ganesh



Navadisha Montessori Foundation (NMF) organized a workshop in January aimed at expecting parents and parents of young children to highlight the very importance of the first years of life. The workshop was guided by the Training Team of NMF and presented by Roopa Sundar, Preethi Rusum and Josephine Ramya, all graduates of the first AMI Birth to 3 course in India.

It focused on the preparation of adults and the physical space to practice parenting consciously and in answer to the child's developmental needs during this very delicate and foundational phase of their life. To Amritha Sengottuvel, mother of an infant, the idea of viewing the child as one with immense potential instead of helpless was inspiring. *"I got on the journey of appreciating the extraordinary work of the child in developing herself even as they appear to be merely 'play' to the adult eyes."*

**Registrations Open!**

Orientation to 3-6 Certificate Course 2022 commences ONLINE on June 22, 2022

**NAVADISHA** MONTESSORI FOUNDATION

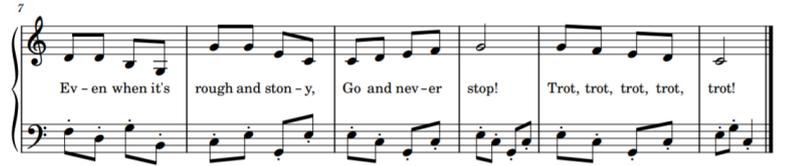
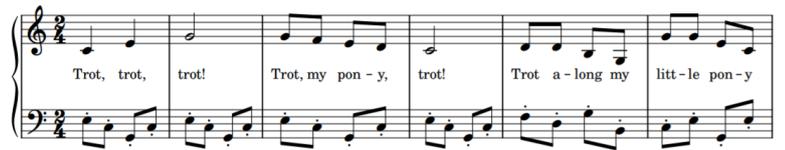
Website: [www.navadisha.org](http://www.navadisha.org) | Email: [course@navadisha.org](mailto:course@navadisha.org) | Ph: 7305301643

# Notes & Notations



We bring to you songs for young children with their tunes.  
Take out an instrument and play along!

## Trot, trot, trot!



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## BLOCK YOUR DATES ! INTERNATIONAL AMI EVENTS



DATE	EVENT	THEME	LOCATION	WEBSITE
Feb 18-22, 2022	2022 AMI/USA Montessori Experience	Beyond Resilience: Creatively Redesigning Our Future	Orlando (on-site and online)	<a href="https://ami.c3groups.com/">https://ami.c3groups.com/</a>
Apr 8 -9, 2022	2022 AMI AGM	Change Makers	Online	<a href="https://montessori-ami.org/events/2022-ami-agm">https://montessori-ami.org/events/2022-ami-agm</a>
May 6 -7, 2022	7th Nordic Montessori Conference 2022	The Power of Language	Bergan (on-site)	<a href="https://montessorinorge.no/7th-nordic-montessori-conference-2022/">https://montessorinorge.no/7th-nordic-montessori-conference-2022/</a>
July 12 - 15, 2023	29th International Montessori Congress	Education for a New World	Thailand (on-site)	<a href="https://montessoricongress2023.org/">https://montessoricongress2023.org/</a>

## Good Reels

- Tarunya Gouthaman

One of the complications of the current age is abundancy in choice, which makes children and even us as adults overwhelmed. In this series, we narrow down and bring to you reviews of a handful of documentaries that are suitable for children/parents.



### . HOW EVERY CHILD CAN THRIVE BY FIVE .



This delightful short Ted Talk by 7 year old Molly Wright makes us think how something so simple as just ‘connecting, talking and playing’ can help our children grow into healthy young adults.

She emphasizes on the concept ‘serve and return’ where parents engage in simple play time with young children which translates into learning important skills and helping them build healthy relationships. Molly uses many examples from one year old Ari and his dad Amarjot’s life to validate her points.

WATCH MOLLY’S TED TALK HERE :

[https://www.ted.com/talks/molly\\_wright\\_how\\_every\\_child\\_can\\_thrive\\_by\\_five/transcriptutm\\_source=tedcomshare&utm\\_medium=email&utm\\_campaign=teditspread%20#t-54262](https://www.ted.com/talks/molly_wright_how_every_child_can_thrive_by_five/transcriptutm_source=tedcomshare&utm_medium=email&utm_campaign=teditspread%20#t-54262)

## HALFWAY DOWN

A.A.MILNE

Halfway down the stairs  
Is a stair  
Where I sit.  
There isn't any  
Other stair  
Quite like  
It.  
I'm not at the bottom,  
I'm not at the top;  
So this is the stair  
Where  
I always  
Stop.

Halfway up the stairs  
Isn't up  
And it isn't down.  
It isn't in the nursery,  
It isn't in town.  
And all sorts of funny  
thoughts  
Run round my head.  
It isn't really  
Anywhere!  
It's somewhere else  
Instead!



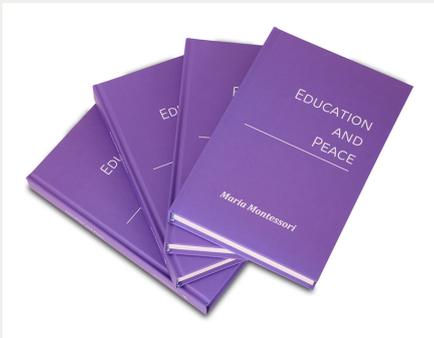
## What's in the IMF Store ?

*In the quest to bring Montessori philosophy and principles to families and communities and supporting schools and training centres in their work, the Indian Montessori Foundation (IMF) has on sale Montessori books, didactic language material and furniture that aids independence in young children.*

Montessori books are an invaluable resource for students of Montessori practice and parents who wish to understand the developmental needs of the child to better support them. All the books are easy on the eyes with their large font and carry extensive and useful footnotes for the readers. The publications under the IMF banner are listed below :

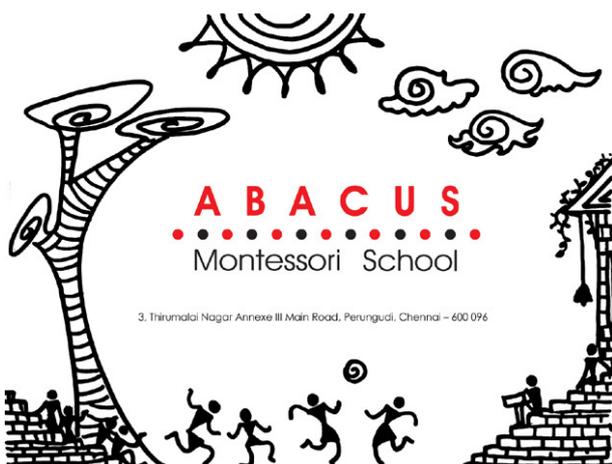
### EDUCATION AND PEACE

Published : May 2018  
ISBN : 978-81-936973-0-6  
Price : Rs.560



This book presents a set of lectures on an important topic in our troubled times. Maria Montessori believed that if children in their early years do not experience a peaceful life dedicated to their own developmental goals, if they do not receive the benefit of a supportive educational environment created by understanding adults, an ever-widening rift will occur between the world of the adult and the child with disastrous consequences for the world. A crusader for childhood and nominated three times for the Nobel Peace Prize, Maria Montessori's life's work in education was dedicated to the creating of a peaceful society in which the child is the agent of transformation.

**All our books can be purchased at events organised by the IMF in your city or at <https://montessori-india.org/store/>**



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# Demystifying Montessori Materials

- Archana Narayanan & Khyati Shah

Many times, the child's reply to 'What did you do in class today?' mystifies the adult even more. Either incomprehensible names or mundane activities are encountered. This series brings to light how and why some materials are set up and how they are used by the children in a Primary Montessori community (3-6 years).

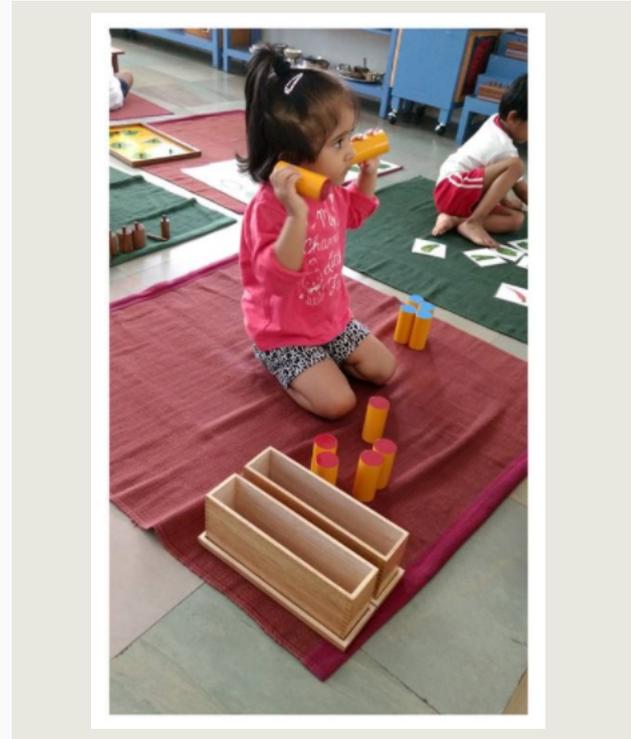
## SOUND BOXES

Young children explore their environment through their senses. The sound boxes allow the child to experience soft and loud sounds and a wide range between the two through this material. The experience allows the child to focus on the smallest difference between sounds!

The activity involves 2 sets of cylindrical wooden boxes that produce sounds from soft to loud. A child holds up one box, listens to the sound by shaking it. The child then tries to find the matching box in the other set. Over a period of time, this matching activity leads into grading the boxes from soft to loud.

What is interesting to watch is that children are able to make comparisons between the sounds that they are hearing and are able to sort out the sound boxes. This is the beginning of problem solving. It is the use of the hands and mind in tandem that is taking the child towards building intelligence!

It is a delight to watch the children scrunch their brows to listen to the soft sounds and then be suddenly surprised by the loud ones!



## IMF EVENTS

2021-22



Register now on [montessori-india.org](http://montessori-india.org)

DON'T MISS THIS YEAR'S FINAL EVENT !



Day	Month	Time	Online Event	Topic	Speaker
Saturday	24 Jul-21	4 PM - 5 PM	Talk	Supporting Children through the Pandemic	Rukmini Ramachandran
Saturday	28 Aug-21	4 PM - 5 PM	Workshop	Helping Children deal with Disappointment	Hemalatha Rangarajan
Thursday	16 Sep-21	9 AM - 12 PM	AMI Students	Orientation to IMF	IMF Events Team
Saturday	25-Sep-21	4 PM - 5 PM	Talk	Real Life: Getting Beyond the Screen	Suneeta Madnani
Saturday	23-Oct-21	9 AM - 12 PM	Workshop	Joy of Mathematics	Vibhuti Jain, Ruby Lau, Madhavi Gaddam
Thursday	18-Nov-21	9 AM - 12 PM	AMI Students	Art Appreciation	Gowri Ramnarayan
Saturday	27-Nov-21	5:30 PM - 8:30 PM	Workshop	Introduction to Montessori Elementary	Alison Awes
Saturday	18-Dec-21	4 PM - 5 PM	School Heads	TBD	
Saturday	22-Jan-22	4 PM - 5 PM	Talk	Consistency - the Key to Parenting	Amy Kirkham
Saturday	26-Mar-22	4 PM - 5 PM	Talk	Education beyond Worksheets	Teenaz Reporter

# A Play with Numbers

- Kavneet Chadha & Jezreena Jezer

*In this era of technology where online games have become the 'go to' option this series aims to bring back the charm of playing traditional games that build memories, allow for families to bond as well as build cognitive skills, laying a foundation for mathematics for children under 6.*

## Jacks

Jacks dates back to more than 2000 years. There is a mention of the game being played around the time of the Trojan War (roughly 1190 BC) in the texts left behind by the Greek philosopher Sophocles. The game is simple, fun and challenging. It does not restrict the number of players.

Initially, Jacks was played using pebbles or sheep knuckle bones. Eventually, the game evolved to have one rubber ball and the knuckle bones were replaced with ten small metal 'jacks', whose shape is said to resemble the original sheep knucklebones that were used. (If you do not have the game set, you can always use 11 pebbles, to represent the ball and the 10 jacks)



## How to Play

- Scatter the jacks on a flat surface.
- Bounce the ball with one hand. While the ball is in the air, one jack is picked up using the same hand before catching the ball. (If you are using pebbles, scatter 10 pebbles while using the eleventh one to throw up in the air).
- Continue the same way till all the jacks are picked up individually.
- To start the second round, scatter the 10 jacks again. The number of jacks to pick in each round are as follows:

Round 1: 1+1+1+1+1+1+1+1+1+1

Round 2: 2+2+2+2+2

Round 3: 3+3+3+1

Round 4: 4+4+2

Round 5: 5+5

Round 6: 6+4

Round 7: 7+3

Round 8: 8+2

Round 9: 9+1

Round 10: 10

- If the player misses picking up the required number of jacks or catching the ball or moves another jack in the process, then they lose their turn. When they get their turn again, they can start at the beginning of the round they left at.
- The player that finishes the tenth round first is declared as the winner of the game.

”

*“The child comes to respect the work of others, not because someone has said he must, but because this is a reality that he meets in his daily experience. There is only one between many children, so there is nothing for it but to wait. And since this happens every hour of the day for years, the idea of respecting others and of waiting one’s turn, becomes a habitual part of life which always grows more mature.”*

# FROM GLOWING LIGHTHOUSES TO HUNGRY DRAGONS !

## *Tales from Elementary Children*

*This series brings to you stories conceived, written, edited and illustrated by elementary children!*

### The Two Knights and the Giants

Written + Illustrated by Angelo Shukkla , 10 years



There once were two knights who lived in a strong empire that conquered their enemies except for one, the giants!! The giants invaded innocent people and their homes and way more. The empire was attacked often but the people still managed to keep their homes. A quarter of the empire did perish, however that's not the story.

The story is about two fearless knights, Martin and Marvin. They were brothers who joined the empire and became knights. One day Martin and Marvin were hungry. So, they decided to go hunting for food. Just as they were going, they ran into a giant. They did not want it to destroy the empire, so they tried distracting and chasing it. This was no ordinary giant but a giant five times bigger than a normal one. It was like a supreme warlord of the giants. The knights tried to fight it, but they could not. The giant punched Marvin in the face which sent him flying. He hit a tree and fainted. Then the giant took Martin and knocked him too!!!

When Marvin woke up, he realized that Martin was missing. Marvin looked for days and days until he found a fortress that had Martin tied to a pole on the roof.

Marvin went to some sort of storage area and found an enormous ladder that he used to climb on to the roof. He reached the roof and untied Martin.

They were about to escape when the giant came. He got angry and threw two big rocks at Martin and Marvin. They managed to dodge them, but they still had a giant to defeat. They jumped off the roof, took their swords and pierced the giant. That was the end of the giant. It lay motionless on the floor. Just as the other giants saw their master lie on the floor, they were terrified and ran away, never to be seen or heard from again.

Martin and Marvin headed home. They told their people about their victory. Everyone was delighted and celebrated a lot. After the celebration, Martin and Marvin thought that they should write about their adventure. So, they wrote and wrote and wrote until finally they were finished. They spread their stories across their country. And you're probably wondering where this story is. Well, it is right here, it is right next to you, it is the story you just finished reading.

# Experiences & Explorations

In this segment, Christina Dias shares her thoughts and experiences with young children and how adults can support their love for work and exploration of their environment.

*Christina Dias Remedios is currently a Montessori Elementary directress at the Chiang Mai Montessori International School, Thailand. Her 16-year journey includes working in Primary (3-6 years) and Elementary (6-12 years) classrooms in Vietnam, Belgium, Thailand and across India. Her passion lies in being an advocate for Montessori principles and holistic education that are child and community centric.*



## Alt+Screen+Delete...Ctrl our well being

Just before 'Children's Day' an article stated that 3 Fortis hospitals interviewed 7,620 parents (Times of India). The survey found 62% children spent four to six hours every day in front of a gadget. 57% children watched TV or played video games in their free time.

Surely most of us know the wellbeing mantras invite us to de-habituate from screens, re-centre and balance our daily lives.

**Set time off/ day off screen time** - We can clearly choose a part of the day where all family members turn off the laptop, TV, tablet and put their phones on silent. Children will learn and be inspired if adults become the trendsetters. Each family member can plan an activity together or where all family members can contribute to setting up, making a meal, or even create the family 'to-do list' for home chores- anything that can keep us away from screen time.

**Old fashioned entertainment** - Set up time for board games, quizzes, where each adult could get time to bond with the children; writing a journal or even home improvement projects. Going through an old family photo album does not need an electronic connection, it helps adults take children down memory lane where positive nostalgia connects different generations.

**Boredom, the canvas for creativity** - I've heard children in my care say 'I'm' bored innumerable times. I tell them it's a good beginning and that it reveals to me they really want to do something fruitful. Help them come up with plans and ideas; it could be suggestions of things they can help other friends with or tasks they have procrastinated doing.

**Compensation hours** - We did this at school, for every hour older children were offered screen time to do school work, they had to clock in 10 -15 - 20-minute slots to do a physical activity e.g., walk around the house, make a cup of tea for someone else, fill another water bottle, arrange a shelf, clear dishwashing etc.

**Physically fit** - More than ever many pediatricians have addressed the need for children to make up for the sedentary lifestyle. Our P.E. instructor introduced an interesting card game: 12 physical tasks set for 12 cards of a deck. Simple tasks; jump 5 times, jump on a trampoline or go for a quick run, stretch five parts of your body, run and collect 10 items from different parts of the house, breathe deeply 10 times, create dance moves to your desired song - just anything to get moving from a fixed seat or posture. Especially children between ages 2.5 - 4-year-olds should have opportunities to invent activities and games where they exude large doses of physical energy.

**Connecting with friends** - Children need to talk to their close family, friends. Try doing this without the involvement of video. Just connecting to a voice on the other side. This kind of communication also helps us learn how to understand nuances in people's voices, a communication art long forgotten.

**Tried and tested 'me time'** - To date I remember how my 2-year-old nephew's favourite 'pass time' was playing with inexpensive utensils that made different sounds. The addition of toys need not be expensive options, empty cardboard boxes, paper rolls, egg cartons, bottles even lengthy bedsheets can become craft assets.

Some children's activities may not make sense to adults but children too need uninterrupted time for themselves, one without scheduling, or adult intervention. Three-year-old Aarthi discovered her love for helping her grandma string garlands for pooja and take on orders for their neighbours. For many children who love arts, scrapbooking, painting and art projects can be a goldmine to explore.

**Continued...**

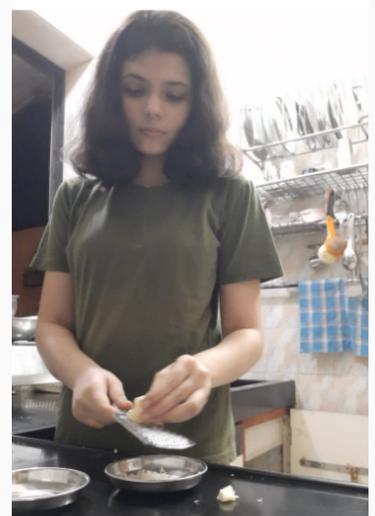
We will not always be in our isolation bubbles; we must thus keep at the forefront the child's need to have a path that draws them to create something for themselves, tap into sociability, ingenuity, collaboration, bonding and positivity away from the lights or screen or the camera.

***Silver Lining Stories***

- Meera Ghelani & Kavneet Chadha

*The past year has been challenging. It has also been an opportunity for children to spend more time with parents and for parents to observe their little ones like never before. In this series, parents share moments of learning during these homebound times.*

Both the parents and the children have had to accommodate themselves to a new routine during the pandemic. Being a parent to a 12 year old, Karuna Lulla feels that children have learnt to be more mindful, empathetic and considerate of the situation around them. *"Mishti learnt to respect the needs of others and when there weren't domestic workers coming in, she volunteered with other family members to complete the household chores."* Mishti has also learnt to cook some basic snacks such as noodles and sandwiches for the family. With time in hand, she also started to learn to play the keyboard and indulge more in reading for pleasure.



*"My daughter realized the role that community players play for our safety and welfare. Though the pandemic has been difficult to deal with, it has brought forward the importance of the present moment and the value of things as well as people around us which one must cherish always."*

Madhuri Prasad, mother of an 8 year old, noticed a more resilient Kashika, being content with whatever there was at the moment. *"She understood the necessity of being cautious during the pandemic. She didn't go down to play in the park even though she saw some of her friends playing. She followed the normal routine and her responsibilities inside the house with less resistance."* Kashika also lives with her grandparents and the pandemic has allowed her to engage and have long conversations with them. *"She assists them by giving them their medicines and keeps them entertained with her antics"*.

***Everyday Wonders !***

Kamini Kapur, Elementary Trainer in training and nature enthusiast, takes us on a photo trail as she ponders on the marvels of nature in everyday life. Join her in exploring your own backyards with children !



*' Speckle of hope ! '*

# Frequently asked Questions answered by AMI Trainers!

We often wonder during the developmental years if we, as caretakers of young children, are making the right decisions and providing our children with the support they need. In this segment, we have trained educationalists answer a series of queries and help us in this journey.



Zarin Malva has been the Director of Training of RTI Montessori Course in Mumbai since 1995. She taught for many years in India, Canada and USA before becoming an AMI 3-6 Trainer. She also guides and supports the staff of the Montessori schools in Mumbai.

## Question:

My 6-year-old son does not want to stick to a routine. He just wants to do what he likes to do. How do we make him realise the importance of routine?

## Answered by Zarin Malva :

We can only help a child understand a routine by maintaining a routine ourselves. As a family everyone needs to follow an orderly day with a predictable sequence of events. Consistency is extremely important. We first need to be aware of ourselves, change ourselves. Talk to your 6-year-old about the routine to be followed and prepare the child for the routine. Let the child participate in planning the routine. Outline all the expectations and responsibilities of the child. Write a list of all the things to be done. Help the child over time to consistently follow the routine that is agreed on together. Remember to plan some time to talk to the child after a week and discuss the challenges.

**\*Become a donor to access Zarin's article 'Helping the Child Towards Discipline' with other interesting questions. Visit the donor's section in our website <https://montessori-india.org/>**

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Website: [www.montessori-mumbai.org](http://www.montessori-mumbai.org)



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*Do send in articles or news to [thetouchboard@gmail.com](mailto:thetouchboard@gmail.com)*

**New opportunity to reach the Montessori community!**

The Montessori community is growing! Parents are more aware of Montessori education than ever before.

The Indian Montessori Foundation (IMF) publishes The Touch Board (newsletter, 8 issues: July, August, September, October, November, January, February, March) and Montessori Matters (Annual Journal).

Communication to target the Montessori community can be published as per the following tariff.

**The Touch Board (colour; 6 x 8 cms)**

1 issue	₹ 500
4 issues	₹1500
7 issues	₹2800

**Montessori Matters (black and white; [full page] 20 x 12cms)**

1 issue	₹1000
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The advertisements can be sent to [thetouchboard@gmail.com](mailto:thetouchboard@gmail.com) to reach us on or before the 5th of the previous month.

**Donate generously to IMF!**

Your donation will help us keep our work of reaching Montessori ideas to children and families alive.

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For more information, Contact : 8248010258 or email us at [info@montessori-india.org](mailto:info@montessori-india.org)

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Membership of AMI is open to all individuals. AMI members are a stronghold in the Montessori community, putting Montessori education in the spotlight and making a difference to the lives of children. AMI membership brings with it: educational publications such as the AMI Journal, digital newsletters keeping you up to date with the latest on AMI's work and news from across the globe, and discounted offers at congresses, refreshers and other events.

Become part of a worldwide community dedicated to the rights of the child and to supporting human development.

Membership fees begin at 40 euros.

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