



Waldorf Essentials

Kindergarten Year One

by Melisa & Erik Nielsen

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**Lesson plans, Stories, Circle Time and
Recipes for the Child of 5 or Nearly 5
Years Old**

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Contents

Introduction 1

- What is the best way to put this book and course to work for you? 1

How Does Rhythm Change? 2

Alterations for the Souther Hemisphere 3

Planning for Peace Samples 6

General Supply List 7

Lesson Plans

- September 8
- October 20
- November 34
- December 54
- January 73
- February 91
- March 104
- April 118
- May 132
- June 146
- July 159
- August 180

Recipe Index 191

Handwork Index 192

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
MONTH			
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



This month's handwork has references to the Michaelmas festival. While the gnomes aren't celebrating it in our stories, Super Sam gets a visit from George, a young squire that will later become the brave knight George. We celebrate George in the Michaelmas festival as well as Michael. There are festival resources in Thinking Feeling Willing.

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 two: Is there something you can fix together?

Week three: Leaf crowns.

Week four: Swords - simple swords, instructions below.

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 Three Animal

George Helps Super Sam

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

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

Day 3: Tell story again, let your child help if they want. Make leaf crowns together.

This week on the nature table...

This is the animal week. What animals do you see this time of year? Bears and others may be heading to a quiet place to hibernate. You can talk to your child about animals that go to sleep all winter. Can you imagine a nap that long?

Brussels Sprout Soup

from the book *Waldorf School Book of Soups*

1 pound Brussels sprouts, quartered
2 medium potatoes, cubed
1 medium onion, diced
2 leeks, finely chopped
3 TBL olive oil
3 bouillon cubes (vegetable or chicken)
salt and pepper to taste
2 quarts water

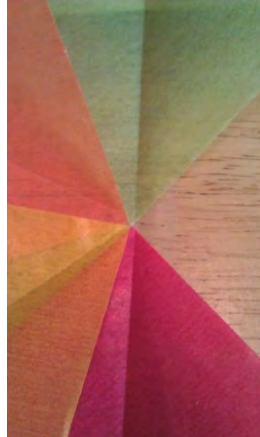
In a soup pot, sauté' onions and leeks in olive oil until they are clear. In a small bowl, add a little of the water to the bouillon cubes and stir until they dissolve. Add this with the remaining water, Brussels sprouts, and potatoes to the pot. Cook over medium heat for 40 minutes. Add salt and pepper to taste. Top with grated Romano cheese.

December

Week Three: Window Stars



Before you start taping, layout your points.



I like to lay tape down on the table so my points stick when I am laying them down.



This creates a six pointed star. You could use more than 6 points, we've done some with 7 and 8.

Story: Super Sam and the Voyage Home

What an adventure! Super Sam was glad to be on the way home. He had a journal full of adventures and had learned enough about the animals on his travels that he could write a book for the king's library. Super Sam got comfortable in his spot and prepared for the long journey home. He put back on his wool socks and long pants. He took out a fresh candle and lit his star lantern. He took out his pencils and crayons and went back through his journal to add color to his drawings. Before long he was drifting off to sleep.

By morning, Super Sam noticed there were more passengers on the ship. Some fairies that were tired of flying, some gnomes with darker skin and long brown hair like Sita that were on the way to visit family in the forest, a family of weasels looking to build a new home in a new land. The boat was busy with activity. Super Sam looked around, they all looked hungry. He remembered a recipe Sita taught him and quickly put together a snack for the new passengers. They spent the rest of the day telling stories about their families and travels. Each one took turns helping the captain with their assigned chores.

That evening Super Sam was filled with joy, so many new friends. As he went to sleep, a new song was drifting in his mind...

Make new friends but keep the old
One is silver and the other is gold

He dreamed of his adventures and all he had seen. When the sun rose he would be home.

Child Development

BIRTH TO TWENTY-ONE



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CURRICULUM. COACHING. COMMUNITY.

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If you have questions or need support emails us at:
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