

## **YOUR Pre-SCHOOL AND KINDERGARTEN HOMESCHOOLERS EURYTHMY EXERCISES**

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### **Notes on the videos**

In these lessons I am offering a few eurythmy exercises for you to do with your home school children. It is wonderful for very young children to do a little bit of eurythmy, but only when embedded in little prayers or opening verses. Thus, we are beginning the homeschooling curriculum with one game-exercises and two eurythmy table prayers for pre-school and kindergarten children.

As you move up through the grades, you will learn more complicated and integrating movements for your children. Please begin by watching the Introduction to Eurythmy for Homeschooling Video, to orient yourself to the purpose and scope of this exciting opportunity.

### **General pre-school and kindergarten movement exercises**

Before we begin, I want to encourage you to give your children lots of age-appropriate movement experiences. There is absolutely nothing that will help your young child as much as giving them full-body movements to do. Through doing chores, climbing over things and crawling under them, sweeping and washing dishes, rolling and tumbling, and doing all these wonderful full-body things, your child is not only having fun—he or she is learning what it means to use the little body. And although we don't do these things *in order* that your child develops basic body skills, if they don't learn to move like this, they won't build a solid sensory-motor-neural foundation later sitting still and learning to read and write.

If you have found your way to the Waldorf school curriculum, you will have already learned these things! Play, play, play and let your child work along side with you. Be sure he or she can crawl, and is overcoming primitive reflexes and learning to “cross the midline,” step by step. Avoid the television, the iPad, the iPod, the smartphone. Let them touch the natural world and drink it in while they are young!

And remember, until they have reached certain movement benchmarks, their brains are not yet ready to read and write. To learn more about these things, I strongly encourage you to consult the website of developmental pediatrician Dr. Susan Johnson, at [youandyourchildshealth.org](http://youandyourchildshealth.org).

### **How do I prepare myself?**

In eurythmy terms, your young child is still living in the energy field of the mother-father unit, and needs to be “etherically held.” They need to be surrounded by the mood of “B.” This sound denotes a mood of wrapping protection and love around another person. You will be wrapping your mood of protection around the child as you work with them. I warmly encourage you to go to my website [eurythmyonline.com](http://eurythmyonline.com) and find your way to my Freebie lessons. Download the lesson called “B, the Consonant of Boundaries,” and use the instructions to learn how to change your own energy field and offer an atmosphere of peace and protection to your young child.

### **How do I learn the exercises?**

It is very important that you begin by learning the exercises yourself. Consider it your own path of eurythmy, your own journey for self-development! (After all, as a homeschooling parent, you get to work on your own skills as well as on your child's!)

Then, once you are confident that you can model the exercises, turn off the video, and teach the child out of your own experience. **It is important not to let the child watch the videos!**

And remember: don't let the child speak while moving. And remember: don't let the child speak while moving. **You** should speak, and the child should pour all of their "consciousness", their etheric presence, into their movements.

We are thereby truly encouraging mindful movements.

### **How do I teach my child?**

The pre-school and kindergarten exercises are designed to be very simple verses that you can do with your child, either at the beginning of your circle time or at the table before meals. Your child will be happy to imitate you. You don't have to teach them at all: sing and do the movements, and he or she will join right in!

**Exercise #1: Body geography** I like to begin lots of my eurythmy sessions (from small children to adults) with a body geography game. Begin with a nice feel-good stretch. Then follow these words, and place your hands on your body. When your child is good at it, add other body parts, and also cross the midline sometimes. When your child thinks it is too easy, then go faster! In this way, your child wakes up into the body, and is ready for engagement.

“Hands on your hips!  
Hands on your knees!  
Hands behind you, if you please!  
Hands on your shoulders,  
Hands on your toes!  
Touch your ears!  
Touch your nose!  
Reach up to the sky,  
And curl up like a big brown bear.  
Reach up high to the sky,  
And stand straight and tall.

**Songs for Eurythmy** You will learn how to do these on the video.

1. Blessings on the blossoms,  
Blessings on the root,  
Blessings on the leaf and stem,  
Blessings on the fruit.
2. For the golden sun,  
And the apple on the tree,  
For the golden butter  
And the honey from the bees,  
For fruits and nuts and berries  
That grow beside the way,  
For birds and beasts and butterflies,  
We thank thee every day.

### **What is Essential?**

To be a eurythmy teacher, we have to learn to pay attention to what is essential. The *learning process itself* is more important than immediate success.

Remember, we are *building etheric strength through eurythmy!* Practicing the integrative movements will lay seeds for other movements you will learn in later years.

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