

# unit design

Each unit is made up of eight components: Music & Movement, Art, Nature, Cooking, Play, Handwork, Helping, and Stories.

## **Music & Movement**

A large variety of social activities can be used for the Music & Movement component -- including gym classes, music classes, yoga or other exercise classes -- or you can simply dance, exercise, and make music at home. I highly recommend Kindermusik classes; look in your local area for other Music & Movement activities. And don't forget to expose your child to Music & Movement through live performances. Although doing exercise videos with your child at home works well -- and is a wonderful way to make sure exercise is a part of your own day! -- watching performances on TV or video does not come anywhere close to the real experience and should be avoided.

## **Art**

Process -- not product -- is the emphasis of Art time. Use this time to explore thoroughly the techniques and skills used when working with a material. When it comes time to use the art materials in creating handwork, your child will be confident and able. Art should be discarded daily and in front of your child. Be sure that your child understands that art activities are for learning, for exploration, and are not to be kept. 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!

Visiting art exhibits, once your child is a little older, is also a part of Art. Look in your newspaper for local galleries; often there will even be art exhibits at the local courthouse or coffee house. Show your child that art can be found in all places. Sculpture gardens are also a wonderful outing for Waldorf homeschooling -- a nice blend of Art and Nature.

## **Nature**

Try to explore nature with your child as often as possible. Even walking your dog daily is an opportunity to be outside and to observe the natural world. Change the items on your nature table often as your child becomes aware of what is changing outside. Don't forget that nature can be experienced indoors as well through the growing of plants.

## **Cooking**

Cooking is separate from other kinds of Helping because so many quality things are learned during this time. It is similar to Handwork, as well, in that it should have an authentic context; have your child prepare food for the entire family. When children help provide daily sustenance for their families, it is a very real way for them to express the love they feel for those family members -- just as it is for you!

## **Play**

Keep Play as an empty square – but always have it in your planbook. It is a good reminder that all children need daily time to play, preferably away from adults. Unguided imaginative play is crucial for the development of the young child – play is their WORK and its importance cannot be overstated. Stay out of it as much as you can; also, try not to interfere too much in the play between your child and siblings or friends when conflicts break out. A good deal of socialization takes place as children work among themselves to resolve problems.

Your job as a parent is to provide a safe place for the children to play and to give them the best quality toys you can, such as play silks, blocks, simple dolls, and materials from nature. The more open-ended a material, the more of your child will be brought forth in playing with it. The more structured a material, the less will be required of your child – and the less your child 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 your child.

## **Handwork**

A proper approach to handwork is absolutely essential; otherwise, nothing will be gained from doing it. Handwork must have an authentic context – it must be truly useful around the home 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. Take the time to do handwork of your own, as well as teaching it to your child. Knitting, crochet, weaving, felting, carpentry, & etc. are wonderfully relaxing for you and will show your child that handwork is truly authentic.

## **Helping**

Helping around the home is an essential part of any Waldorf curriculum. It can be very difficult when transitioning to a Waldorf approach to parenting to remember to have your child share in your chores. Use this space in the planbook as a daily reminder – list specific tasks your child can be a part of each day. Or, if you are already accustomed to sharing your home chores with your child, simply fill this section in after the day is done.

## **Stories**

Each unit consists of 15 recommended stories to be read within the six weeks. You can and should revisit the stories as often as you or your child wish. The stories are of differing lengths and styles and some may appeal more to older or to younger children. Please do read each story at least once, however, to allow your child exposure to the full breadth of the topic. An ideal time for these stories is as part of your bedtime ritual.

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 your child. This personal connection and quiet nurturing time is a very different experience than the social one of experiencing a story in a group.

# Parent Preparation

You don't have to have formal education training to be a homeschooling parent. It does help to be familiar with the philosophy behind whatever program you choose, however. The Waldorf approach to the preschool years is based on what is developmentally appropriate for children at this stage of their life. Each unit contains recommended readings for all parents/caregivers, including those who are not actively teaching. It is best for all the key adults in a child's life to share a philosophical approach to parenting, for consistency in child-rearing. The recommended readings will help strengthen your understanding both of your child's development and of the activities in the unit.

The most vital part of the unit, however, is something which cannot be packaged. It's you, the parent and instructor. Your mental preparedness for school is a key part of each day and it is your main task each morning. Many people do school all year round; don't hesitate to take off whatever time helps you to stay balanced. We do school 5 days a week but we do Tues/Wed/Thurs and Sat/Sun. This is so I can do my errands such as doctor appointments and shopping on weekdays and so we can take advantage of relevant activities which occur on weekends. Spreading out my days off also helps me stay on top of my lesson planning and the housework and helps me feel relaxed and balanced. This is a crucial part of allowing me to teach effectively and it has kept me happy with my decision to homeschool.

Although you are not passing on a large amount of "academic" knowledge to your children in these units, you are at all times passing on large amounts of yourself and your attitudes. Make sure you are at your best! The Waldorf philosophy allows you to integrate your children into your lives without you – as a person – being left out. Taking time to exercise each day, walk outside, prepare nutritious meals, fold laundry, wash dishes, do some handwork, and read – all of these things help make you a balanced and relaxed person. Best of all, you are sharing each of these things with your child. Each of you also gets some personal time each day, time when your child plays and can be alone with his thoughts and you can be alone with yours.

Truthfully, before I discovered the Waldorf method, I felt like my preschool daughter was always in the way. Here I was trying to get important things done and she was constantly underfoot. I knew she needed more attention, but I thought my only option was to put the dishes and laundry on hold so I could take care of my parental obligations. And it came through loud and clear; when I tried to play with her, she knew that my mind was elsewhere. Once I discovered Waldorf and described it to my husband, he said with certainty, "That's what you need to be doing". And I discovered that Waldorf homeschooling is more of an approach to parenting than it is an academic regime – it's flexible, it's fun, and it absolutely changed my life. And I'm so happy to be able to share it with you!

Please feel free to contact me at any time at [waldorf\\_curric@yahoo.com](mailto:waldorf_curric@yahoo.com).

# ESSENTIAL STORIES

## WATER IN THE WORLD

The Seashore Book. Charlotte Zolotow.

Scuffy the Tugboat. Gertrude Crampton.

Earth, Water, Fire, and Air: Playful explorations in the four elements. Walter Kraul.

A Drop of Water. Walter Wick.

## THE POWER OF STEAM

The Popcorn Shop. Alice Low.

Great Railroad Paintings. by Robert Goldsborough, editor.

Crossing. Philip Booth.

Mike Mulligan and His Steam Shovel. Virginia Lee Burton.

# ESSENTIAL STORIES

## WATER AND THE WEATHER

Little Cloud. Eric Carle.

Snowflake Bentley. Jacqueline Briggs Martin.

The Snow Speaks. Nancy White Carlstrom.

Sun Bread. Elisa Kleven.

## WATER AS A LIFE GIVING FORCE

The Water Hole. Graeme Base.

The Desert is Theirs. Byd Baylor.

In the Small, Small Pond. Denise Fleming.

A Cool Drink of Water. Barbara Kerley.

The Hermit and the Well. Thich Nhat Hanh.

Visit [waldorfcriculum.com](http://waldorfcriculum.com) for links to purchase unit materials, additional Waldorf resources & a community forum on Waldorf education.

# ALSO RECOMMENDED

## MUSIC & MOVEMENT

Here Are My Hands. Bill Martin.

Gaiam "On the Ball" kit

Peek-a-Boo (recording). Hap Palmer.

Learning Basic Skills Through Music: Volume 1 (recording). Hap Palmer.

## ART – COLLAGES

Snowballs. Lois Ehlert.

Collage Discovery Workshop. Claudine Hellmuth.

## NATURE – CONTAINER GARDENING

Blueberry Shoe. Ann Dixon.

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# ALSO RECOMMENDED

## PLAY

Children at Play. Heidi Britz-Crecelius.

- The Wild Seed Game
- Ostheimer two part pond set with animals
- Nesting Elements, set of 4
- Bird Water Whistle

Nova Natural  
The Wooden Wagon  
Magic Cabin  
Magic Cabin

## HANDWORK – QUILTING

Nickel Quilts: Great designs from 5 inch scraps. Pat Speth.

The Quiltmaker's Gift. Jeff Brumbeau.

Oma's Quilt. Paulette Bourgeois.

# SAMPLE WEEK:      FROM NOVEMBER 28<sup>TH</sup> TO DECEMBER 3<sup>RD</sup>

	notes for next week:	Nov 28	Nov 29	Dec 01	Dec 02	Dec 03
Music & Movement		Learning Music Skills Through Music, vol 1: "Put Your Hands Up in the Air"	Kidfit @ community center 9:45 am	<u>Here Are My Hands</u>	Peek-a-Boo: "What a Miracle"	rain verse fingerplay
Art	kitchen art projects	Glazing Paint		Textured Paint	Peeling Paper	
Nature	the power of steam	nature walk, choose nature table items	imagine a stream going all the way to the sea			thank you, rain
Cooking						
Play						
Handwork	start collecting quilt fabric, gift-giving projects		seashell candles	<u>Earth, Water, Fire, and Air</u>	felted winter hat	make Christmas cards
Helping						
Stories		<u>The Seashore Book</u>	<u>Scuffy the Tugboat</u>	visit Grammy & Papa, read books together	storytime @ library 1:30 pm	<u>A Drop of Water</u>

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# WEEK ONE:

FROM \_\_\_\_\_ TO \_\_\_\_\_

notes for next week:

Music & Movement						
Art						
Nature						
Cooking						
Play						
Handwork						
Helping						
Stories						

# WEEK TWO:

FROM \_\_\_\_\_ TO \_\_\_\_\_

notes for next week:

Music & Movement						
Art						
Nature						
Cooking						
Play						
Handwork						
Helping						
Stories						

# WEEK THREE:

FROM \_\_\_\_\_ TO \_\_\_\_\_

notes for next week:

Music & Movement						
Art						
Nature						
Cooking						
Play						
Handwork						
Helping						
Stories						

# WEEK FOUR:

FROM \_\_\_\_\_ TO \_\_\_\_\_

notes for next week:

Music & Movement						
Art						
Nature						
Cooking						
Play						
Handwork						
Helping						
Stories						

# WEEK FIVE:

FROM \_\_\_\_\_ TO \_\_\_\_\_

notes for next week:

Music & Movement						
Art						
Nature						
Cooking						
Play						
Handwork						
Helping						
Stories						

# WEEK SIX:

FROM \_\_\_\_\_ TO \_\_\_\_\_

notes for next week:

Music & Movement						
Art						
Nature						
Cooking						
Play						
Handwork						
Helping						
Stories						

# JOURNAL: WEEK ONE

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# JOURNAL: WEEK TWO

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# JOURNAL: WEEK THREE

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# JOURNAL: WEEK FOUR

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# JOURNAL: WEEK FIVE

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# JOURNAL: WEEK SIX

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# LESSON PLANS: WEEK ONE

## ART

The following activities are from Collage Discovery Workshop: Chapter One.

Note: When purchasing art materials such as the matte acrylic gel medium recommended in this book, be sure to look for the AP symbol on the side of the container. The AP seal means that the product has been certified non-toxic and is safe for use even with small children.

**DO NOT** purchase or use materials labeled CL with your preschool child. The CL denotes a cautionary label.

For more information on health and safety labels visit <http://www.unitednow.com/Health/Health.asp>

### **Day One:**

"Glazing Paint" p.22

### **Day Two:**

"Textured Paint" p.26

### **Day Three:**

"Peeling Paper" p.29

## NATURE – WATER IN THE WORLD

### **Day One:**

Take a nature walk with your child. Observe the colors of the changing season. When you return home, choose new silks for your Nature table in appropriate colors. Some items for your Nature table in early Winter may include silks in white, silver, grey, or blue; crystals; undyed magic wool; crochet snowflakes; and any other special items which represent the season. Maintain your nature corner throughout the unit, adding items or removing items to follow what you observe outside.

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# LESSON PLANS: WEEK ONE CONTINUED

## **Day Two:**

Take a Nature walk with your child along a stream. Imagine that you follow the stream all the way to where it joins a river and travels on out to sea. What wonderful things do you think you would see along the way?

## **Day Three:**

Look through the amazing pictures in [A Drop of Water](#). The next time it rains, go outside and say a thank you to the rain for giving us all of our water. In the Spring you can set up a rain collection barrel to see just how much water we get from each rainstorm. Rainwater is very "soft" water – free of chlorine, lime, and calcium – and is wonderful for wool dyeing projects or to water your garden.

The following rain verse makes a wonderful fingerplay:

Raindrops, raindrops! [wiggle fingers in front of you like rain drops]  
Falling all around  
Pitter patter on the chimney [wiggle fingers, reaching up high in the air]  
Pitter patter on the ground [wiggle fingers, reaching down low to the ground]  
Here is my umbrella [move one arm in an arc over your head like the curve of the umbrella]  
It will keep me dry [bring hands together and clasp in front of your chest]  
When I'm walking in the rain [walk]  
I hold it up so high [bring hands up to the level of your nose, holding your umbrella up high]

## HANDWORK

### **Day One:**

Read [The Seashore Book](#). Take a Nature walk on the beach with your child. Gather a collection of seashells in one pail and fill another pail with sand. When you return home, make seashell candles.

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# LESSON PLANS: WEEK ONE CONTINUED

## *Seashell Candles*

Materials needed: paraffin; seashells of choice (large enough to hold candle wax); sand or rice; tea light candles, knife, double boiler or microwave oven, measuring cup, chopping block, small bowl.

1. Thoroughly clean seashells and allow to completely dry.
2. Fill a small bowl with sand or rice to set the seashell atop and keep it stable.
3. Remove the tin casing from the tea light candles and gently pull the metal core from the bottom to remove the wick.
4. Place the wick with metal base upright and centered in the seashell.
5. Using a sharp knife, cut the paraffin into 1" cubes. Place the cubes in microwave or double boiler and melt.
6. Pour the melted wax slowly into the shell all around the wick but do not cover top of wick.
7. Allow wax to set.

If you aren't able to do the beach walk beforehand, sea shells may be purchased at your local craft store or ordered online.

## **Day Two:**

Choose one of the water exploration projects in [Earth, Water, Fire, and Air](#) to do with your child.

## **Day Three:**

Your child will need a winter hat to keep snugly and warm (or you can give the hat as a gift). Directions for making a felted hat:

<http://www.marthastewart.com/page.jhtml?type=content&id=tv5752ab&contentGroup=TV&site=living>

## **Day Four:**

Make Christmas cards / cards for the holiday of your choice / thank you cards for gifts received / Happy New Year cards with your child.

Some suggestions for creative and inexpensive cardmaking materials:

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# LESSON PLANS: WEEK ONE CONTINUED

For postcards:

Make postcards out of the fronts of folded greeting cards you received in previous years. Glue onto a layer of cardstock for extra stability.

For greeting cards:

Purchase blank folded cards from a stationery or crafts store and

- ❖ use the interesting outer portion of an old card front as the frame for a new design
- ❖ take your saved folded greeting cards and cut shapes or elements out of the card fronts -- make a simple collage of the elements and glue onto onto the front
- ❖ use your children's artwork on the fronts
- ❖ glue extra family photos (from packs of double prints) on the fronts
- ❖ make your own paper

Making handmade paper: [http://www.homemadesimple.ca/en\\_CA/easydecor/handmade\\_paper.shtml](http://www.homemadesimple.ca/en_CA/easydecor/handmade_paper.shtml)

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# LESSON PLANS: WEEK TWO

## ART

### **Day One:**

#### *Pots and Pans*

Spread a large flat piece of paper out on the floor. Arrange an assortment of pots, pans, boxes of food, canned goods, spatulas, and other kitchen items on your paper (do one thing at a time to make it easier). Trace around the shape of the item. Continue layering shapes and tracing until you are completely satisfied with your work. This is a good art project to do indoors when it is too cold to go out!

### **Day Two:**

#### *Aluminum Foil Sculpture*

Take a piece of aluminum foil and create a sculpture with it.

### **Day Three:**

#### *Aluminum Foil Relief*

Materials needed: 20"X20" piece of cardboard, paper of various thicknesses, yarn, glue, paintbrush, aluminum foil

1. Cutout or tear shapes using paper of varying thicknesses and glue them securely to the cardboard. Try overlapping and stacking the paper shapes. Lay pieces of yarn over top of your design and glue down.
2. Make a watered-down glue mixture and brush mixture over cardboard, paper shapes, and yarn. Be sure the glue holding down your materials is dry first.
3. After applying glue mixture cover the surface with a piece of aluminum foil, big enough to wrap an inch or two around all sides of the cardboard.
4. Press foil down, shiny side up, so that you can see the pattern created by the paper shapes and yarn.

A variation on this is for the child secretly go around the house pressing pieces of aluminum foil over various household objects (without glueing them onto anything). The adult tries to guess what object was used to make the relief.

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# LESSON PLANS: WEEK TWO CONTINUED

## NATURE – THE POWER OF STEAM

### **Day One:**

*Parent Background:* A kernel pops when it is heated to 400 degrees Fahrenheit, causing water inside each kernel to change to steam. Popcorn's hard cover keeps the steam from escaping, causing pressure to build up and, finally, pop goes the kernel!

Tell your child the story about popcorn. Explain that there is a tiny bit of water inside each kernel of corn. As it gets hot this water changes to steam. The steam is fighting to get out so it pushes and pushes, finally bursting the kernel pop! and turning it inside out.

Make popcorn with your child (it is better to use a stovetop or hearth popcorn popper instead of the microwave kind so your child can actually see the kernels begin to hop and pop).

Read [The Popcorn Shop](#).

### **Day Two:**

Read [Crossing](#). Take the child to a railroad museum and to see a working steam engine if you can.

### **Day Three:**

Make pasta for dinner. Add several tablespoons of olive oil to the cooking water and hold your child up (carefully, so as not to get too close to the hot burner) and watch the oil swirl around on the water surface and make designs as the water comes to a boil. This is a good way to see how the water actually moves around as it gets hotter.

If you add enough extra water to the pot, you can let the room fill up with steam as it comes to a boil. Let your child observe how the steam collects on the windows of your kitchen.

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# LESSON PLANS: WEEK TWO CONTINUED

## HANDWORK

### Day One:

Read Oma's Quilt. Start collecting fabrics for quilt projects, using the tips in Nickel Quilts "How to Gather 5" Squares", pp.8-9.

### Day Two:

make marshmallows in shape of snowflakes, make hot chocolate

<http://www.marthastewart.com/page.jhtml?type=content&id=recipe3861&contentGroup=MSL&site=living>

A nice gift-giving idea is to put together hot chocolate mixes and package in decorative tins:

<http://www.wholefoodsmarket.com/recipes/cookingtips/hotchocomix.html>

But a more unique gift would be to create a marshmallow gift basket. Fill the basket with all the ingredients necessary for making your own marshmallows:

- several envelopes of unflavored gelatin
- granulated sugar
- light corn syrup
- salt
- pure vanilla extract
- cooking spray
- roll of parchment paper
- candy thermometer
- snowflake cookie cutters ranging in size from 1 to 2 inches

Tie a wide festive ribbon around the basket and attach a recipe card. This a gift that is sure to be remembered!

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# LESSON PLANS: WEEK TWO CONTINUED

## **Day Three:**

Make some tea with your child. It's amazing for a child to watch the clear water change color as the tea steeps.

Gift suggestions:

collect herbs, make assortments of loose tea to give as gifts

herbal teas – growing and brewing your own

<http://www.doityourself.com/garden/herbalteas.htm>

Decorate a tin to hold the teas using collage techniques. Small mint tins work well for this

Little Tin Boxes: [http://www.hgtv.com/hgtv/cr\\_painting\\_other/article/0,1789,HGTV\\_3284\\_1376335,00.html](http://www.hgtv.com/hgtv/cr_painting_other/article/0,1789,HGTV_3284_1376335,00.html)

## **Day Four:**

Paint mug or teapot to go along with the gift.

OR

Make small sachets to serve as coasters. These are wonderful – the heat from a hot mug releases the sachet fragrance into the air.

# LESSON PLANS: WEEK THREE

## ART

### **Day One:**

Collage Discovery Workshop: "Wax Collage" p.44

### **Day Two:**

Collage Discovery Workshop: "Wax Stamping" p.50

### **Day Three:**

Read Snowballs. Start a chest of snowman making things.

## NATURE

### **Day One:**

clouds give rain

Read Little Cloud.

Make tea. Add plenty of extra water to the kettle so that steam fills the kitchen and begins to collect on the windows. Let your child draw pictures on the steamy windows with his finger. He may notice that the steam begins to gather together forming small raindrops which roll down the windows.

### **Day Two:**

start container gardening

Read Blueberry Shoe. What are the requirements for successful container gardening?

- ❖ drainage holes
- ❖ dirt
- ❖ seeds

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# LESSON PLANS: WEEK THREE

## CONTINUED

Choose the seeds you would like to plant. Clean an assortment of pots (if they have been used previously, wash them out with a little bleach). Paint or decorate the body of the pots, reserving the rim. Paint the rims with blackboard paint and set aside to dry thoroughly. Show your child the drainage hole at the bottom of each pot before you start planting. Add dirt and the seeds. Write the type of seed planted and the date on each pot in chalk.

Of course, plants also need water to grow. Set aside several of the pots to NOT receive water. Water the remaining pots and observe them throughout the remainder of the unit as they grow.

Seeds which germinate quickly:

- rye grass
- sunflowers
- lettuce
- radishes
- snow peas
- nasturtiums
- bush beans
- carrots

### **Day Three:**

Read [Snowflake Bentley](#). Have you ever seen a snowflake up close and admired the intricacies of their six-sided geometric patterns? Here's a simple fun activity to do during a cold snowy winter's day.

#### *Snowflakes Up Close*

Materials needed: magnifying glass, small piece of black construction paper or wool felt and, most importantly, fresh falling snow

Place the black paper or felt in the freezer overnight to get it nice and cold. The next time it snows, gather your magnifier and frozen paper or material and head outside. Gently let a few falling snowflakes land on the frozen background. Use the magnifier to view your captures. Look at the subtle differences between flakes. No two snowflakes are ever alike! Try this during different types of snowfalls such as a dry soft snow versus a wet snowfall since some will view better than others.

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# LESSON PLANS: WEEK THREE CONTINUED

## HANDWORK

### **Day One:**

first quilting project: Wintertime Tic-Tac-Toe Quilt  
Crafting Traditions January/February 2004

mitten template: <http://www.first-school.ws/t/pattern/mittens3.htm>

This project involves nine of your nickel quilt squares placed in a 3 x 3 square grid. Add a decorative fabric border if desired. Press and measure the size of your playing board. Measure and cut an equal sized piece of batting and a piece of fabric to be the backing of your tic-tac-toe quilt. Place the piece of backing wrong side up on a large flat surface. Smooth out wrinkles. With edges even, lay your batting onto backing piece, then center pieced quilt top right side up on top of batting. Quilt the three layers together. Sew bias tape around the outside edge of your quilt to cover the raw edges. Sew a large button into the center of each square. Sew rickrack around the edge of each square to make it easy for players to see which square is which and to cover the seams between. Using the mitten template above, cut out 10 (reversing 5) from one print and 10 (reversing 5) from a second print; also ten mitten shaped pieces of batting. Quilt together the three layers creating five mitten playing pieces for each person playing the game. Stitch a buttonhole on each mitten, then cut each buttonhole open so that the playing pieces can be buttoned into place when each player makes his or her move. This makes the tic-tac-toe quilt a good game for the car! If desired, sew a pocket onto the back of the quilt for easy storage of game pieces.

### **Day Two:**

Make Christmas ornaments / decorations.

For a parent or older child, crochet snowflakes are a wonderful project

Crochet Snowflakes Yahoo Group: <http://groups.yahoo.com/group/CrochetSnowflakes/>

Free crochet snowflake patterns: <http://www.lionbrand.com/patterns/craft-wes-snowflake.html>

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# LESSON PLANS: WEEK THREE CONTINUED

Here are some frugal decoration suggestions for Christmas or other Winter holidays:

- ❖ A table centerpiece from a ring of tiny potted plants
- ❖ Quart jars stuffed with strings of tiny white lights for a window decoration at night
- ❖ Candle luminarias to light the paths outdoors – decorate tin cans by punching with an awl
- ❖ Ice luminarias:  
[http://www.bhg.com/bhg/story.jhtml?storyid=/templatedata/bhg/story/data/iceluminarias\\_10262001.xml&catref=SC1400](http://www.bhg.com/bhg/story.jhtml?storyid=/templatedata/bhg/story/data/iceluminarias_10262001.xml&catref=SC1400)
- ❖ Wreaths from natural materials found on Nature walks: holly, ivy, magnolia, pine, cedar
- ❖ Bringing the outdoors in can be as simple, of course, as fanning out flat leaves as the base for a centerpiece or spreading evergreens around the room
- ❖ Hang -real- stockings for everybody

Ornament ideas:

- ❖ old glass balls repainted or marbelized - <http://www.allfreecrafts.com/christmas/glass-ball-ornaments.shtml>
- ❖ beribboned pinecones
- ❖ stuffed scrap-fabric shapes
- ❖ decorated eggshells
- ❖ stars cut from gold paper or aluminum pie plates
- ❖ magazine photos folded into wonderful origami shapes
- ❖ miniature cardboard wreath shapes covered with glue and birdseed

Garlands:

- ❖ pine, fir, or spruce cones
- ❖ paper chains cut from greeting cards of bygone years
- ❖ crumpled aluminum foil beads
- ❖ sea shells
- ❖ old buttons strung on bright cording
- ❖ popcorn
- ❖ cranberries – to make stringing cranberries easier use a sharp needle and waxed dental floss

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# LESSON PLANS: WEEK THREE CONTINUED

## **Day Three:**

make wrapping paper

<http://www.marthastewart.com/page.jhtml?type=content&id=stv140032&contentGroup=MSL&layout=martha>

## **Day Four:**

make gift tags

For a unique gift accent, try mitten magnets out of polymer clay

<http://www.humblebeads.com/mittens.html>

# LESSON PLANS: WEEK FOUR

## ART

### **Day One:**

#### *Snow Paintings*

Fill a spray bottle with colored water (tint water with food coloring or watercolor paints). Find a clean patch of freshly fallen snow to use as your canvas. Spray the area of snow with your bottles of colored water. Create designs or pictures on the snow. If it is too cold to play outside for long, fill a pan with snow and bring it indoors.

### **Day Two:**

#### *Snow Sculpture*

Let your child go outside and play in the snow, creating a sculpture or building a snowman using your box of materials gathered last week. Depending on the temperature, snow sculptures can last for weeks so your child can continue to add more to it throughout the remainder of the unit.

Birdseed snow angel: <http://jas.familyfun.go.com/arts-and-crafts?page=CraftDisplay&craftid=10691>

### **Day Three:**

#### *Ice-y Art*

Lay a large piece of butcher block paper on the floor and sprinkle with tempera paint (putting the paint in a salt shaker helps your child control where it goes). Put on your mittens. Take an icicle and draw it through the paint, creating designs. If you don't have any icicles you can do this activity with an ice cube as well.

When the piece of artwork is finished, try sprinkling it with salt and see what happens.

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# LESSON PLANS: WEEK FOUR CONTINUED

## NATURE

### Day One:

Take a Nature walk with your child. Try to find a very quiet place and walk along without talking. See if you can hear the snow fall (it makes a little crispy sound when it lands on already frozen snow – I love that).

### Day Two:

For a nice indoor activity, try your hand at making some snowflakes of your own. One traditional project is paper snowflakes for your window: <http://www.highhopes.com/snowflakes.html>

For directions on making paper stars (which do not require any cutting): <http://www.highhopes.com/6pointstar.html>

Another option is a snowflake quiet book. To make the pages, cut four 7 1/2-by-16-inch pieces of blue felt; fold each in half crosswise, crease, and open up. Stack the pages on top of each other keeping the edges even. Sew down the center line. Cut a 7 3/4-by-16 1/4-inch felt rectangle for a cover. Wrap it around the pages, gluing it to the first and last pages. Reinforce the binding with a few blanket stitches through the spine. Sew a pocket onto the last page of your book to hold the snowflakes. Sew small white buttons all over the inside pages of the quiet book. Cut your snowflakes from white felt and snip a small hole in the center of each snowflake which is large enough for the buttons to fit through; the child can move the snowflakes around, creating a different look each time. Store the snowflake shapes in the pocket when not in use. This can be kept for your own child to play with or given as a gift.

### Day Three:

sunshine plus rain = rainbows

Read Sun Bread. Have you had a lot of cold dreary days, one after the other? Try baking some sun bread (the recipe is included on the back cover of the book) and see what happens!

“Paint the Rainbow” activity from the Gaiam Kids “On the Ball” Kit also works well with this book.

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# LESSON PLANS: WEEK FOUR CONTINUED

## HANDWORK

### **Day One:**

Continue making Christmas / snow / Winter projects to decorate your home. This year we are going to try making a snowflake cookie wreath.

### **Day Two:**

We need to make a Christmas stocking for a new baby this year; you can make one in a smaller size for a pet or skip it altogether if you don't celebrate Christmas: <http://www.marthastewart.com/page.jhtml?type=content&id=channel1456&contentGroup=MSL&site=living>

### **Day Three:**

One final gift idea:

felt slippers

<http://www.marthastewart.com/page.jhtml?type=content&id=channel192546&contentGroup=MSL&site=living>

To make these slippers non-skid, cut the shape of the slipper bottom out of nonskid mesh (such as that which goes under carpets) and sew to the bottom of your slippers. This is easier before you assemble the slippers. Because of the large piece of felt needed, you'll probably be better off purchasing wool felt for this project.

OR adorable felt baby shoes

<http://www.marthastewart.com/page.jhtml?type=content&id=channel1263&contentGroup=KIDS&site=kids>

These don't have to be non-skid, naturally. And since they are on a much smaller scale, your child can felt the pieces of wool herself out of a large flat piece of roving. Making a flat sheet of felt: <http://www.peak.org/~spark/Bubble-wrapFelting.html>

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# LESSON PLANS: WEEK FOUR CONTINUED

## **Day Four:**

Put up your Christmas tree, if you are doing one, and decorate with the ornaments which you have made. We decorate a Winter tree with glass icicles and magic wool draped over the branches and hung all around.

Or use this day to complete additional Handwork projects for gift-giving.

# LESSON PLANS: WEEK FIVE

## ART

If you don't live near a beach, try these activities with a sandtable. Fill a large watertight container (such as a plastic storage tub – choose one with a lid to help keep the sand contained when not in use) with sand. Shallow wide containers allow for more movement than small deeper ones. If possible, let your child climb in it to play.

### **Day One:**

#### *Making Prints*

Walk along the beach with your shoes on. Examine the prints that you make. Try walking in circles, walking backwards, and hopping. Can you make the prints deeper by jumping in them? Make handprints all around your footprints. Create a design in the sand.

### **Day Two:**

#### *Pictures in the Sand*

Choose a stick, reed, shell, or other item and draw pictures in the sand. Make a variety of pictures in different parts of the beach. Try drawing in the wet wet sand close to the waves. You have to draw quickly before the water comes up and sweeps your work away!

### **Day Three:**

#### *Beach Sculpture*

Gather an assortment of natural items from the beach such as shells, seed pods, dry grasses and reeds, driftwood, and beach glass.

Choose a spot on the beach where you would like to work. Lay out the items and begin to create a design, picture, or collage on the sand. Move parts around as you go. Take a Nature walk and look for more items to add to your work. For variety and interest, gather and glue a collection of smaller items to a piece of driftwood or shell and add to your sculpture. Leave your work of art on the beach when you are done for others to enjoy.

## NATURE

This week you will be exploring different ways in which water creates a habitat for animals. Some field trip suggestions are given here; feel free to substitute other activities such as visiting local ponds, parks, nature centers, walking in your own back yard, and so on.

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# LESSON PLANS: WEEK FIVE CONTINUED

While you are visiting, examine the different plants and animals you see and talk about how they use the water around them.

## **Day One:**

water as habitat – visit Aquarium

National Aquarium in Baltimore: <http://www.aqua.org/>

## **Day Two:**

water as habitat – visit Zoo

Smithsonian National Zoological Park: <http://nationalzoo.si.edu/default.cfm>

## **Day Three:**

water as habitat – visit Swamp

Battle Creek Cypress Swamp: <http://calvert-county.com/cypress.htm>

## HANDWORK

### **Day One:**

Create scrapbook pages of your Christmas or other holiday memories. Include photographs, gift tags, pieces of gift wrapping, and journaling. Let your child describe the events and write down his or her exact words. Then assemble the scrapbook pages together. A 6 inch by 6 inch mini scrapbook is easier for your child to hold and look through than a full size 12 x 12 one.

More tips on scrapbooking with children:

<http://familyfun.go.com/arts-and-crafts/cutpaste/feature/famf29scrapbook/famf29scrapbook.html>

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# LESSON PLANS: WEEK FIVE CONTINUED

## **Day Two:**

water as habitat – visit Beach

Calvert Cliffs State Park: <http://www.dnr.state.md.us/publiclands/southern/calvertcliffs.html>

See “The Art of Pressed Seaweed” in Martha Stewart Living magazine, August 2003 issue.

To collect seaweed specimens, follow these tips (exerpted from the above article):

- ❖ take only intact specimens, leaving any which are ripped or damaged
- ❖ when you find a piece you like, use a pocketknife to gently scrape it off any surface it is attached to, then immediately submerge in a bucket of cold seawater
- ❖ to make sure your specimens stay fresh, add ice packs and keep the water out of direct sunlight
- ❖ be sensitive to the marine environment and don't collect more than you need
- ❖ after gathering your seaweed, lay it out on the towel, choose the best, then return the remainder to the sea
- ❖ just before leaving, fill another bucket with clean seawater to use later when storing the seaweed

When you get home, sort and clean your findings, rinsing off sand and trimming away any attached rocks or shells. Drop the pieces you will use in the bucket of clean seawater, store in the fridge, and press with a day.

## **Day Three:**

Dry and frame your seaweed collection:

<http://www.marthastewart.com/page.jhtml?type=content&id=tv9158&contentGroup=TV&site=living>

If you want to identify your seaweed, use a field guide to do so before pressing, which can change the plants' appearance. After the specimen has dried, you can write any information – such as the variety, location, date, person it was collected and identified by, and the field guide referenced – directly on the paper you have used to make the pressing.

If you aren't able to do this activity, but would like to show your child some seaweed up close, it can be purchased at health food stores.

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# LESSON PLANS: WEEK FIVE CONTINUED

## **Day Four:**

Begin major quilting project.

Choose a pattern you like from Nickel Quilts. Read through the General Directions pp.10-11 for how to Take Stock of Your Sewing Tools, Select Fabric and Thread, and Prepare the Fabric.

Pages 12-13 of the General Directions help you with Cutting the Strips and Squares, as well as Sewing, Pinning, and Marking.

# LESSON PLANS: WEEK SIX

## ART

### **Day One:**

Read In the Small, Small Pond. Denise Fleming creates her own textured handmade papers to use in her cut paper collages. Previously in this unit, you may have made paper for greeting cards – the goal there is to create paper with a light color and smooth texture so that it is easy to write on. Now, experiment with the process and try to make paper that is as textured and colorful as possible.

Some suggestions of things to add to your paper pulp:

- coffee grounds
- pieces of string
- flower petals
- dried grass and leaves
- sand
- bits of fabric
- cornsilk
- shredded corn husks
- fine sawdust
- small sticks
- feathers
- shredded onion skins
- citrus peels
- dryer lint

### **Day Two:**

Collage Discovery Workshop: "Love is the Key" p.85

### **Day Three:**

Collage Discovery Workshop: "Shadow Box Princess" p.86

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# LESSON PLANS: WEEK SIX CONTINUED

## NATURE

### Day One:

water as a source of nourishment for all life

Read The Hermit and the Well. What does it feel like to be really thirsty? We don't advocate going without water to make your child realize how much of a treasure it is... just remember to be thankful the next time you have something to drink.

Rudolf Steiner stated

"If he sees that everyone who stands in some kind of relationship to him in the outer world shows gratitude for what he receives from this world; if, in confronting the outer world and wanting to imitate it, the child sees the kind of gestures that express gratitude, then a great deal is done towards establishing in him the right moral human attitude. ***Gratitude is what belongs to the first seven years of life.***"

If you don't already say a blessing with your child before meals, consider implementing one now. One traditional Waldorf blessing is

Earth who gives to us this food,  
Sun who makes it ripe and good,  
Dear Earth, Dear Sun, by you we live,  
All our thanks to you we give.

### Day Two:

Read A Cool Drink of Water. Every kind of plant and animal requires water to survive. Take a look at the plants in your container garden. How are they doing? What happened to the pots which you never watered?

The child may be upset that you have deprived these seeds of what is necessary to help them grow and want to fix it by beginning to water those pots. As long as you have never watered them, you should be able to start now and wake the seed up from its rest. If you watered them a little, enough that the seeds began to sprout and then died when they received no additional water, you will not be able to get them to grow again.

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# LESSON PLANS: WEEK SIX CONTINUED

## Day Three:

Icicles are an amazing form of water. Icicles are created very slowly over time as water trickles and freezes. If you live in an area where there are icicles take a Nature walk to observe them. Frozen waterfalls are especially beautiful. To preserve an icicle, try this trick:

[http://www.letsmakecandles.com/Proj\\_Icicles\\_1203.asp](http://www.letsmakecandles.com/Proj_Icicles_1203.asp)

If you do not live in an area with icicles but you have a friend or family member who does, share the above link with them. Ask if they would be willing to preserve an icicle and send it to you and your child.

## HANDWORK

Continue with quilt project all week. Refer to pages 14-20 of the General Directions for help with Constructing and Pressing Units. Pages 21-25 give help with

- ❖ Assembling the Quilt Top
- ❖ Adding the Borders
- ❖ Marking the Quilt Top for Quilting
- ❖ Making the Quilt Backing
- ❖ Layers, Basting, and Quilting
- ❖ Adding the Binding
- ❖ Labeling Your Quilt

When your quilt is complete you can keep it, give it to someone as a gift, or donate it to charity. Read [The Quiltmaker's Gift](#).

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# ADDITIONAL SUGGESTIONS:

## NATURE – A DROP OF WATER

Using [A Drop of Water](#) as a guide, continue to explore the amazing properties of water with your child.

## NATURE – THE FOUR ELEMENTS

Using [Earth, Water, Fire, and Air](#) as a guide, continue to explore the four elements with your child. Play with the Nesting Elements.

## HANDWORK – MORE QUILTING PROJECTS

Quilt a tree skirt: <http://www.quilters-world.com/freepatterns/pdfs/1201christmasstartreeskirt.pdf>

Other holiday and seasonal projects/free patterns: [http://quilting.about.com/od/holiday/index\\_r.htm](http://quilting.about.com/od/holiday/index_r.htm)

Quilt a set of potholders to give as a gift or make a matched set in adult and child sizes for you and your child to use. See "Potholders with Love" in Martha Stewart Living magazine, February 2005 issue.

I am preparing a set of patterns for a child's cloak and a little bunny house/purse and will be adding them to the website shortly. Have other suggestions? Email the group at [waldorfcriculum@yahoo.com](mailto:waldorfcriculum@yahoo.com).

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