



**Waldorf Essentials**

# **Kindergarten Year Two**

**by Melisa & Erik Nielsen**

Waldorf Essentials

# **Kindergarten Year Two**

**Lesson Plans, Stories, Circle Time and  
Recipes for the Child of 6 or Nearly 6  
Years Old**

Melisa Nielsen LLC

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## Planning for Peace Samples

Below is a sample layout for your Planning for Peace journal of the story content. There are samples for circle time planning in our *Foundations* book.

## Lesson Layout

The lessons are intended for a three day rotation, but if you find it easier to do five days instead, that is fine. Enrich each week by extending the story in different ways. Maybe you add some details about the sights and sounds of the forest? Maybe there is someone baking something yummy that you can smell? Have fun with your story telling.

The lessons are laid out first by month and then by each week. The month begins with suggested handwork projects and then the suggested circle songs for the month. You can change these; remember, this is YOUR homeschool! Each week breaks down into suggestions for the nature table, a recipe and then the week's story. The handwork instruction can also be found in the text.

Remember, if you have any questions, our team is here to help.

KINDERGARTEN PLANS			Supplies:
SEPTEMBER			Glue kite paper dowels recipe ingredients
Story Focus	Activity	Nature Table	
Week 1 Mineral			
Hello Super Sam!	Collect fall leaves on our hikes. Baking	Orange colored stones from our hikes.	
Week 2 Plant			
Super Sam and his Dad	Painting. Make kites. Baking	Collect leaves and acorns from our hikes.	
Week 3 Animal			
Super Sam meets the Brave Knight George	Make leaf crowns. Baking.	Fall birds and a dragon.	
Week 4 Human			
Super Sam and the Dragon	Festival baking. Sword making.	Super Sam peg doll.	
Handwork & Other Notes			
Going to attempt a Super Sam peg doll, if not I'll make a beeswax one for the nature table.			

# September Plans

## This Month's Suggested Handwork



**Week one:** Collect and press leaves, make leaf mobiles by hanging colorful autumn leaves from thread. If your leaves have not begun to change, then you can move this activity to later in the month. Alternatively, make a wreath or mobile with other autumn foliage, pine cones, acorn caps, etc.

**Week three:** Leaf crowns & dye capes.

**Week four:** Swords

## Suggested Circle Time Songs

Opening verse, daily at the beginning of circle time:

The earth is firm beneath my feet,

The sun shines bright above

And here stand I so straight and strong, All things to know and love

Autumn Showers (to the same tune as Spring Time Showers) Autumn showers, autumn rain,  
wash the apples clean again, wash the apples clean again.

Blow wind blow and go mill go

so that the miller may grind his corn so that the baker may take it

and into bread make it

and bring us a loaf in the morn.

Like a leaf or a feather

In the windy Autumn weather

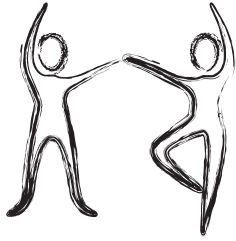
We twirl a-round and twirl a-round And all float down together.

Summer goodbye, Summer goodbye

You can no longer stay, Autumn is on its way Summer goodbye, Summer goodbye.

Brave Saint Michael is my guide, As free and fearless forth I ride

With courage of Saint George of old, I dare to fight fierce dragons bold.



## Week Four Human

### Super Sam and the Dragon

Day 1: Tell story. Build the scene with toys and play together.

Day 2: Tell story again, use toys as props. Bake your recipe.

Day 3: Tell story again, let your child help if they want. Paint or model together. Work on swords together.

### This week on the nature table...

This is the human week. How about a beeswax figure of Super Sam or the King or even George?

### Kindergarten Classroom Bread

from the book *The Waldorf Book of Breads*

2 pkgs or 2 TBL yeast  
2 1/2 cups warm water  
3 TBL oil  
2 tsp salt  
3 TBL honey  
3 cups whole wheat flour  
3 cups white flour

Combine oil, salt and honey with the yeast and 1 cup of flour. Once the yeast begins to sponge and grow, add 4 cups of flour. Prepare a board for kneading and knead the rest of the flour into the dough (or use your dough hook on your mixer!) Let it rest while you gather your child and knead it together. Shape it into a dragon. You can make this savory or sweet. Let rise and back at 350 F for about 45 minutes or until golden brown.

## Story: Super Sam and Hobart Spend Time in the Apple Orchard

Autumn is a very important time! Have you noticed things beginning to change? Soon it will be cold in the forest and gnomes don't have grocers like humans do, they have to store their food just like our ancestors did. They use small glass jars or pots and bags for things that are dried. Gnomes store all they will need for the winter. All the gnomes take turns working in the orchards with the fruit trees and the gardens to harvest every last plum, peach and apple, turning it all into yummy food they will enjoy through the hunger gap. The hunger gap is the time between fresh food in the autumn and new fresh food in the spring. Super Sam has a storage shelf that is getting full. He's canned beans and berries and juices and jams. He's frozen blueberries and raspberries and strawberries. He is still eating the last of the late summer peaches and plums. Now he will get ready for bushels and bins of apples.

Super Sam climbed out of bed and pulled on his orange socks. The mornings were getting cooler and the floor in the mushroom house was almost as cold as the forest floor. Soon he would have to keep a fire going at night, but for now, he will enjoy the autumn days and do his part to help the gnomes prepare for winter. He picked apples in the orchard last week, but now he has Hobart to feed and Hobart loves apples. Apple pie. Apple cake. Apple tart. Apple sauce. And of course just plain apples. Hobart told Sam that apples help his skin stay nice and soft and they make his tummy happy.

Today Hobart and Super Sam will go pick apples. Hobart was excited, this was the first time he would be with many other gnomes and he was hoping to make more friends. He patiently waited for Super Sam to get ready. The two walked through the forest to the apple orchard where there were many other gnomes already working hard to help the trees get all the heavy apples from their limbs.

They were singing a funny song:

O down in the orchard  
'Tis harvesting time,  
And up the tall ladders  
The little gnomes climb

Just ripe for the picking  
All juicy and sweet!  
So pretty to look at  
And lovely to eat.

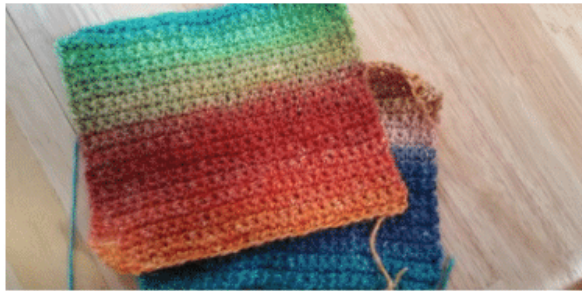
Among the green branches  
That sway overhead  
The apples are hanging  
All rosy and red.



# February

## Week Two: Fingerless Gloves

With any size yarn and coordinating crochet hook or knitting needles, create a rectangle. Sew up the side, leaving a space for the thumb. Weave in edges.







## April Plans

### Grade 1 Prep

This month begins a new section just for you to get ready for the next place in your journey. Are you ready Mama? This is the month that I recommend you begin to lay out your plan for first grade. This month, take stock. Have you been strengthening your painting, modeling or handwork skills? This is the time to set yourself a schedule. In your early morning alone time or a couple hours on the weekend when Dad can help with the kids, take the time to really paint. Are you learning to mix the colors on paper? Control the water? Take the entire month to really get strong in wet on wet painting so it will easily integrate with your schooling more regularly in the fall and so that you can be ready to teach it.

Each month from here on in, we will focus on a different skill for you. Take your time. Don't rush.

You will also notice this month we will continue with gentle introductions for your child too. Many children already know their colors and can count, but many don't! This is a great time to just bring in VERY gentle songs, experiences, etc. Remember, this is one reason why we stress that the 6yo kindergarten is for the child that will be nearly seven when starting first grade, so that means if you are starting grade 1 in September, then your child should be 7 or turn 7 by February or so. There are some exceptions, but in general this works well with Steiner's indications.

If you would like a fairy tale for this month that has an eye toward counting, you could try Snow White & the Seven Dwarves. Count them as often as you can.

# More Patterns

These patterns are for gnomes and their friends.



There are many ways to make these gnomes. Small scraps of felt works great. Add a little bit of hot glue, paint or colored pencils. These peg gnomes are also great for creating a set of math gnomes for first grade.



# Child Development

BIRTH TO TWENTY-ONE



melisa nielsen



## Waldorf Essentials

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