## Exercises of Practical Life Table of Contents

Froingue	,
Education as an Aid to Life	2
Introduction to Exercises of Practical Life	3
List of the Exercises of Practical Life	1 <del>4</del>
Prolimin and Everaine	
Preliminary Exercises	17
General Overview	
How to Carry a Working Mat	18
How to Place a Pitcher	19
How to Carry a Tray	20
How to Roll a Working Mat	21
How to Put Down a Chair	22
How to Sit On a Chair at a Table	23
How to Fold Napkins	24
How to Pour Grain	27
How to Pour Water	29
How to Fold a Dust-cloth to Put Away	31
How to Fold a Dust-cloth to Dust	33
Care of Self	
How to Wash Hands	35
How to Polish Shoes	38
Snap Frame	4C
Hook and Eye Frame	42
Button Frame	44
Buckle Frame	46
Zipper Frame	48
Bow Frame	5C
	53 53
Lacing Frame — V Pattern	
Lacing Frame — X Pattern	55 57
Lacing Frame — Linear Pattern	57
Safety Pin Frame	59
Care of the Environment	
How to Dust a Table	62
How to Use a Dustpan and Brush	64
How to Sweep	66
How to Wipe Up a Spill	68
How to Dust Leaves	70
How to Polish Glass	71
How to Care for Plants	<i>7</i> 3
How to Polish Wood	75
How to Polish Metal	77
How to Wash a Table	 79
How to Wash Cloths	82
How to Iron	85 85
How to Arrange Flowers	87
How to Make Lemon Water	89

How to Wash Fruits and Vegetables	91
How to Peel & Cut Fruits and Vegetables	93
How to Bake	95
Grace and Courtesy	
Introduction to Grace and Courtesy	98
How to Walk Around A Mat	100
How to Introduce Yourself	101
How to Apologize	102
How to Observe	103
How to Draw Attention	104
How to Accept a Compliment	105
How to Blow Your Nose	106
How to Hold a Door Open	107
Control of Movement	
Introduction to Walking on the Line	109
Walking on the Line	112
Introduction to the Silence Activity	119
The Silence Activity	121
Visual Art	
Introduction to Visual Art	<i>125</i>
	125 126
Introduction to Visual Art Rubbings (Exploration of Texture) Cutting - Snipping	
Rubbings (Exploration of Texture) Cutting - Snipping	126
Rubbings (Exploration of Texture)	126 128
Rubbings (Exploration of Texture) Cutting - Snipping Cutting - Lines Advanced Cutting	126 128 129
Rubbings (Exploration of Texture) Cutting - Snipping Cutting - Lines	126 128 129 130
Rubbings (Exploration of Texture) Cutting - Snipping Cutting - Lines Advanced Cutting Contour Drawing with Crayon (Exploration of Line)	126 128 129 130 131
Rubbings (Exploration of Texture) Cutting - Snipping Cutting - Lines Advanced Cutting Contour Drawing with Crayon (Exploration of Line) Drawing with Colored Pencils	126 128 129 130 131 133
Rubbings (Exploration of Texture) Cutting - Snipping Cutting - Lines Advanced Cutting Contour Drawing with Crayon (Exploration of Line) Drawing with Colored Pencils Cutting and Gluing (Exploration of Space)	126 128 129 130 131 133 135
Rubbings (Exploration of Texture) Cutting - Snipping Cutting - Lines Advanced Cutting Contour Drawing with Crayon (Exploration of Line) Drawing with Colored Pencils Cutting and Gluing (Exploration of Space) Painting (Exploration of Color)	126 128 129 130 131 133 135
Rubbings (Exploration of Texture) Cutting - Snipping Cutting - Lines Advanced Cutting Contour Drawing with Crayon (Exploration of Line) Drawing with Colored Pencils Cutting and Gluing (Exploration of Space) Painting (Exploration of Color) Sculpting (Exploration of Form)	126 128 129 130 131 133 135 137
Rubbings (Exploration of Texture) Cutting - Snipping Cutting - Lines Advanced Cutting Contour Drawing with Crayon (Exploration of Line) Drawing with Colored Pencils Cutting and Gluing (Exploration of Space) Painting (Exploration of Color) Sculpting (Exploration of Form) Beginning Sewing	126 128 129 130 131 133 135 137 139
Rubbings (Exploration of Texture) Cutting - Snipping Cutting - Lines Advanced Cutting Contour Drawing with Crayon (Exploration of Line) Drawing with Colored Pencils Cutting and Gluing (Exploration of Space) Painting (Exploration of Color) Sculpting (Exploration of Form) Beginning Sewing Sewing a Button	126 128 129 130 131 133 135 137 139 141
Rubbings (Exploration of Texture) Cutting - Snipping Cutting - Lines Advanced Cutting Contour Drawing with Crayon (Exploration of Line) Drawing with Colored Pencils Cutting and Gluing (Exploration of Space) Painting (Exploration of Color) Sculpting (Exploration of Form) Beginning Sewing Sewing a Button Advanced Sewing — Running Stitch	126 128 129 130 131 133 135 137 139 141 143
Rubbings (Exploration of Texture) Cutting - Snipping Cutting - Lines Advanced Cutting Contour Drawing with Crayon (Exploration of Line) Drawing with Colored Pencils Cutting and Gluing (Exploration of Space) Painting (Exploration of Color) Sculpting (Exploration of Form) Beginning Sewing Sewing a Button Advanced Sewing — Running Stitch Sewing a Basic Pocket Pillow	126 128 129 130 131 133 135 137 139 141 143
Rubbings (Exploration of Texture) Cutting - Snipping Cutting - Lines Advanced Cutting Contour Drawing with Crayon (Exploration of Line) Drawing with Colored Pencils Cutting and Gluing (Exploration of Space) Painting (Exploration of Color) Sculpting (Exploration of Form) Beginning Sewing Sewing a Button Advanced Sewing — Running Stitch Sewing a Basic Pocket Pillow  Appendices	126 128 129 130 131 133 135 137 139 141 143 145