

DRAFT AUGUST 27, 2021

THIS IS A DRAFT OF GRADE 1. THERE ARE STILL SOME PICTURES TO BE ADDED AND IT STILL NEEDS TO GO TO THE EDITOR, IT IS SUITABLE FOR YOUR PLANNING!

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Waldorf Essentials

Class One

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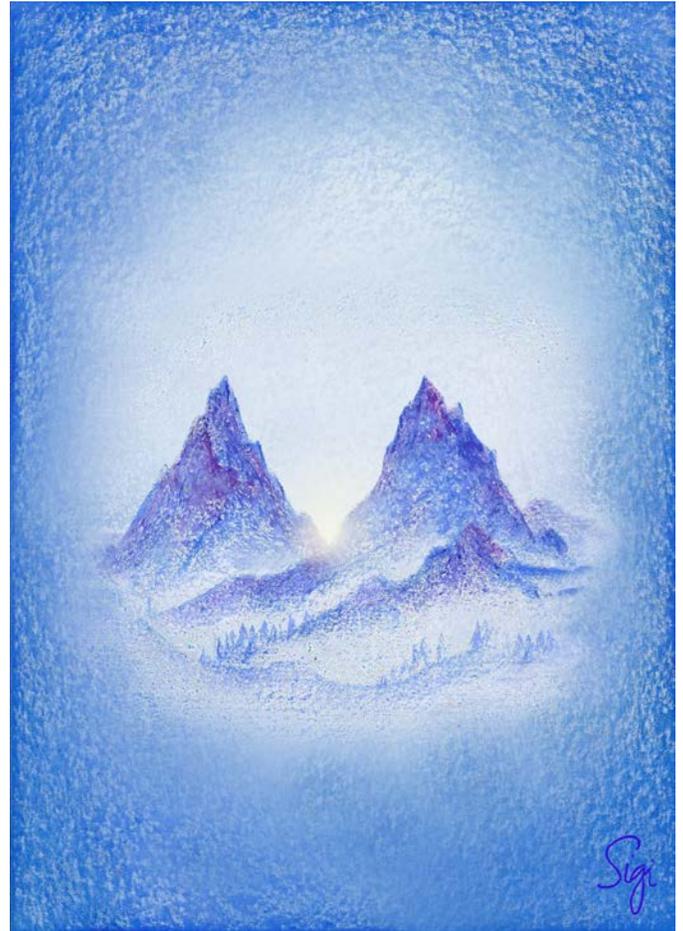
The Letter M, Simeli Mountain, Part 1

After a full day of journeying, the family set up camp near a mountain. Joseph built a fire and Ben helped him pitch their tent. Once settled, Katie would receive her first lesson. Joseph would teach her about the letter M. He began to tell the magical story of *Simeli Mountain*.

Simeli Mountain, edited by Gerhard Siepker

There were once two brothers, one rich and the other poor. The rich one, however, gave nothing to the poor one, and he gained a scanty living by trading in corn, and the poor brother often did so badly that he had no bread for his wife and children. One day when he was wheeling a barrow through the forest he saw, on one side of him, a great, bare, mountain, and as he had never seen it before, he stood still and stared at it with amazement. While he was thus standing he saw twelve great, wild men coming towards him, and as he believed they were robbers, he pushed his barrow into the thicket, climbed up a tree, and waited to see what would happen. The twelve men went to the mountain and cried, "Semsi mountain, Semsi mountain, open," and immediately the barren mountain opened down the middle. The twelve went into it, and as soon as they were within, it shut. After a short time, however, it opened again, and the men came forth carrying heavy sacks on their shoulders. When they were all once more in the daylight, they said, "Semsi mountain, Semsi mountain, shut thyself." Then the mountain closed together, and there was no longer any entrance to be seen to it, and the twelve went away. When they were quite out of sight the poor man got down from the tree and was curious to know what really was secretly hidden in the mountain. So he went up to it and said, "Semsi mountain, Semsi mountain, open," and the mountain opened to him also. He went inside, and the whole mountain was a cavern full of silver and gold, and behind lay great piles of pearls and sparkling jewels, heaped up like corn. The poor man hardly knew what to do, and whether he might take any of these treasures for himself or not, but at last he filled his pockets with gold and left the pearls and precious stones where they were. When he came out again he also said, "Semsi mountain, Semsi mountain, shut thyself," and the mountain closed itself, and he went home with his barrow. Now he had no more cause for anxiety. He could buy bread for his wife and children with his gold and had extra for wine. He lived joyously and uprightly, gave help to the poor, and did good where he could. When the money

came to an end he went to his brother and borrowed a cart so he could haul more from the mountain. He still did not touch any of the most valuable things. After a time he had made three trips with his brother's cart to the mountain. The rich man could not figure out how his brother's fortune had changed, and had become envious of his brother's possessions and comfortable way of life. He also wondered what his brother needed with his cart. He thought of a cunning trick, and covered the bottom of the cart with pitch. When he got the cart back, a piece of money was sticking in it. He went at once to his brother and asked him, "What have you been hauling in my cart?" "Corn and barley," said the other. Then the rich brother showed him the piece of money, and threatened that if his brother did not tell the truth he would turn him in to the authorities. The poor man then told him everything, just as it had happened. The rich man decided he would take better advantage of the mountain's treasures. When he came to the mountain he cried, "Semsi mountain, Semsi mountain, open." The mountain opened, and he went inside it. There lay the treasures all before him, and for a long time he did not know where to start. He greedily grabbed as many precious stones as he could carry. He wished to carry his burden outside, but, as his heart and soul were entirely full of the treasures, he had forgotten the name of the mountain and cried, "Simeli mountain, Simeli mountain, open." That was not the right name, and the mountain never stirred, but remained shut. He was alarmed, but the longer he thought about it the greater his confusion, and his treasures did him little good. In the evening the mountain opened, and the twelve robbers came in. When they saw him they laughed and cried out, "Fool! Did you think you could keep coming back and we wouldn't catch you?" Then he cried, "It was not I, it was my brother." The rich man begged for his life, but the robbers, satisfied that they had caught their man kept him as their prisoner! THE END



With that, Joseph tucked Ben and Katie into their sleeping bags and the family drifted off to sleep.

After the story, draw or paint from it, you can use our picture as a guide. Also, practice the letter M.

The Letter M, Simeli Mountain, Part 2

Have your child retell the story and together write a short summary. Remember that many children are not ready to write at this stage so you may have to write it in their lesson book for them. Practice drawing the letter M and making M sounds. Also, this gives the opportunity to look at landscapes and a bit of world geography, if you live near the mountains and it is possible to go enjoy the beauty of them for the afternoon, take a picnic and go on a road trip. I might say things like "I wonder if Mt. Semsi was as beautiful as our mountain?"

The Letter V, The Vagabonds, Part 1

The morning sun peeked over the mountain and the family made a breakfast over the fire of corn cakes and milk, thanks to Nanny who cheerfully let Ben milk her. Katie woke with chatter, making the sound of the letter M all day during their walking, until the family found a great valley camp near. Joseph searched for the same spot that he had

The Letter N, Spindle, Shuttle and Needle, Part 2

Have your child retell the story and write your summary together.

Block Two - Festivals

These are intentionally set into their own block for the first portion of the Northern Hemisphere school year. If you are in the Southern Hemisphere, you'll likely be also working on some of the weeks in Block Five which is the second festival block. Put these weeks where appropriate in your plans. Make these festival weeks fun for your family. We have more information on Festivals, including stories in the Thinking Feeling Willing program. You can also come to Office Hours and get ideas from our coaches and others in the community.

Week 1 - Michaelmas

This might be my favorite festival - but I will say that again about something else! I love all the festivals! While the slaying of dragons is often seen as a game for the children, for us adults we have the opportunity to do a good deal of inner work at this time. What dragons do you need to slay or set free?

Some writing practice for the week:

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.

This painting suggestion is likely too advanced for your first grader, but it would be fun for you to try. Bring them a more simple version or just encourage them to paint dragons.



from Mars! He proudly told me that was for babies and that he didn't need them anymore, although I caught him listening to his younger sister's math lesson with much joy.

Remember that the subjects brought forth in Waldorf education are taught in lesson blocks, math is no different, children at this age will not be working on daily math in the form of written practice, this doesn't begin until about grade four. It is however entirely appropriate and necessary to practice math in movement daily through marching, bean bag tossing and other such games.

For the next lessons you will want to get some "jewels" to help with counting. Flat marbles will do and they are so colorful, making this a fun journey. Take good care of them, you will need them for a few years.

Back to our stories.

Remember how we said that Super Sam was a Number Gnome? Well there are many Number Gnomes in The Kingdom of Numbers. Many of them have different jobs. Sam is new to his job so he spends his days learning all he can about numbers, their history and all the ways to count. He has other friends that have been Number Gnomes for a long time, some of them have special jobs. One of the special jobs in the Kingdom of Numbers is to be a Four Process Math Gnome. These gnomes help us take all the numbers and give them order or help us know how much or how many something is. This is one of their stories.

The Four Processes, Part 1 - The Math Gnome Story

Before you begin, read through the story and decide just how much each gnome will bring and you could certainly use the premise of this story for a couple of days and see all the ways to get to 48, but you will likely have to help.

King Equals needs precious stones for trading all over the world and for energetic use to help with the sick, with so many people in the world, the mining gnomes work hard to do their part. Each day the mining gnomes pile their jewels at the front end of the caves so that our four new friends, the four process gnomes can gather them. Their names are Plus, Minus, Times and Divided By (you can call her Divide!) They each have different personalities.

Plus is a jolly gnome most of the time, he doesn't move very fast unless he's motivated by something to collect. It's a good thing that his calling is as a Math Gnome! He loves to add things together and sing $1 + 1 + 1$ are 3 and 3 more are 6! And so on. His cloak color is green.

Minus is a sad little gnome, grumpy much of the time – he talks and talks to all his friends but it's usually a whine. You see Minus is thin and his blue robes tend to hang and so he ends up tripping and making holes again and again. One day his hat fell off and he tripped on that too, thankfully his dear friend Times was there to mend it. Now each day when he goes to work the others just hear him grown because his pockets and bags all have holes in them and so he rarely has jewels of his own.

Now this gnome is Times, she is smaller than the others but the cheeriest of all! Her color is bright as the morning sun. She loves everyone she meets and is almost always looking for ways to help them. She does her job as a math gnome very well. She only has one flaw... she likes to be moving from one job to the next so fast that sometimes she's like a butterfly and cannot sit still! She gathers her jewels early each day so she can run off to play.

Our last gnome is Divided By but everyone calls her Divide. She is nice and bright too, her cloak color is red. She tends to be bossy at times but has a sweet heart and just can not stand to listen to Minus carry on so she is always sharing what she has collected in the mining caves with him.

Now each day, King Equals expects that each of his four process gnomes will bring him just what he needs to run the kingdom. He has asked that they each bring him 12 jewels for a total of 48 each day. He knows his gnomes well for he knows that Plus and Times will bring him more than they need to but that is ok because Minus won't bring nearly enough without the help of Divide.

Plus is the first gnome to report back to the king. At first he tries to only hand the king 12 jewels but the king can see the pockets and pouches under Plus' cloak are bulging and so he turns Plus upside down and gives him a good shake. Out pop 2... 4... 6 more jewels! So how many did Plus bring? Yes, 18! Plus thanks the king for keeping him honest and goes about his merry way counting all he can... hmmm chocolate sounds good to count he thinks as he walks off to the gnome candy shop.

Times is next to report to the king. She lights up the room with her smile. Before the king can ask her, she gladly hands over her bag to him. Of course we know that she likes to get her job done quickly but she did get a little distracted while talking to one of the mining gnomes so she had to hurry. Today she counted in haste 3 times 2 are 6 AND 2 times 4 are 8 AND 2 times 2 are 4. She also brought 18 jewels to the king. He thanked her and off she went on her way to bring cheer to others.

Divide and Minus come in together, arguing just a bit. Divide was reminding Minus to repair his robes so that he could bring the king what he needed and Minus was getting mad. The king cleared his throat and the two gnomes turned to him to apologize and compose themselves. Now remember the king needs 48 jewels, he already has 36 so between Divide and Minus they only need 12. Minus only had two jewels in his hand and sheepishly handed them to the king and then in an angry voice said "If she would just share with me some more then I would have more than two for you."

"Now, now" said the king "if you would only repair your robes then you would not need Divide to share. I know you are a wonderful process gnome, for only my smartest math gnomes can have your jobs. Please take the time my child and go fix your robes."

Divide handed over her sack of jewels with a bossy flare. "I would have had more if it wasn't for him!" She announced. "Now Divide, I know you are kind as well as organized, that is why you have this job, thank you for sharing with Minus, he needs you. Now perhaps you could go find Times and get a hug from her to brighten up your day," said the king.

The king counted out Divide's bag and sure enough, his gnomes came through once again. There we 10 jewels in her bag. He bid them a good day and called for the treasury gnomes to come and take away the jewels of the day.



Handwork

Handwork is such an important part of Waldorf education. At home the lines can easily blur a bit. Hopefully you will be continuing your own handwork skills, staying ahead of your child and growing your own repertoire. We have included several patterns for simple first projects that will easily take you and your child through your first year. Once your child is comfortable, you can move on in their skills. There are many books on the market full of patterns. One of my favorite things to do is scour our library for resources, take them home and copy the pages that I know I will use. This really keeps me within my budget. I also try to not over buy on my yarn – this is a task that definitely takes me controlling my will! Yarn shops are better than a candy store. All those bins full of beautiful yarn... they just want to come home with me. I try to knit with a few things in mind – remember this is just me; you may have a completely different system that works for you. I like to have a project, like socks that I don't have to think too much about so that when Erik and I are enjoying a movie or some late night TV together, I have something to keep my hands busy. I also like to have a more detailed project going, something that stretches me a bit and I can put my meditative forces to – I will often listen to some recordings of Steiner lectures while knitting early in the morning. I don't like to have more than two projects going, even though I am pretty sanguine in nature, too many make me frazzled and my attention too divided. You'll have to work into a handwork rhythm that makes you comfortable.

Something that is super fun to do with your first grader is to make your own knitting needles and dye your own yarn. Making knitting needles is easier than one might think. I use 1/4 inch dowels and cut them to 6-8 inches in length. Sharpen the ends with a pencil sharpener and wax them or oil them with olive oil. For the ends you can use wooden beads or Sculpty clay.



Dyeing your own yarn is a great way to keep your child interested in projects. I like to use the bulky yarn from KnitPicks.com. I break the hank into 20 yard segments so we can make many tiny skeins. See our Instagram Highlights for instructions on simple yarn dyeing with Kool Aid.

Waldorf Curriculum, Major Themes Grades 1 to 6

There is a more complete chart on our website in the Resources section.

<p>Grade 1 History, literature & LA * Learning to read and write with the help of the fairy tales as a base for stories. Mathematics * Counting, introduction to the four processes through stories Geography & science * Home surroundings Languages –foreign languages can be taught, through song and culture, no tapes or TV. Art & music * Painting, drawing & modeling from lesson work * Knitting simple projects * Penny whistle or recorder & singing</p>	<p>Grade 2 History, literature & LA * Fables & saint stories to continue the reading journey, local folklore Mathematics * Continue with times tables, time & money, extending skills with the four processes Geography & sciences * More home study surroundings, observing animals from their fables work Continue language study Art & music * Continue painting, drawing & modeling from lesson work * Begin knitting more complicated projects * Continue with instrument & singing</p>	<p>Grade 3 History, literature & LA * Biblical stories as part of history. * Full introduction to parts of speech, begin sentence structure. Mathematics * Continue times tables, begin measurement, place value, carrying & borrowing Geography & sciences * Cycles of the year * Farming, homes and dwellings, clothing, etc. Continue language study Art & music * Continue painting, drawing & modeling * Begin crocheting * Continue with instrument & singing</p>
<p>Grade 4 History, literature & LA * Stories from Norse myth, local history * Poetry, deepen grammar work, spelling Mathematics * Long divisions/multiplication, fractions, averaging, proofs, factoring Geography & science * Zoology, man & animal and their relationships * Local geography, being aware of local plant life Continue language study Art & music * Continue painting, drawing & modeling, more complex * Sewing, embroidery, cross stitch * Continue with blowing instrument & singing * Orchestra or string instrument</p>	<p>Grade 5 History, literature & LA * Stories from ancient cultures & history, India, Persia, Mesopotamia, Egypt, Greece, up to Alexander the Great * Writing longer compositions Mathematics * Geometry as part of drawing * Decimals, fractions, metric system Geography & science * Botany, plant and earth relationship * Zoology, a continuation * Geography of your own country Continue language study Art & music * Continue painting, drawing & modeling, more complex * Four needle knitting * Continue with blowing instrument & singing * Orchestra or string instrument</p>	<p>Grade 6 History, literature & LA * Rome, Life of Christ & Muhammad, Medieval society * Writing is more in depth Mathematics * Geometry * Business math, pre-algebra Geography & science * Geography of Canada, Latin America, & countries being studied * Physics, geology, more botany Continue language study Art & music * Continue painting, drawing & modeling, more complex * Sewing * Continue with blowing instrument & singing * Orchestra or string instrument</p>