

Whole Class Enrichment Course - Rethinking the Elements of a Balanced Day Fact Sheet for Applicants

Rationale

The developmental activities and approaches presented and practiced in this course have for decades been within the domains of Extra Lesson practitioners and Waldorf movement teachers (as well as some Class teachers). However, our experience shows that they are meant to be staples for all students, in all classes, every day. Even students who excel in most or even all academic areas will benefit from the focus-strengthening inbreath and outbreath rhythms this program can provide. The traditional “morning circle time” (and many other daily intervals) can become an even deeper preparation for each day’s academics. A consistent inclusion of these methods will promote:

- Foundations for literacy - developmental capacities for all aspects of language.
- Foundations for numeracy - the math/logical and spatial intelligences.
- Readiness for desk-work - enhancing focus and attention, and strengthening the will can set the stage for harmonious receptivity to new material.
- Bodily/kinesthetic and spatial integration - class time spent on building up such learning foundations as postural control, focus, spatial orientation, movement coordination, and body geography will make teaching more economical.
- Holistic, enriched student observation tools will become an integral part of such a program.

Course goals

This course will guide participants to personal mastery of a broad repertoire of methods for strengthening student capacities. Students will return to their schools ready to provide an innovative and effective whole-class, or even whole-school, approach. The ultimate goal is to prepare attendees to inspire and support a school-wide culture in which all teachers know the reasons for and practicalities of developmental activities for the whole class; to learn the activities themselves and then to help other teachers become inspired. This could be as simple as setting a personal example in one’s class, or as extensive as adding a formal position for Enrichment Classes to the school’s program. The course will focus on hands-on learning, devoting more than 20 hours to classroom activities participants can take back to their schools ready to work with and research.

Who should attend

This course is designed for experienced and new teachers in Waldorf charter or independent schools; for both class and remedial teachers, as well as program/pedagogical leaders. The emphasis of the course material is on enriching the learning readiness of students in grades 1 to 4, i.e., the years when completion of developmental foundations and settling in to the academic process are vital keys to learning throughout the lower grades and beyond.

The course is structured in three parts:

1. A three-day in-person session covering half the material.
2. An online 1-day session to support your “in-service” practice with what was learned and explored.
3. A final three-day in-person session during which we will review, report, and finish up.

Reading list

Before the first session, attendees are expected to read and come prepared to contribute to seminar discussion of at least chapters 1, 2 and 5 of *Educating for Balance and Resilience*; and to bring with them their copy of the book. This preparation will enable class time to economically focus on all of the practical activities listed in the chart below. Also, it would be very helpful to have on hand a copy of Audrey McAllen’s *The Extra Lesson* (i.e., either a personal copy or your school’s copy). *The Human Soul* by Karl König is also highly recommended for reading at some point during the course.

Cost

The fee for the program is \$800. Discounts are available for multiple attendees from the same school. AHE members also receive a \$25 discount. Application, and additional pricing information, is on the AHE website, www.healingeducation.org.

Clothing

This is a very active and informal course from start to finish. So unless you're planning evening or tourist activities off campus, casual, athletics-friendly clothes are all you need.

About the Lead Instructor, Jeff Tunkey

Over a 30-year teaching career at Aurora Waldorf, he researched, developed and carried through a unique, multi-disciplinary school-wide program to address this vital aspect of education. His roles at AWS included teaching games, tumbling and athletics; inservices for class-teachers; Extra Lesson student support; remedial math support; chairing the Educational Support Team; and creating a stand-alone "Enrichment" class for the lower grades. In addition, as an AHE faculty member he has visited dozens of Waldorf schools as workshop provider or mentor. In 2020 he collected his approach in a book, *Educating for Balance and Resilience*. Other AHE faculty will join him in the teaching.

Schedule outline, Sessions 1 and 3

Friday evening

6:00 p.m. Registration opens
7:00 to 8:30 Convocation & Preview

Saturday

Sunday

8:30	Warm-up / Preview day	Warm-up / Gathering / Questions / Preview day
8:45	Activity period #1	Activity period #6
9:45	Break	Break
10:00	Activity period #2	Activity period #7
12:00	Lunch break	Lunch break
1:00	Activity period #3	Activity period #8
2:30	Break	Brief session review & goodbyes
3:15	Activity period #4	
4:15	Break	
4:30	Activity period #5	
5:30	Daily review, ending by 6:00	

Syllabus - exercises to be introduced and practiced will include:

Movement		Drawing & Painting	Numeracy
Copper Rods Routines	Wool Winding	Hand Warmups	Vestibular Wakeup Calls
Ball Twirling Exercise	Jumping rope	Rhythmic Drawings	Counting & Subitizing
Clay Ball Exercise	Group & Partner Ball Activities	Shaded Drawing	Standards discussion
Drawing circles with feet	Take Time Beanbags	Extra Lesson form drawings	Whole Body Exercise
Writing with foot	Cross Step Ball Bounce	Painting Handwriting	Stones in Hands and Toes
Threefold Spiral	Extra Lesson Ball Exercises	Eye-Hand Painting Exercise	String Games
Juggling	Stone games	Extra Lesson paintings	Tracing & Coloring - Hands and Feet