

RESOURCES FOR A WALDORF-INSPIRED SUMMER

PEACE VALLEY CHARTER SCHOOL 2019



We are often asked why we don't use computers for instruction and why we recommend a screen-free life for our students at home. Study after study warns of the harm technology and media use pose for children, particularly during the early years of critical brain development. While neural networks are being established, children need to experience and interact with real people and the real world – not screens.

Ask experts which 21st-century skills young adults need, and you won't find "computers" or "technology" at the top of the list. Instead, you'll see things like collaboration and teamwork, creativity and imagination, critical thinking, problem solving, and flexibility and adaptability. The Waldorf curriculum is beautifully designed to cultivate all these capacities in our students. At Peace Valley Charter School, our classrooms are screen-free, and our students thrive, both academically and socially. Waldorf teachers bring academics to life with vivid narratives, class discussions, hands-on experiments, artful chalkboard drawings, and other engaging techniques — all without the use of computers.

Technology and digital media use at home are strongly discouraged. Instead, we recommend free play, outdoor exploration, reading, crafts, games, dinnertime conversation, and other healthy, developmentally appropriate activities.

~Adapted from The Waldorf School of Lexington

PODCASTS

- 1. Waldorf Journey Podcast** awaldorfjourney.libsyn.com
A Waldorf Journey is a blog and podcast started by a trained and experienced Waldorf teacher who is passionate about sharing what she has learned on the journey.
- 2. WE Talk podcast** shiningmountainwaldorf.org/all-school-2/our-community/podcast/
WE Talk is a podcast that explores the role of Waldorf Education in helping children, parents, and families thrive in an ever-changing world.
- 3. The Simplicity Parenting Podcast** www.simplicityparenting.com
Weekly insights on children and parenting from "Simplicity Parenting" author Kim John Payne.
- 4. Millennial Child Lectures** millennialchild.com/podcasts.html
Eugene Schwartz is a Waldorf consultant and lecturer.
- 5. Barefoot Books** barefootbooks.com/kids/story-podcasts
These are free fairy tale audio books for children. (Great for older kids too!)
- 6. The Read Aloud Revival podcast by Sarah McKenzie** readaloudrevival.com/podcasts
You can sign up for monthly book recommendations at her website. The titles can often be found at the library.

"PLAY IS THE HIGHEST FORM OF RESEARCH"
- ALBERT EINSTEIN

WALDORF BLOGS

- Rhythm of the Home www.rhythmofthehome.com
- Syrendell www.syrendell.com
- The Magic Onions www.themagiconions.com
- Frontier Dreams www.frontierdreams.blogspot.com.au
- The Parenting Passageway <http://theparentingpassageway.com>
- Waldorf-Inspired Learning www.waldorfinspiredlearning.com
- Celebrate the Rhythm of Life www.celebratetherhythmoflife.com
- The Wonder of Childhood <http://thewonderofchildhood.com>
- Ancient Hearth <http://ancientearth2.blogspot.com>
- Little Acorn Learning <http://littleacornlearning.com>
- Waldorfish <http://waldorfish.com/blog>
- Lavender's Blue Homeschool <http://lavendersbluehomeschool.com/blog>
- Christopherus Home School Blog Archive <https://www.christopherushomeschool.com>

BOOKS

1. [Tell Me a Story: Stories from The Waldorf Early Childhood Association of North America](#)
2. [Understanding Waldorf Education](#) by Jack Petrash
3. [Glow Kids: How Screen Addiction is Hijacking Our Kids – and How to Break the Trance](#) by Nicholas Kardaras
4. [The Last Child in the Woods](#) by Richard Louv
5. [Endangered Minds: Why Children Don't think And What WE Can Do About It](#) by Jane M. Healy
6. [Your Child's Growing Mind](#) by Jane M. Healy
7. Louise Bates Ames writes a series of books, starting with [Your One-Year-Old](#), up to age 18

LOCAL RESOURCES

1. [Boise Public Library Summer Reading Program](#)
<https://www.boisepubliclibrary.org/books-movies-and-music/summer-reading/>
2. [Liv Boise Summer Activity Guide](#)
<https://www.livboise.org/liv-stories/2019/summer-activity-guide-is-here/>

CRAFTS

1. weefolkart.com/tag/free_patterns
2. themagiconions.com/tag/waldorf-crafts
3. craftlearnandplay.com/15-waldorf-inspired-crafts-nature-activities-for-kids
4. pinterest.com/search/boards/?q=waldorf&rs=filter (large variety of Waldorf inspired activities)
5. bearcreekfelting.com/felting-101 or https://youtu.be/82i64_gkHIQ (This is a great start to Needle Felting, but there are plenty of other resources online, on YouTube, and at your local library!)
6. www.ravelry.com (an online knit and crochet community for learning and sharing with your family)
7. www.creativebug.com/lib/idahoconsortium (requires a local library card number to log in)

“OUR HIGHEST ENDEAVOR MUST BE TO DEVELOP FREE HUMAN BEINGS WHO ARE ABLE OF THEMSELVES TO IMPART PURPOSE AND DIRECTION TO THEIR LIVES. THE NEED FOR IMAGINATION, A SENSE OF TRUTH, AND A FEELING OF RESPONSIBILITY— THESE THREE FORCES ARE THE VERY NERVE OF EDUCATION.”
— RUDOLF STEINER

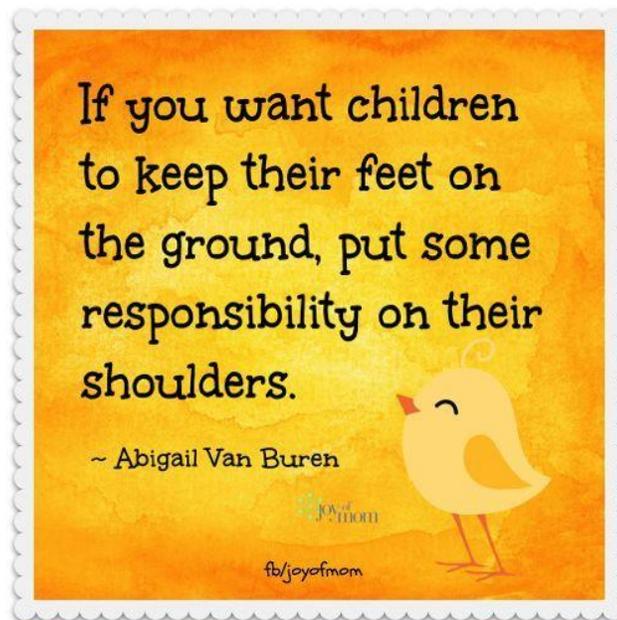
MUSIC

www.waldorfschoolsongs.com More than 1700 songs listed!

WEBSITES

1. [One Million Screen-Free Activities](http://www.screenfreeparenting.com/category/screen-free-activities/1-million-screen-free-activities/) The creators of this site are on a mission to provide a list of 1 million simple things to do with kids in place of screen-time. Each week they post new activities you can do with your young children!
www.screenfreeparenting.com/category/screen-free-activities/1-million-screen-free-activities/
2. [Campaign for a Commercial Free Childhood](http://commercialfreechildhood.org/resources) CCFC educates the public about commercialism's impact on kids' wellbeing and advocates for the end of child-targeted marketing. This webpage includes lots of useful resources for living screen free, as well as avoiding commercialism. commercialfreechildhood.org/resources
3. [Parent Network for Media-Lite Living](https://tinyurl.com/y5qofgmt) This website advocates for a school culture that embraces living with less digital media and to support families on a meaningful journey of living “media-lite,” especially in choices for leisure and recreational activities. “Media-lite” points to less digital media, not “media-free,” recognizing the world we live in and offering ample room for recreation and entertainment that do not involve screens!
<https://tinyurl.com/y5qofgmt>
4. [Children and Nature Network Research Archives](http://www.childrenandnature.org/learn/research-digest) “Over the last few generations, childhood has moved indoors, leaving kids disconnected from the natural world. This worldwide trend has profound implications for children’s healthy development—and the future of our planet.” www.childrenandnature.org/learn/research-digest

5. [The Importance of Free Play for Kids](http://www.verywellfamily.com/the-importance-of-free-play-2633113) Few things are more associated with childhood than playtime, but some kids aren't getting enough free playtime. These are times when kids need to use their imagination or enjoy physical activity rather than being coached on a team or watching electronic entertainment, and there are many benefits to this type of simple, unstructured play. www.verywellfamily.com/the-importance-of-free-play-2633113
6. [Waldorf Library](https://waldorflibrary.org/) This site has free Waldorf audio, and eBooks about the philosophy, parent books, child development, crafts, children's books and more. They also have a lot of articles covering a variety of topics. <https://waldorflibrary.org/>
7. [Gateway to the Classics](http://www.gatewaytotheclassics.com/home.php) For those times your child will be in front of a screen or you are on the go but would like to read aloud to them, this is a wonderful site to explore offering hundreds of classic books for all ages! www.gatewaytotheclassics.com/home.php



Age-Appropriate Chores for Children



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Ages 2-3

- Put toys in toy box
- Stack books on shelf
- Place dirty clothes in laundry hamper
- Throw trash away
- Carry firewood
- Fold washcloths
- Set the table
- Fetch diapers & wipes
- Dust baseboards

Ages 6-7

- Gather trash
- Fold towels
- Dust mop floors
- Empty dishwasher
- Match clean socks
- Weed garden
- Rake leaves
- Peel potatoes or carrots
- Make salad
- Replace toilet paper roll

Ages 10-11

- Clean bathrooms
- Vacuum rugs
- Clean countertops
- Deep clean kitchen
- Prepare simple meal
- Mow lawn
- Bring in mail
- Do simple mending (hems, buttons, etc.)
- Sweep out garage

Ages 4-5

- Feed pets
- Wipe up spills
- Put away toys
- Make the bed
- Straighten bedroom
- Water houseplants
- Sort clean silverware
- Prepare simple snacks
- Use hand-held vacuum
- Clear kitchen table
- Dry and put away dishes
- Disinfect doorknobs

Ages 8-9

- Load dishwasher
- Change light bulbs
- Wash laundry
- Hang/fold clean clothes
- Dust furniture
- Spray off patio
- Put groceries away
- Scramble eggs
- Bake cookies
- Walk dogs
- Sweep porches
- Wipe off table

Ages 12 and up

- Mop floors
- Change overhead lights
- Wash/ vacuum car
- Trim hedges
- Paint walls
- Shop for groceries w/list
- Cook complete dinner
- Bake bread or cake
- Do simple home repairs
- Wash windows
- Iron clothes
- Watch younger siblings

CHORES

Chore suggestions for ages 3-18:

theparentingpassageway.com/2010/08/15/more-regarding-children-and-chores-in-the-waldorf-home/

A great make-your-own chore chart!

www.thecraftycrow.net/2013/08/forest-chore-chart-tutorial-diy-make-your-own-chore-chart.html