

# *Grocery List*

*Waldorf Curriculum  
Preschool Newsletter*

*January 19, 2006*

# ACTIVITIES

As you well know, spending time with children is always rewarding. It can help you to see the world around you in a whole new way and to value things that you may take for granted or consider perfectly ordinary. On the other hand, when you are entirely responsible for their care, even small children can be intimidating. Just what do you do with them all day? This newsletter is here to help – whether you're a parent, grandparent, babysitter, caregiver, neighbor, or anyone acting as a substitute teacher and spending the day with a preschool-aged child.

The following sections will give some suggested activities for this week's theme as well as methodology and ideas for preparation.

## **"Grocery List"**

A preschool curriculum with your young child doesn't have to be expensive or difficult. In fact, many of the materials may be found as close by as your nearest grocery store. Here are some examples:

- mortar and pestle (used for crushing cardamom pods in our bread recipe this week)
- aluminum foil for sculptures
- parchment paper as a wonderful surface for clay work
- whole nutmeg and a grater
- cheesecloth for play "silks", nature table cloths, or curtains to softly filter the light in your playroom
- salt for adding marvelous new textures to your watercolor painting (sprinkle it on when the paint is still wet then let dry slowly)
- flour to explore in your sand/water table

Earthways by Carol Petrash gives a host of inexpensive easy-to-do activities for your home or classroom using simple materials such as these. Feel free to share your own ideas by writing to the Group at [waldorfcriculum@yahoo.com](mailto:waldorfcriculum@yahoo.com).



#### One Room Schoolhouse:

"Grocery List" is a topic which is easily adaptable to older children. Try putting them in charge of making dinner once a week. Your child should plan the menu, keeping in mind healthy meal planning including all four food groups, make the grocery list and practice comparison shopping at the store to get the best prices. Fixing a meal also involves the use of a lot of math with weight and volume measurements and keeping track of elapsed time. To focus your child's attention on real-life use of math skills, give him or her a weekly budget. A large "economy" package with a lower price per unit may not be the best choice if it leaves too little room in the budget for your other ingredients!

# Daily Schedule

7 am wake up, morning verse, get dressed, breakfast

## 8 am School

- ❖ opening verse 8 am
- ❖ daily activity 8:05 am

Monday	watercolor painting, dance
Tuesday	visit farmer's market, make vegetable soup
Wednesday	visit library
Thursday	bake bread, churn butter
Friday	handwork project (beeswax modeling, coloring, seasonal crafts)
Saturday	field trip (visit nature center, art gallery, museum, concert, dance)
Sunday	housekeeping (waxing, washing, polishing, mending)

- ❖ independent play (outside) 8:50 am
- ❖ circle time 9:30 am
- ❖ independent play (inside) 9:45 am
- ❖ clean up 10:25 am
- ❖ story, puppetry, drama 10:40 am
- ❖ closing verse 10:55 am

11 am lunch

11:30 am nap

2:30 pm snack

3 pm independent play

4:30 pm nature walk

5 pm prepare dinner, set table

5:30 pm dinner

6 pm bedtime routines

7 pm bedtime

For more details on this schedule, please visit our website at [www.waldorfcriculum.com](http://www.waldorfcriculum.com) and click on the article "How to Homeschool."

## **Index Cards**

When you follow this simple schedule, the only things you'll really need to plan in advance are

1. the daily activity,
2. circle time,
3. storytelling, and
4. dinner.

Your entire planning can easily fit on a 3x5 index card. Make up a card for the day with notes on what you plan to do and simply carry it with you. Or, if you will have the child on a regular basis, sew a small pocket to keep the card in and hang it on the wall. The child will love to run to the pocket and take out each day's card to see what you'll be doing together. Make note of what resources you need to complete the activities, such as story books, cookbooks, a book of rhymes and fingerplays, craft books, etc.

## **The Waldorf Way**

Some things about the Waldorf way of spending time with preschool children may be new to you. Here are some general notes; feel free to visit our website at [www.waldorfcriculum.com](http://www.waldorfcriculum.com) for more information and resource links for Waldorf education.

*Verses* provide rhythm, security, and a transition between one activity to another. They are an important way for your child to take the time to stop, rest, and center himself before beginning the next activity, and they also provide a moment of quiet thankfulness and gratitude for each part of the day.

*Helping* around the home is an essential part of any Waldorf curriculum. It is not necessary to put a child in front of the television while you do the dishes or sort the laundry into lights and darks; let the child help you. Even if you have an automatic dishwasher, a child can help by rinsing the dishes before they are loaded. Children love to do work that they know is truly helpful and all young children thrive in situations where they are allowed to imitate an adult. Washing the dog, washing the car, sweeping or dusting, repotting houseplants, feeding the cats, setting and clearing the table... all of these are wonderful activities to do with a preschool-aged child.

*Cooking* is always a wonderful activity for a child to participate in. Bearing in mind any dietary restrictions (such as vegan or vegetarian, gluten-free, kosher, etc.), food allergies, and common-sense kitchen safety, consider preparing a simple recipe with the child. Children love to wash vegetables, measure and mix ingredients, and set the table for a meal. Preparing and eating a snack is always popular!

Don't forget the many benefits of unguided imaginative *Play*. You need to stay nearby for safety's sake, if the child is in an unfamiliar environment or you aren't certain what should or should not be childproofed. All children need daily time to play. In the preschool years, play is the WORK of the young child. Prepare an appropriate play space and then stay out of it as much as you can; give the child the simplest and highest quality toys you can find such as large pieces of cloth, blocks, dolls, and materials from nature (such as pinecones, feathers, or shells). Avoid plastic toys. Consider a basin of water and some measuring cups or add some dish detergent and give the child a whisk. The more open-ended a material, the more of the child will be brought forth in playing with it. The more structured a material, the less will be required of the child – and the less he will grow and develop when playing with it. As a simple test, try playing with the toys yourself. If you find you tire of a thing quickly, so will a child!

The Waldorf view of *Handwork* is different from the usual craft projects done with young children. Handwork must have an authentic context – it must be truly useful and must be completed slowly, deliberately, and with pride. As children grow, they benefit from the lessons learned in doing handwork – that taking your time, following all the steps, and doing your best work will result in a product of which you can be proud.

Process – not product – is the emphasis of *Art* time. Be sure that your child understands that art activities are for learning, for exploration, and not to be afraid to have fun! Even many adults in our society are afraid to experiment with art materials because “it won't look right”; nip this attitude in the bud!

*Storytelling* is an important part of the Waldorf method. A wonderful resource we recommend is [Storytelling with Children](#) by Nancy Mellon. If at all possible try to learn more about storytelling and puppetry. If you just don't feel comfortable telling stories orally, we provide suggestions for picture books you can read which go along with each topic. It will actually be more damaging for your child to experience an insincere story where the adult feels false and uncomfortable. Also, remember that storytime or puppet shows at your local library can be a part of your plans for the day but DO NOT take place of reading one-on-one with the child. This personal connection and quiet nurturing time is a very different experience than the social one of experiencing a story in a group.

What follows are my notes for lesson planning this week. Please feel free to share your own suggestions by writing to the Group at [waldorfcriculum@yahoogroups.com](mailto:waldorfcriculum@yahoogroups.com).

## **Thursday – January 19**

Bake Bread, Churn Butter:

Cardamom Wreath

Taste of Home 2003 page 104

take extra wreath to Grammy & Papa tomorrow

Circle Time:

sing "Mother Earth"

Pentatonic Songs page 1

Storytelling:

check on seeds in pots; tell story about a little seed being warmed by the sun, waking up and stretching tall to come out of the earth and see the world

Dinner:

Edamame Succotash with Shrimp

Cooking Light 2004 page 26

## **Friday – January 20**

Handwork:

make apron for N

<http://craftandfabriclinks.com/apron/apron.html>

Circle Time:

aluminum foil sculptures

Storytelling:

read Norman the Doorman

Dinner:

Firecracker Vegetable Roast

Cooking Light 2004 page 41

## **Saturday – January 21**

Field Trip: Sculpture Garden

Annamarie Garden Solomons MD

<http://www.annmariegarden.org/>

Circle Time:

working with clay

Storytelling:

tell story of watermen on the Chesapeake Bay tonging for oysters  
look at A. Aubrey Bodine photographs

Dinner:

Tofu and Swiss Chard Stacks

Cooking Light 2004 page 42

## **Sunday – January 22**

### Housekeeping:

sweep and dust  
make new curtains (cheesecloth)

### Circle Time

fold and sort laundry  
sing "Washing Day"

Pentatonic Songs page 3

### Storytelling:

read "The Husband Who Was to Mind the House"  
East of the Sun and West of the Moon chapter 5

### Dinner:

Mashed Potatoes with Zucchini Ragout Cooking Light 2004 page 42

## **Monday – January 23**

### Watercolor Painting:

with salt

### Circle Time:

Fruited Breakfast Barley Cooking Light 2004 page 37

### Storytelling:

read Flip and the Morning

### Dinner:

Ginger-Glazed Salmon Cooking Light 2004 page 45

## **Tuesday – January 24**

### Visit Farmer's Market, Make Vegetable Soup:

Miso Vegetable Noodle Bowl Cooking Light 2004 page 41

### Circle Time:

put flour in sand/water table

### Storytelling:

read The Magic Cooking Pot

### Dinner:

Banana-Mango Crisp Cooking Light 2004 page 43



# VERSES

## Opening Verse

The Waldorf method places a strong emphasis on establishing rhythms throughout the day which give a comfortable sense of order and security to a child's life. One of these is to start your day (or your time together) with a short meditation called an opening verse. Choose a place which is clean and orderly; children are deeply sensitive to their environments and are unable to feel calm in the midst of chaos. Lighting a candle while you say the verse is customary, as this helps to establish a reflective atmosphere. Even if you choose not to do light a candle, the opening verse will be a transition for the child into your care. After you declare yourselves to be "ready now for work and learning", you can blow out the candle and begin your day!

Opening Verse:  
In the morning at the sunrise  
When the light of day doth break,  
Children's souls, by angels guided,  
Sleep from rested body shake,  
Ready now for work and learning,  
Happy, steady, and awake.

## Closing Verse

Use this verse to end your time together on a high note, striving to go forth and made the rest of the day a good one. Like the opening verse, lighting a candle is customary and provides a sense of closure. When the candle is blown out, you will go forward feeling positive about the next thing to come your way.

The golden sun so great and bright  
Warms the world with all its might.  
It makes the dark earth green and fair,  
Attends each thing with ceaseless care.  
It shines on blossom, stone, and tree,  
On bird and beast, on you and me.  
So may each deed throughout the day,  
May everything we do and say  
Be bright and strong and true,  
Oh, golden sun, like you!

# GROCERY LIST

## **Produce:**

orange  
celery  
red onion  
yellow onion  
fresh herbs: parsley, basil, cilantro  
cauliflower  
broccoli  
fennel  
yellow bell pepper  
2 red bell peppers  
tomato  
firm tofu

2 pkg shiitake mushrooms  
lb cremini mushrooms  
4 cups Swiss chard  
4 cups spinach  
2 lbs Yukon gold potatoes  
green onions  
3 small zucchini  
dried fruit: raisins, apricots  
6 bananas  
3 mangos  
Chinese cabbage  
3 carrots

## **Pantry:**

all purpose flour  
sliced almonds  
slivered almonds  
white wine  
mirin (sweet rice wine)  
dark rum  
Italian seasoning  
can chickpeas  
black olive paste (or small can black olives)  
14.5 oz can diced tomatoes  
pearl barley  
pineapple preserves  
4 oz udon noodles  
vegetable broth  
yellow miso (soybean paste)  
chili paste with garlic

## **Meats:**

lb medium shrimp  
4 salmon fillets (about 1 inch thick)

## **Dairy:**

butter  
whipping cream  
eggs  
milk

## **Frozen:**

corn kernels  
snow peas

# MATERIALS LIST

## **Grocery List Activities:**

for Thursday	mortar & pestle, zester or small grater
for Friday	aluminum foil
for Saturday	parchment paper
for Sunday	cheesecloth
for Monday	salt (each type of salt gives a different result, buy a variety if desired)
for Tuesday	flour (10 lbs)

## **Quilt Block Apron:**

1/8 yard yellow fabric

1/8 yard pink fabric

1/4 yard blue fabric

1 1/4 yard quilter's muslin

kitchen towel

basic sewing supplies, quilter's ruler or grid, fabric marking pen

butcher paper (for making the pattern)

# RESOURCE GUIDE

Waldorf Verses for Circle Time and Play

<http://www.waldorfhomeschoolers.com/VERSES.htm>

## Activities

- [Earthways](#) by Carol Petrash
- [Pentatonic Songs](#) by Elisabeth Lebret
- [Children, Clay, and Sculpture](#) by Cathy Topal

## Stories

- [Storytelling with Children](#) by Nancy Mellon
- [Norman the Doorman](#) by Don Freeman
- [East of the Sun and West of the Moon](#) illus. by Kay Neilsen
- [Flip and the Morning](#) by Wesley Dennis
- [The Magic Cooking Pot](#) by Faith M. Towle

collection of photographs by A. Aubrey Bodine

## Recipes

- [Taste of Home Annual Recipes 2003](#)
- [Cooking Light Annual Recipes 2004](#)

Make a donation to Waldorf Curriculum when you buy any of these books – and it won't cost you a thing! Simply visit [www.waldorfcurriculum.com](http://www.waldorfcurriculum.com) and initiate your order through our Amazon Affiliates link. Your support makes a difference. *Thank you.*