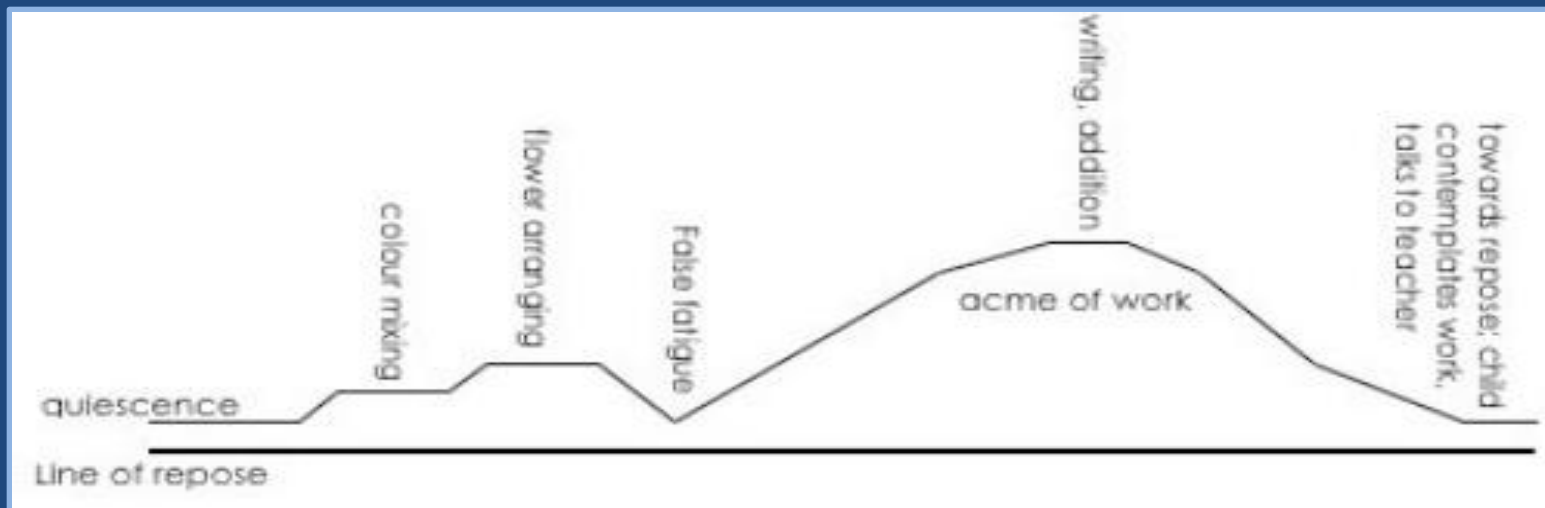


The Benefits of 'The Three Hour Work Cycle'

One of the characteristics of the Montessori classroom is the ability to work for long periods of unbroken time. Approximately 1 ½ hours into the work cycle children will experience 'false fatigue'; they become restless, the classroom becomes noticeably louder, and the children take a mental 'break' from their work. If the teacher allows the children the time they need to experience the restlessness of false fatigue, they will soon settle into their most difficult work choice of the cycle and stay with it for the longest time. During this work, their concentration is deepest and they typically make the greatest strides in the development of skills and the acquisition of knowledge. The introduction of the three-hour work period will allow for the completion of this cycle.

The following represents an example of a productive work cycle.



Adapted from the book: *The Advanced Montessori Method 1*