

# Steiner-Waldorf Education 2022-2023

A catalogue for educators from Floris Books



## **Growing warmth and kindness**

*The Connected Family Handbook*  
by Lou-Harvey Zahra  
and Danielle Harbison

## **Autumn in the kindergarten**

Share a seasonal story and a  
hearty bowl of pumpkin soup

## **Teaching art history**

An invaluable illustrated guide  
for teachers of Class 9



# How to order books

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We're happy to advise you on which books to order and discuss special offers.

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## Prices

Prices in this catalogue are valid in the UK only and apply from 1 October 2022. They are subject to change without notice.

You can also buy a selection of Steiner-Waldorf education books from these UK retailers.

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Alongside our own books we distribute books from Waldorf Publications, Bell Pond Books, Waldorf Early Childhood Association of North America (WECAN), Orion and Lindisfarne Books from the USA as well as from the Steiner Waldorf Schools Fellowship (SWSF) in the UK.



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# Welcome



## Welcome to our 2022-2023 issue

It has been wonderful to see teachers and pupils come together again and classrooms become buzzing hives of learning, laughter and play once more. In spite of long periods apart over the past few years, it feels like our community is as strong as it ever was, and for this we are grateful.

Here at Floris, we have been so pleased to see our office re-open and to have the chance to connect face-to-face as a team again. We're enjoying getting to know our new surroundings by the canal here in Edinburgh (our office moved during lockdown), where swans, ducks and canoes pass by our windows!

In this, the sixth edition of our Education Catalogue, we bring you helpful resources to enhance your teaching, including [engaging craft activities for kindergartens](#) (p.12), [a fun seasonal recipe to try](#) and [a story perfect for sharing this autumn](#) (p.16), [an exciting fable from our collection of Nordic animal tales](#) (p.24), plus [an insightful extract to help you illuminate the significance of lines and form in the upper school](#) (p.38). We hope that these extracts and activities will help you to create inspiring and creative lessons. If you have any questions about our books please get in touch with our Community Marketing Manager, Elaine Reid ([elaine@florisbooks.co.uk](mailto:elaine@florisbooks.co.uk)). We would be delighted to hear from you.

To place an order please contact us, visit our website [www.florisbooks.co.uk](http://www.florisbooks.co.uk) or order through your local bookshop.

Best Wishes,

*Katy Anne Elaine*

Katy Lockwood-Holmes, Christian Maclean, Elaine Reid & the Floris Team

## Get in touch with Floris

If you have any comments, suggestions for future articles, or would like to share your ideas with other Steiner-Waldorf educators, please get in touch with us via our social media channels:



You can also read our blog on the Floris Books website, where we share articles, interviews and extracts from our Steiner-Waldorf books.

[www.florisbooks.co.uk/blog](http://www.florisbooks.co.uk/blog)

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## Key

All books in this catalogue are paperback, unless otherwise indicated.

Books also available as eBooks are marked with this symbol.

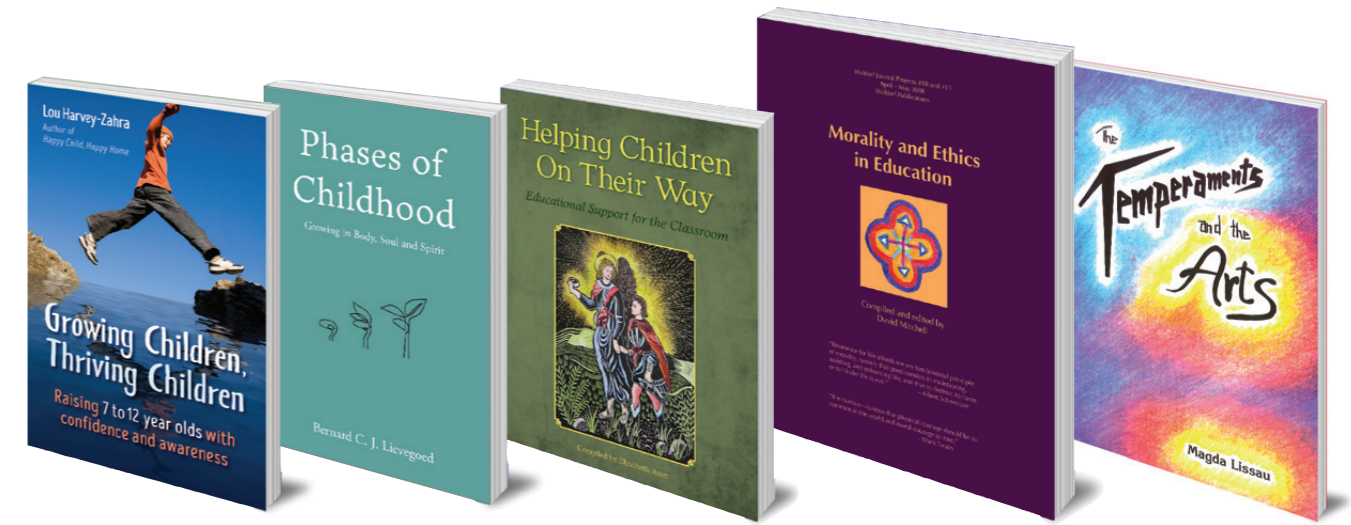


Our new and featured books are marked with this star.





# CHILD DEVELOPMENT




## The Care and Development of the Human Senses: Rudolf Steiner's Work on the Significance of the Senses in Education

**WILLI AEPPLI**  
Presents Steiner's ideas about the nature of the twelve human senses as he saw them, and their role in education.  
144pp | £9.99

## Children and Their Temperaments

**MARIEKE ANSCHÜTZ**  
A guide to children's temperaments and their role in child character, health and personality development.  
128pp | £8.99

## Children's Creative Play: How Simple Dolls and Toys Help Your Child Develop

**KARIN NEUSCHÜTZ**   
Explores children's developmental stages up to age seven, and suggests suitable toys, dolls, games and activities to nurture and develop them.  
b/w illustrations | 120pp | £7.99

## The Connected Family Handbook: Nurturing Kindness, Warmth and Wonder in Children

**LOU HARVEY-ZAHRA AND DANIELLE HARBISON**   
Practical advice and inspiring activities to encourage positive qualities in children and create a more connected family. A beautiful handbook for carers of younger children based on a background of holistic child development.  
colour photographs | 224pp | £16.99


## Difficult Children: There Is No Such Thing: An Appeal for the Transformation of Educational Thinking

**HENNING KÖHLER**  
Challenges the labelling of children with so-called behavioural disorders as 'educationally difficult'.  
216pp | £14.99

## Educating Traumatized Children: Waldorf Education in Crisis Intervention

**BERND RUF**  
Reveals the work of international relief organisation Friends of Waldorf Education with children in war zones and disaster areas around the world.  
28 b/w illustrations | 220pp | £20.00


## The First Three Years of the Child: How Children Learn to Walk, Speak and Think

**KARL KÖNIG**   
A new edition of this classic exploration of the first three years of a child's life from Karl König, physician, anthroposophist and founder of the Camphill movement, offering valuable insights into early years' development.  
160pp | £14.99 


## From Images to Thinking

**DAVID MITCHELL (ED)**  
An insightful collection of essays that explore the development of children's imagination and capacities, from pictures and stories through to scientific thinking.  
colour illustrations | 132pp | £20.00

## Growing Children, Thriving Children: Raising 7 to 12 Year Olds With Confidence and Awareness

**LOU HARVEY-ZAHRA**   
Parenting books often forget the primary school years (from 7-12 years old). Experienced teacher and parenting coach Lou Harvey-Zahra offers advice, practical tips and guidance to help carers face the challenges of these middle years with confidence.  
264pp | £14.99


## Helping Children Form Healthy Attachments: Building the Foundation for Strong Lifelong Relationships

**LOÏS EIJGENRAAM**   
With practical tips and real-life examples from an experienced educator, this insightful book explores how the process of healthy attachment develops in young children (until six years old) and how carers and educators can help in this process.  
120pp | £7.99

## Helping Children on Their Way: Educational Support for the Classroom

**ELIZABETH AUER (ED)**  
Collection of articles for classroom teachers who need to give support to children with additional needs.  
colour illustrations | 314pp | £42.50

## Managing Screen Time: Raising Balanced Children in the Digital Age

**EDMOND SCHOOREL**   
A thought-provoking book that offers a comprehensive overview of the pros and cons of the use of screens (computers, tablets, consoles and smart phones) by children.  
15 b/w illustrations | 128pp | £7.99

## Morality and Ethics in Education

**DAVID MITCHELL**  
Helps parents and teachers understand their role in guiding young people towards right thought and right action.  
148pp | £22.50



## Phases of Childhood: Growing in Body, Soul and Spirit

**BERNARD C. J. LIEVEGOED**  
Argues that education must take into account body, soul and spirit in order for a child to develop into a happy, wise, skilled adult.  
208pp | £16.99

## A Practical Guide to Curative Education: The Ladder of the Seven Life Processes

**ROBYN BROWN**  
Draws on Steiner's pioneering Curative Education course, going back to basics to examine the benefits of this unique approach in today's classrooms.  
180pp | £14.99

## Raising Sound Sleepers: Helping Children Use Their Senses to Rest and Self-Soothe

**ADAM BLANNING MD**   
Help children of all ages learn life-long skills – how to sleep, self-soothe and feel calm – using their senses. An easy-to-absorb, holistic guide from a doctor and child-development consultant.  
192pp | £12.99 

## Rubicon: Selections from the Works of Rudolf Steiner

**MONICA RUEF**  
Addresses both the nine-year-old Rubicon and other transition moments between the ages of seven and twelve.  
188pp | £16.99

## Rudolf Steiner's Observations on Adolescence: The Third Phase of Human Development

**DAVID MITCHELL AND CHRISTOPHER CLOUDER (EDS)**  
A collection of Rudolf Steiner's comments and writings on adolescence, from age fourteen to twenty-one.  
176pp | £12.99

## The Seven Life Processes: Understanding and Supporting Them in Home, Kindergarten and School

**PHILIPP GELITZ AND ALMUTH STREHLOW**  
Identifies and explores the seven physiological life processes and how they relate to the healthy development of children.  
b/w illustrations | 180pp | £20.00

## The Temperaments and the Arts: Their Relation and Function in Waldorf Pedagogy

**MAGDA LISSAU**  
Considers the connection and influence of the temperaments in areas such as sculpture, painting, eurythmy, music and language.  
182pp | £12.99

## Tending the Spark: Light the Future for Middle-school Students

**BETTY STALEY**  
A powerful, insightful book that clearly explains the behaviour of pre-teens and offers parents ideas on how to guide their child through these challenging years.  
256pp | £20.00







**Transitions in Childhood from Birth to 14 Years: Significance, Challenges and Consequences – The Tasks for Educators and Teachers**

SUSAN HOWARD AND PHILIPP REUBKE (EDS)  
An important collection of lectures from a 2015 conference at the Goetheanum, looking at key educational questions.  
colour illustrations | 122pp | £14.99

**Understanding Child Development: Steiner's Essential Principles for Waldorf Education**

ANGELIKA WIEHL AND WOLFGANG-M AUER (EDS)  
A useful volume that presents a selection of Rudolf Steiner's writings on childhood, alongside expert commentaries and essays.  
234pp | £16.99

**Understanding Deeper Developmental Needs: Holistic Approaches for Challenging Behaviors in Children**

ADAM BLANNING MD  
Examines a powerful way of looking at children's challenging behaviour and assessing suitable therapies.  
524pp | £30.00

**A Waldorf Guide to Children's Health: Illnesses, Symptoms, Treatments and Therapies**

MICHAELA GLÖCKLER AND WOLFGANG GOEBEL  
A definitive alternative guide to children's health and wellness that includes first aid, how to treat common complaints and illnesses, and advice on when to seek medical help. Based on the bestselling *A Guide To Child Health*.  
248pp | £12.99

**Warmth: Nurturing Children's Health and Wellbeing**

EDMOND SCHOOREL  
A unique and practical book on one of the key building blocks of life, essential for healthy child development.  
120pp | £7.99

**Why Children Need Boundaries: How Clear Rules and Healthy Habits will Help your Children Thrive**

LOÏS EIJGENRAAM  
A practical and inspiring guide for parents with children of all ages. Explores the different types of boundaries children need at different ages and stages. Offers advice to support individual parenting approaches.  
112pp | £8.99

[Click here to read an extract](#)

**Why Don't Children Sit Still?: A Parent's Guide to Healthy Movement and Play in Child Development**

EVELIEN VAN DORT  
A practical and insightful book exploring the role of movement in child development (including spatial awareness, balance, coordination and telling right from left). Filled with reassuring answers to parents' questions.  
120pp | £7.99

**Working with Anxious, Nervous and Depressed Children: A Spiritual Perspective to Guide Parents**

HENNING KÖHLER  
A lively, readable book that proposes a therapeutic approach for parents that draws on spiritual dimensions, and beings such as angels.  
144pp | £16.99

**Young Children's Drawings as a Mirror of Development**

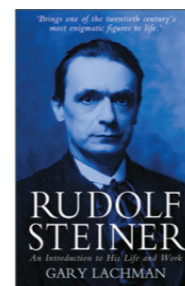
CHRISTHILDE BLUME  
A wonderful insight into a unique approach to understanding the development of individual children, illustrated with over 50 drawings.  
colour illustrations | 72pp | £14.99



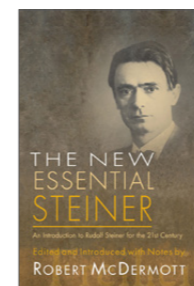
# Recommended for parents

Do parents ever ask you for more information on subjects related to Steiner-Waldorf education? While most of the books in this catalogue are for teachers, we also have a range of resources aimed at parents. We hope this selection will be a useful guide when seeking answers to FAQs!

**Who was Rudolf Steiner?**

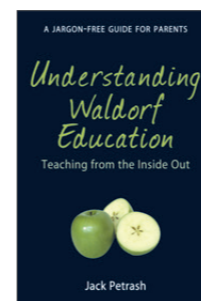


Rudolf Steiner:  
An Introduction to  
His Life and Work  
280pp | £16.99



The New Essential  
Steiner  
344pp | £30.00

**What is Steiner-Waldorf education?**

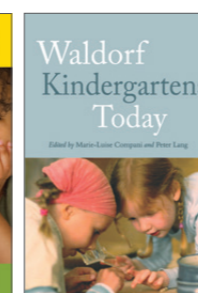


Understanding  
Waldorf Education  
144pp | £9.99

**What can I expect from Steiner-Waldorf kindergartens?**

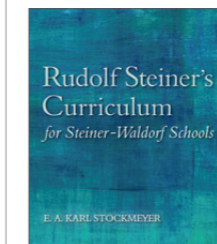


What is a Waldorf  
Kindergarten?  
120pp | £12.99

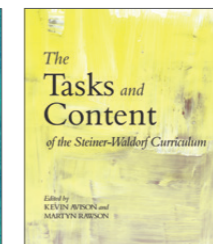


Waldorf  
Kindergartens  
Today  
224pp | £16.99

**What subjects are taught in the curriculum?**



Rudolf Steiner's  
Curriculum for  
Steiner-Waldorf  
Schools  
336pp | £18.99

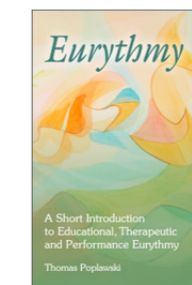


The Tasks and  
Content of the  
Steiner-Waldorf  
Curriculum  
384pp | £20.00

**What is eurythmy?**



Eurythmy and  
Rudolf Steiner  
212pp | £16.99



Eurythmy  
128pp | £7.99

**Where can I find advice about television and technology?**



Managing Screen  
Time  
128pp | £7.99



Addictive Behaviour  
288pp | £20.00

**What role do festivals play?**



Celebrating  
Festivals with  
Children  
152pp | £14.99



Crafts Through  
the Year  
176pp | £14.99

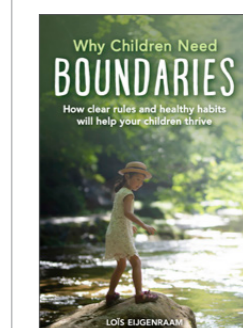
**Can you suggest any books on parenting?**



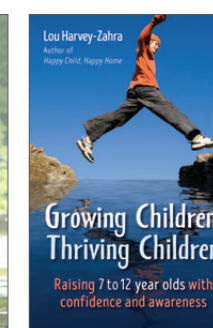
The Connected  
Family Handbook  
224pp | £16.99



Raising Sound  
Sleepers  
272pp | £12.99



Why Children  
Need Boundaries  
112pp | £8.99



Growing Children,  
Thriving Children  
264pp | £14.99





# Raising Sound Sleepers

Discover ways to help children rest and develop a sense of well-being, from rhythmic eating to touch, movement and sleep, with this extract from child development consultant **Adam Blanning MD**.

**H**ow do we nurture our sense of well-being? By supporting the quieter aspects of childhood: sufficient sleep, rhythmic eating, lots of free movement, and playful exploration, as well as protection from different forms of excessive outside stimulation that in today's world want to come too soon and routinely risk being far too much.

## Getting enough sleep

Infants need plenty of external soothing, but over time children become able to take on more of the self-soothing and settling process. There are, however, two additional important aspects to consider in order to complete our understanding of sleep development: first, we need to be sure a child gets enough total hours of daytime and nighttime sleep, and second, that there is an early enough bedtime. These are important because most adults do not, themselves, get enough sleep, and children need far more sleep than adults. Many behavioral and attention struggles are related to children not resting enough, and the problem is compounded when expectations for children's sleep are

based on adult patterns. Here are common sleep recommendations for total hours of sleep (including naps):

- **Newborns (0–3 months):** 14–17 hours per day
- **Infants (4–11 months):** 12–15 hours per day
- **Toddlers (1–2 years):** 11–14 hours per day
- **Preschoolers (3–5 years):** 10–13 hours per day
- **Elementary-school (6–12 years):** 9–12 hours
- **Teens (13–18 years):** 8–10 hours

There are two observations to be made about these sleep recommendations. First, because there is a range, we often interpret it to mean that if the length of time a child spends asleep falls within that range, then all is good. So, if an 8-month-old infant is getting 12 hours of sleep, including naps, and we see that the recommended range is 12–15 hours, then we feel everything is fine. But the reality is we don't know if a child is getting enough sleep unless we give them the opportunity to have 15 hours of sleep.

It is better to aim for providing the upper end of the range and then see where your child falls. The lower end of the range is probably not going to be enough sleep for 90% of children in that stage of development.

**“First, we need to be sure a child gets enough total hours of daytime and nighttime sleep, and second, that there is an early enough bedtime.”**

How can you provide that much sleep time? Well, that leads to the second aspect, which is that most children do much better with an early bedtime. Toddlers do well with a 6:30–7:00 pm bedtime (some even like 6:00 pm). Many preschoolers thrive with a 7:00 pm bedtime. That means not starting to get ready for bed at 7:00 pm, but actually getting into bed to fall asleep at 7:00 pm. For a 4-year-old that likes 12 hours of sleep but does not regularly nap, a 7:00 pm–7:00 am sleep pattern is needed in order to get 12 hours of sleep.

The main hindrances for providing this kind of rhythm are the work schedules of adults, as well as the temptations for after-school activities. But we don't build our sense of well-being through extracurricular enrichment. The deeper we go along the inner sensory pathway, the more a child needs 'down time' to practice that kind of sensing.

The first seven years of life are the most important time for developing a healthy sense of well-being, which sets up life-long patterns for how we will sense and connect to the needs of our own body. What if a child went all the way through childhood without ever really knowing what it feels like to be fully rested? What a loss. Learning to know when we are over-tired, and what it feels like to be well rested, are core aspects of the sense of well-being.

## Eating regular meals

Just as we need time for both outward exploration and accompanying rest, all children similarly need rhythmic alternation between active eating and quiet digestion.

Rhythmic eating actually reduces the need for parental reminding, herding, and cajoling of children to sit and eat. If breakfast comes predictably at 7:30 am each day, then at 7:20 am our body begins preparing for it with increased production of stomach acid and secretion of digestive enzymes. When children can lean in to a 7:30 am breakfast meal (or whatever time works for your family), they will be both more inwardly prepared to eat and more likely to want to sit down at the table.

Providing predictable mealtimes, as well as a dedicated eating space, like a dining room or kitchen table, helps frame

the whole activity of eating. Whenever we can eat without distraction we meet our food in a much more complete way, better able to sense both the food and our own response to it.

**“The first seven years of life are the most important time for developing a healthy sense of well-being, which sets up life-long patterns for how we will sense and connect to the needs of our own body.”**

Small snacks throughout the day are admittedly quick and easy, but they keep a child bouncing between hungry and not hungry, with their blood sugar going up and down. None of those little snacking meals bring the full experience of feeling: 'I know my hunger, I see my food, my body is quiet enough that I am not distracted, and I can eat until I know I am full.' Learning to know when we are full – when we've had enough and feel satisfied – are core aspects of the sense of well-being.

## Free movement and exploration

With each step along the inner sensory pathway, children increase the number of ways they can orient themselves in the world. More sensing doorways mean more potential paths to an experience of well-being. It's helpful to remember that we essentially develop our sensing capacities through practice. During early body formation we grow

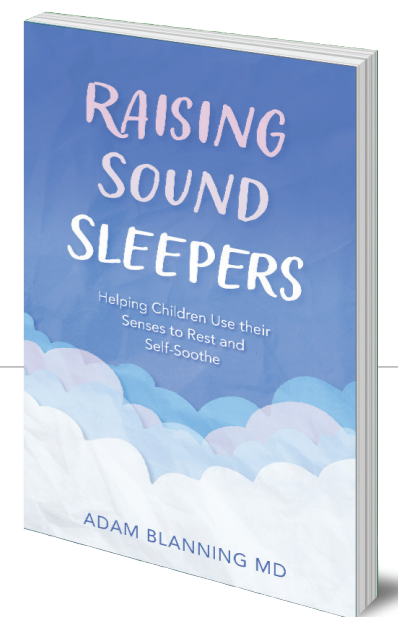
the structures for vision, taste, smell, touch, balance, movement and well-being, but those are only the basic building blocks. We are born with two eyes, but research studies show that if one eye is mechanically blocked from receiving light the eye will become functionally blind; the brain does not connect to the eye and therefore cannot make use of any sensory input that later comes from it.

We therefore need to look and gaze day after day in order to develop a healthy sense of vision. We need to touch – thousands, millions of times – by grabbing, pushing, pulling, squeezing, sliding, and crashing. We spin, climb, lean, dip, walk a beam, hang upside down, and swing to develop a healthy sense of balance. We run, jump, catch, speed, slow, turn, stop, and start again in order to develop a healthy sense of movement. The nice part about free movement and exploration is that you don't need to set up a specific set of experiences. You don't need to hire a tutor, just give children the space and time to listen to the messages coming from their inner world. ■

Adam Blanning MD practices integrative and anthroposophic family medicine in Colorado, USA. He lectures and teaches internationally on topics relating to holistic medicine and the dynamics of human development, with a special interest in supporting children.

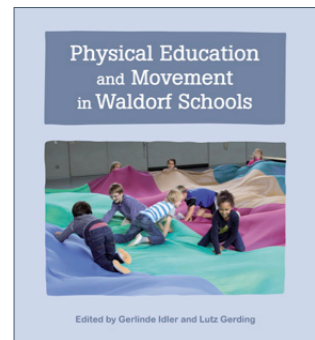
Raising Sound Sleepers is an easy to absorb, holistic guide from a doctor and child development consultant. It empowers caregivers to guide children towards rest, sleep and calm – ultimately building resilience for life.

black & white illus | PB | 192pp | £12.99





# GENERAL & CURRICULUM



## Title spotlight

*"This book is a huge well of information and will be of use to anyone involved in movement education... [It] describes a physical education approach that works with and enhances the natural development of children rather than fitting children into an arbitrary system of learning."*

– Martin Baker (Steiner-Waldorf sports and movement teacher)



### Beyond Ecophobia: Reclaiming the Heart in Nature Education

DAVID SOBEL

A valuable resource book for parents and teachers to help nurture children's relationship with nature.  
72pp | £9.99

### Educating for Balance and Resilience: Developmental Movement, Drawing, and Painting in Waldorf Education

JEFF TUNKEY

A compelling book for teachers that argues that a focus on posture, special orientation and coordination is as important to healthy child development as academic content.  
170pp | £20.00

### Emil and Berta: The Origins of the Waldorf School Movement

SOPHIA CHRISTINE MURPHY

Draws on Emil Molt's diaries to trace the struggles, successes and breakthroughs encountered with the founding and cultivation of the first Waldorf school.  
208pp | £20.00

### A Gift of Wonder: A True Story Showing School As It Should Be

KIM ALLSUP

A funny, poignant memoir of a teacher's six-year journey with her class, which also explores the nature of education and how to retain the element of wonder.  
240pp | £16.99

### A Handbook for Steiner-Waldorf Class Teachers

KEVIN AVISON

A useful and practical resource book for Steiner-Waldorf teachers with detailed suggestions and checklists for Classes 1–8.  
144pp | Classes 1–8 | £16.99

### The History of Waldorf Education Worldwide: 1919–1945

NANA GÖBEL

Traces the establishing years of the revolutionary schools movement. The first of three volumes celebrating 100 years of Waldorf education.  
150+ b/w illus | 400pp | Hardback | £30.00

### Immersion Learning: A Travelogue

FRANS LUTTERS

A comprehensive picture of the Waldorf block approach to teaching where a single subject is studied for a few weeks, outlining the effectiveness of this unique technique.  
colour illustrations | 80pp | £16.99

### Kicking Away the Ladder: The Philosophical Roots of Waldorf Education

FREDERICK AMRINE

A wonderful book to understand the ideals and philosophy behind Waldorf education.  
163pp | £17.99

### Physical Education and Movement in Waldorf Schools

GERLINDE IDLER AND LUTZ GERDING (EDS)

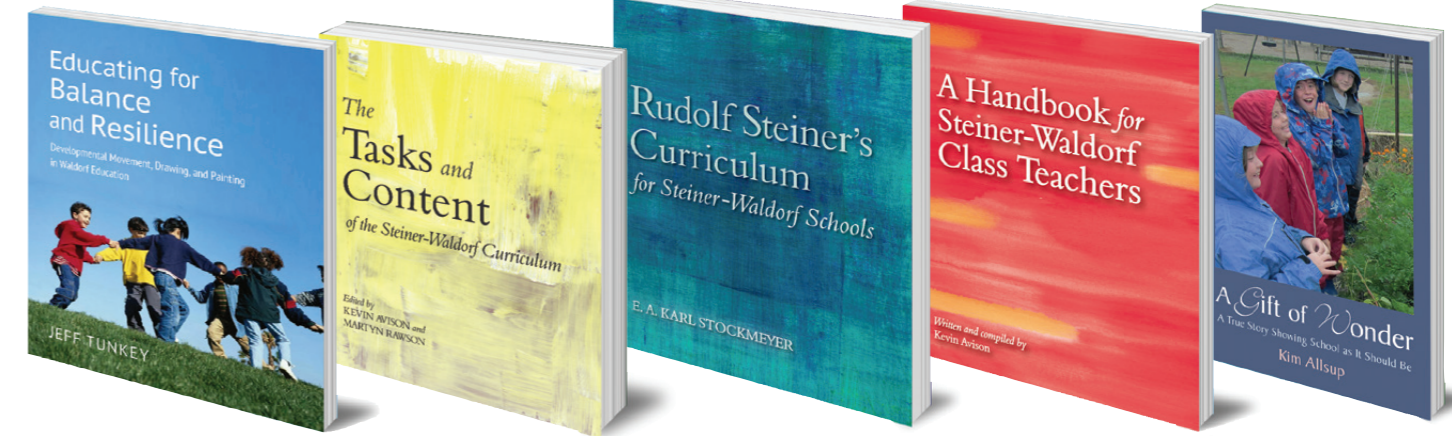
This essential guide for Waldorf teachers provides advice and exercises for teaching physical education. From Bothmer Movement to archery, climbing and swimming, this resource will inspire teachers with confidence when preparing and delivering PE lessons.  
colour illus | 304pp | Classes 1–12 | £25.00

[Click here to try an activity](#)

### Place-Based Education: Connecting Classrooms and Communities

DAVID SOBEL

A comprehensive overview of the theory and current best practice of experiential, place-based education, which advocates learning in real-world settings.  
156pp | £9.99



### The Recovery of Man in Childhood: A Study of the Educational Work of Rudolf Steiner

A. C. HARWOOD

A classic and definitive presentation of Steiner-Waldorf education, still as fresh and insightful today as when it was first written.  
206pp | £12.99

### Rudolf Steiner's Curriculum for Steiner-Waldorf Schools: An Attempt to Summarise His Indications

E. A. KARL STOCKMEYER

An in-depth exploration of the curriculum of the first Waldorf school, expanding on the original 'Lehrplan'.  
336pp | £18.99

### Steiner Education in Theory and Practice

GILBERT J. CHILDS

A detailed account of Rudolf Steiner's view of children, and the role education must play in their successful development.  
288pp | £16.99

### The Tasks and Content of the Steiner-Waldorf Curriculum

KEVIN AVISON AND MARTYN RAWSON (EDS)

A comprehensive overview of what is taught in Steiner-Waldorf schools, and why.  
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### Technology's Rightful Place: Selected Essays

DOUGLAS GERWIN AND PATRICE MAYNARD (EDS)

A valuable collection of articles from the Research Bulletin of the Pedagogical Section Council in America, looking at research into technology and its application in education.  
212pp | £14.99

### Toward a Kinder, More Compassionate Society: Working Together Toward Change

SUSAN HOWARD

A collection of writings from a wealth of diverse voices aimed at advancing knowledge of diversity, empathy and inclusion in early childhood programs.  
170pp | £20.00

### Towards Creative Teaching: Notes to an Evolving Curriculum for Steiner Waldorf Class Teachers

MARTYN RAWSON AND KEVIN AVISON (EDS)

A truly comprehensive resource book for Steiner-Waldorf class teachers, offering ideas for planning, shaping and developing all main-lesson and accompanying subjects.  
256pp | Classes 1–8 | £12.99

### Truth, Beauty and Goodness: The Future of Education, Healing Arts and Health Care

MICHAELA GLÖCKLER (ED)

Dr Michaela Glöckler discusses the three pillars of truth (science), beauty (art) and goodness (religion) and explores their impact on social life and Waldorf education in particular.  
80pp | £12.99

### Understanding Waldorf Education: Teaching from the Inside Out

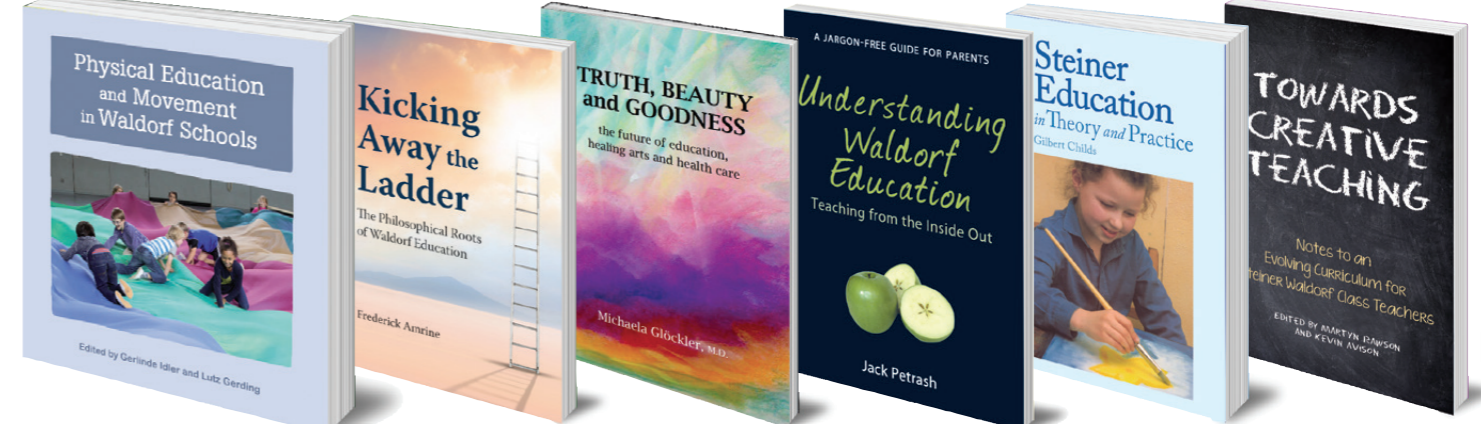
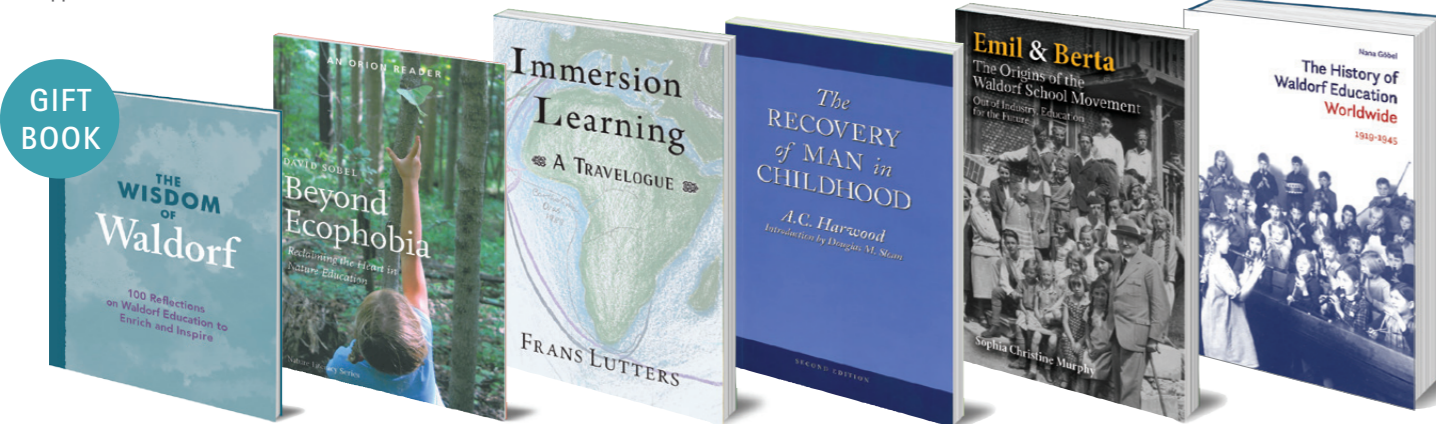
JACK PETRASH

A jargon-free picture of the key components of a Steiner-Waldorf education, ideal for parents and teachers.  
144pp | £9.99

### The Wisdom of Waldorf: 100 Reflections on Waldorf Education to Enrich and Inspire

PATRICE MAYNARD

A collection of historical and original reflections from a range of voices in Waldorf education to celebrate 100 years since the founding of the first Waldorf school.  
128pp | Hardback | £8.99





# EARLY YEARS

## GENERAL

### Autumn and Winter Nature Activities for Waldorf Kindergartens

IRMGARD KUTSCH AND BRIGITTE WALDEN

A wonderful resource book full of engaging and nature activities to help children connect with the seasons alongside valuable advice for educators. colour illustrations | 120pp | Hardback | £16.99

[Click here to try beeswax modelling](#)

### Beginning Well: Care For The Child From Birth to Age Three

PIA DÖGL AND ELKE MARIA RISCHKE

Offers instruction on all aspects of childcare from birth to three, based on the work of Emmi Pikler and the authors' extensive experience. colour illustrations | 148pp | £27.50

### Birth to Three in Education and Care: Rudolf Steiner, Emmi Pikler, and the Very Young Child

HEATHER CHURCH (ED)

Enlightening essays on the development of the young child from birth to three, drawing on the teachings of Rudolf Steiner and Emmi Pikler. 68pp | £15.99

### The Child from Birth to Three in Waldorf Education and Child Care

RAINER PATZLAFF AND CAUDIA MCKEEN (EDS)

A clear and succinct summary of the Waldorf view of child development from birth to three. This new edition includes a fresh introduction, new material and an updated list of helpful resources. colour illustrations | 98pp | £18.99

### First Grade Readiness: Resources, Insights and Tools for Waldorf Educators

NANCY BLANNING (ED)

A collection of essential research and resources to help educators prepare children for starting school. 188pp | Spiral bound | £20.00

### From Kindergarten into the Grades: Insights from Rudolf Steiner

RUTH KER (ED)

Helps parents and teachers understand Steiner's words on the transition from kindergarten to school, giving context to this challenging time. 96pp | £12.99

### Nokken: A Garden for Children: A Danish Approach to Waldorf-based Child Care

HELLE HECKMANN

Helle Heckmann describes a delightful Danish Waldorf childcare facility for children ages 1-7. b/w illustrations | 116pp | £14.99

### Nurturing Potential in the Kindergarten Years: A Guide for Teachers, Carers and Parents

CORNELIS BOOGERD

Helps parents and teachers understand children's learning processes, and provides practical ways to nurture them in the first seven years, using teachers' own etheric bodies. 2 b/w diagrams | 256pp | £14.99

### On the Play of the Child: Indications by Rudolf Steiner for Working with Young Children

FREYA JAFFKE

A compilation of Rudolf Steiner's words on the subject of children's play. An essential resource for early childhood educators, now in a second edition. 60pp | £11.99

### Pumpkin Soup and Cherry Bread: A Steiner-Waldorf Kindergarten Cookbook

RIKKE ROSENGREN AND NANA LYZET

Over eighty seasonal recipes (nutritious, delicious, vegetarian and 100% natural) and advice on encouraging children to enjoy healthy food. colour illus | 168pp | £14.99

[Try a hearty soup recipe on p.16](#)

### Same Light, Many Candles: Working with Vulnerable Children and Mothers within Toxically Stressed Communities

CAROL COLE

The remarkable story of a project that helped to turn around the lives of over 100 mothers and children at risk of homelessness and abuse. 8 b/w illustrations | 144pp | £14.99

### School Readiness Today: A Report from the Pedagogical Section of the Goetheanum

NANCY BLANNING

Offers valuable insights into discerning school readiness, with concrete examples. colour illustrations | 80pp | £11.99

### Spring and Summer Nature Activities for Waldorf Kindergartens

IRMGARD KUTSCH AND BRIGITTE WALDEN

A wonderful resource book for Waldorf kindergartens. It is full of fun and educational nature activities to help children connect with the seasons, as well as valuable background reading and advice for educators. colour illustrations | 120pp | Hardback | £16.99

### Supporting Self-directed Play in Steiner-Waldorf Early Childhood Education

RENATE LONG-BREIPOHL

An important overview on supporting children's play, and different types of self-directed play. colour illustrations | 50pp | Pamphlet | £14.99

### Supporting the Sense of Life: Nurturing well-being in young children and the adults who care for them

NANCY BLANNING (ED)

A collection of key lectures from WECAN conferences 2014-16 on how to help young children develop and how to support their caregivers. 12 illustrations | 144pp | £14.99

### Trust and Wonder: A Waldorf Approach to Caring for Infants and Toddlers

ELDBJORG GJESSING PAULSEN

An kindergarten teacher shares her extensive experience of integrating children under three into a Waldorf kindergarten. 11 b/w photographs | 124pp | £12.99

### Upstart: The case for raising the school starting age and providing what the under-sevens really need

SUE PALMER

Sue Palmer puts forward a passionate case for Britain adopting a proper 'kindergarten' stage that recognises what under-sevens really need. 224pp | £14.99

### Waldorf Kindergartens Today

MARIE-LUISE COMPANI AND PETER LANG (EDS)

Considers the principles, characteristics and future of Steiner-Waldorf kindergartens. colour illustrations | 224pp | £16.99

### A Warm and Gentle Welcome: Nurturing Children from Birth to Age Three

TRICE ATCHISON AND MARGARET RIS (EDS)

An essential compilation of articles on the vital years between birth and three in relation to professional Waldorf caregiving. 86pp | £16.99

### What is a Waldorf Kindergarten?

SHARIFA OPPENHEIMER (ED)

An in-depth look at Waldorf kindergartens, from the essentials that underpin them to the practicalities of the daily routine. 120pp | £12.99

### Work and Play in Early Childhood

FREYA JAFFKE

Shows how rhythm and repetition, together with example and imitation, are the pillars on which early learning is based in kindergarten. colour illustrations | 80pp | £7.99

### The World of Fairy Tales: A Path to the Essence of the Young Child through Fairy Tales

DANIEL UDO DE HAES

A comprehensive look at the use of fairy tales in kindergartens, offering insight and advice to early years educators. 5 b/w illustrations | 160pp | £16.99

### A Year in the Woods: Reflections on Leading an Outdoor Parent-and-Child Group

MARGARET MADELINE LOESCHER

Reflective, inspirational chronicle of a year spent leading an outdoor parent-and-child group in England. b/w line drawings | 100pp | £14.99

### You're Not The Boss of Me!: Understanding the Six/Seven-Year-Old Transformation

RUTH KER (ED)

A multitude of resources and insights to help parents and teachers of six- and seven-year-old children. 316pp | Spiral bound | Classes 1-2 | £25.00







## Growing kindness and connection

Nurture warmth and wonder in your kindergarten with these activities from Lou Harvey-Zahra and Danielle Harbison's *The Connected Family Handbook*.

### Nature Inspiration: Kindness Tree

While you are out on a nature walk, search for a branch that you can use to create a special 'kindness' tree. It can be placed on an existing seasonal table if you already have one, or simply displayed somewhere children can see it.

#### Method:

1. Place your branch in a vase or pot. To stop the branch falling over, try adding some sand or stones in the bottom to hold it in place.
2. Next, create some beautiful paper hearts to hang on the 'tree'. You can cut these out from card or paper. A heart-shaped cookie cutter or cardboard template is useful to draw around. Younger children may enjoy painting pre-cut hearts while older children will enjoy the challenge of cutting hearts out themselves.
3. Decorate the hearts using paints or crayons.
4. Finally, place a length of looped string or wool between two hearts and glue them together. Allow your decoration to dry before hanging it on your tree. Alternatively, you can use a hole-punch and tie on the wool or string.



#### You will need:

- Branch
- Vase or pot
- Sand or stones
- Paper
- Scissors
- Paints or crayons
- Heart-shaped cookie cutter or template
- String or wool
- Glue

## Fun Recipe: Frozen Fruit Pizza

#### Method:

The heart of the home is often the family table. This is where families of all different shapes and sizes find nourishment through food, as well as a sense of belonging. Preparing meals together can really strengthen this bond. Try this fun pizza – it's sweet, cold and healthy!



#### You will need:

- 2 cups (500 g) unsweetened natural yoghurt of choice (we used coconut yoghurt)
- 2 cups (300 g) fresh or frozen berry of choice (to create a puree)
- 1 cup (100 g) natural granola
- 1 ½ cups (225 g) seasonal or frozen fruit to top
- 3 tablespoons maple syrup (to add to your fruit puree – optional)

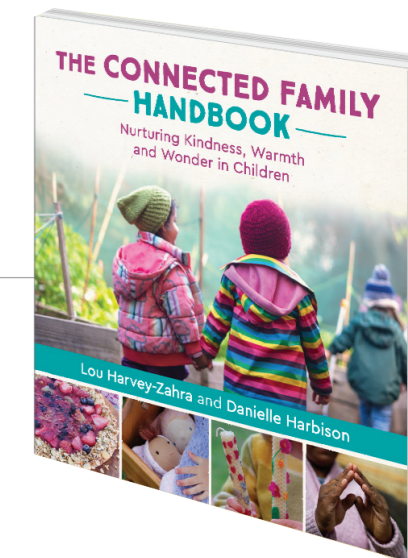
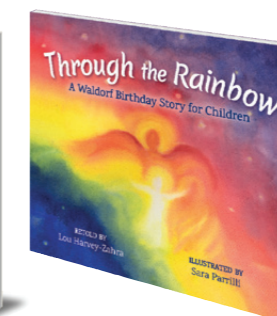
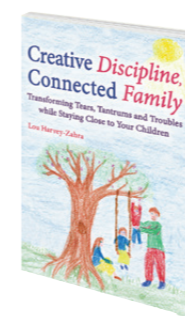
#### Top tip:

If using fresh berries, add a few tablespoons of water to the puree until you reach the desired consistency.

1. Wrap a large circular plate or tray with plastic wrap.
2. Spread your yoghurt out onto the wrapped plate to create the base.
3. Sprinkle the edge of the yoghurt circle with granola.
4. Add trimmed or frozen berries to a food processor or blender and pulse until smooth.
5. Add maple syrup to taste (optional), then gently spread the berry puree over the yoghurt.
6. Add the remaining sliced strawberries or seasonal fruit on top of the berry puree.
7. Freeze overnight before slicing and enjoying. Simple! ■



Also available from Lou Harvey-Zahra:



Lou Harvey-Zahra is an experienced parenting coach, author and mother who has also taught in many Steiner-Waldorf school settings. She presents to parents and teachers around the globe.

Danielle Harbison is an experienced teacher, homeschool mum and successful parenting blogger with training in Steiner education and positive behaviour for learning.

*The Connected Family Handbook* is a unique book that offers practical advice and inspiring activities to encourage positive qualities in children and create a more connected family. This beautiful handbook for carers of younger children, based on a background of holistic child development, celebrates eco-conscious living and creative play.

colour photographs | PB | 224pp | £16.99



## MUSIC AND MOVEMENT

### A Child's Seasonal Treasury

BETTY JONES  
A compendium of seasonal songs, crafts and recipes for parents and teachers.  
colour illustrations | 140pp | £30.00

### Dancing Hand, Trotting Pony: Hand Gesture Games, Songs and Movement Games for Children in Kindergarten and the Lower Grades

WILMA ELLERSIEK  
A lovely collection of games based on movement, for use with young children.  
164pp | £22.50

### A Day Full of Song: Work Songs from a Waldorf Kindergarten

KAREN LONSKY  
ILLUSTRATED BY VICTORIA SANDER  
Forty-two original songs in the mood of the fifth, created for a range of activities in the kindergarten day.  
b/w illustrations | 64pp | £12.99  
Companion CD-Audio £7.99 inc VAT

### Gesture Games for Spring and Summer: Hand Gesture Games, Songs and Movement Games for Children in Kindergarten and the Lower Grades Vol. 1

WILMA ELLERSIEK  
b/w illustrations | 110pp | Spiral bound | £22.50

### Gesture Games for Autumn and Winter: Hand Gesture, Song and Movement Games for Children in Kindergarten and the Lower Grades Vol. 2

WILMA ELLERSIEK  
b/w illustrations | 146pp | Spiral bound | £22.50

### Gesture Games for Spring and Summer, Autumn and Winter: A Learning CD

CD-Audio | £14.99 inc VAT

### Giving Love, Bringing Joy: Hand Gesture Games and Lullabies in the Mood of the Fifth, for Children Between Birth and Nine

WILMA ELLERSIEK  
Gentle, loving games and songs that incorporate the healing, enlivening qualities of gesture, touch, and movement.  
b/w illustrations | 110pp | Spiral bound | £18.99  
Companion CD-Audio | £10.99 inc VAT

### A Lifetime of Joy: A Collection of Circle Games, Finger Games, Songs, Verses and Plays for Puppets and Marionettes

BRONJA ZAHLINGEN (ED)  
A treasury of verses, finger games, stories, and plays for puppets and marionettes.  
114pp | £14.99

### Merrily We Sing: Original Songs in the Mood of the Fifth

ILIAN WILLWERTH  
A book of songs and music, using the pentatonic scale, for kindergarten teachers.  
40pp | £12.99

### The Mood of the Fifth: A Musical Approach to Early Childhood

NANCY FOSTER (ED)  
A resource book for Steiner-Waldorf teachers exploring the role of music in the development of young children.  
200pp | £16.99

### Movement for the Young Child: A Handbook for Eurythmists and Kindergarten Teachers

ESTELLE BRYER  
A treasury of songs, stories, verses and games for use with young children, especially as part of a eurythmy lesson.  
120pp | £18.99

### Play with Us!: Social Games for Young Children

FREYA JAFFKE  
An invaluable collection of games for indoors and outdoors.  
30 b/w illustrations | 80pp | £14.99

### Please, Can We Play Games?: Joyful Interactions with Young Children

RUTH KER  
A wonderful collection of traditional and original verses, songs and games to nourish children's body, soul and spirit.  
b/w illustrations | 135pp | £20.00

### Singing and Speaking the Child Into Life: Songs, Verses and Rhythmic Games for the Child in the First Three Years

SUSAN WEBER AND NANCY MACALASTER  
A collection of songs, verses and games for parents, which encourage the use of the voice for healthy child development.  
128pp | £16.99

### The Singing, Playing Kindergarten

DANIEL UDO DE HAES  
Explores simple singing and gesture games, considering their significance for a healthy childhood awakening.  
174pp | £18.99

## FESTIVALS

### Celebrating Festivals with Children

FREYA JAFFKE  
Covers festival celebrations in relation to child development in the first seven years.  
152pp | £14.99  
[Read an extract on p.20](#)

### Lottie, St Michael and the Lonely Dragon: A Story about Courage

BEATRYS LOCKIE  
ILLUS BY SANDRA KLAASSEN  
Lottie has a plan to save her town from an angry, fire-breathing dragon, with the help of St Michael, in this heart-warming tale, perfect for Michaelmas.  
colour illustrations | 32pp | Hardback | £12.99  
[Read an extract on p.20](#)

### Nativity Plays for Children: Celebrating Christmas through Movement and Music

WILMA ELLERSIEK  
Everything you need to perform a nativity – music, lyrics and movements, plus advice on props and costumes.  
colour illustrations | 176pp | £16.99

### Saint Martin: Between Michaelmas and the Holy Nights

MICHAEL MARTIN  
A study of Saint Martin, his life, legend, historical and esoteric significance, and suggestions for new directions for festival celebrations.  
38pp | Pamphlet | £9.99

### The Seasonal Festivals in Early Childhood: Seeking the Universally Human

NANCY FOSTER (ED)  
Articles, stories, songs, circle games and puppet plays that offer thoughtful reflections on the cycle of the year.  
162pp | £16.99

### Through the Rainbow: A Waldorf Birthday Story for Children

LOU HARVEY-ZAHRA  
ILLUSTRATED BY SARA PARRILLI  
A faithful, inspiring retelling of the Waldorf birthday story accompanied by soft, ethereal illustrations. A beautiful book which can be personalised for each child.  
colour illustrations | 32pp | Hardback | £12.99  
[Click here to listen to the story](#)

## STORIES

### The Creative Word: Language and Storytelling in Early Childhood

DANIEL UDO DE HAES  
Guidance and wisdom on how to aid toddlers as they transition from wordless communication to encountering the world through language. Ideal for parents and educators.  
96pp | £12.99

### For the Children of the World: Stories and Recipes from the International Association for Steiner/Waldorf Early Childhood Education

LOUISE DEFOREST (ED)  
Twenty-four delightful stories from the corners of the globe, along with ten delicious child-friendly recipes.  
b/w illustrations | 148pp | £12.99

### Honey Bee Haven

LEONORE RUSSELL  
An early reader and teacher resource for Steiner-Waldorf schools suitable for Classes 1–5, introducing children to the importance of bees through the seasons on a farm.  
colour illustrations | 36pp | Classes 1–5 | £13.99

### The Kingdom of Beautiful Colours: A Picture Book for Children

ISABEL WYATT  
ILLUSTRATED BY SARA PARRILLI  
A heart-warming and inspiring picture book adaptation of the classic fairy tale from master storyteller Isabel Wyatt, accompanied by ethereal watercolour illustrations by Waldorf artist and teacher Sara Parrilli.  
colour illustrations | 32pp | Hardback | £12.99

### The Knottles

NANCY MELLON  
ILLUSTRATED BY RUTH LIEBERHERR  
When two children go to sleep in their new home at the edge of a pine forest they meet the Knottles, guardians of the pine trees, who inspire them to take care of their trees.  
colour illustrations | 32pp | £9.99

### Pomme and the Pumpkins

ADMAR KWANT  
A child discovers the joy of growing vegetables in her garden, from seeds to harvest, with the help of a friend. A heart-warming seasonal story for young children.  
colour illustrations | 24pp | £10.99  
[Step inside the book on p.16](#)

### Spin a Scarf of Sunshine

DAWN CASEY  
ILLUSTRATED BY STILA LIM  
Nari cares for a little lamb on her farm. With her family's help, she turns its fleece into a cosy scarf, until the scarf is ready for the compost heap. A luminous picture book exploring creation and recycling through a simple, lyrical story.  
colour illustrations | 32pp | Hardback | £12.99  
[Click here to listen to the story](#)

### Tell Me A Story: Stories from the Waldorf Early Childhood Association of North America

LOUISE DEFOREST (ED)  
ILLUSTRATED BY DEBORAH GRIEDER  
A collection of favourite stories, old and new, especially selected for Steiner-Waldorf kindergartens.  
black and white illustrations | 276pp | £20.00

### Tell Me Another Story: More Stories from the Waldorf Early Childhood Association of North America

LOUISE DEFOREST (ED)  
ILLUSTRATED BY DEBORAH GRIEDER  
A wonderful collection of seasonal and subject-specific stories gathered from Waldorf early years teachers.  
35 b/w illustrations | 260pp | £20.00

### Truer Than True: A World of Fairy Tales for the Waldorf Kindergarten

HOLLY KOTEEN SOULÉ (ED)  
A collection of twenty-six fairy tales from around the world for young children, carefully chosen and adapted to celebrate inclusivity and understanding.  
142pp | £20.00

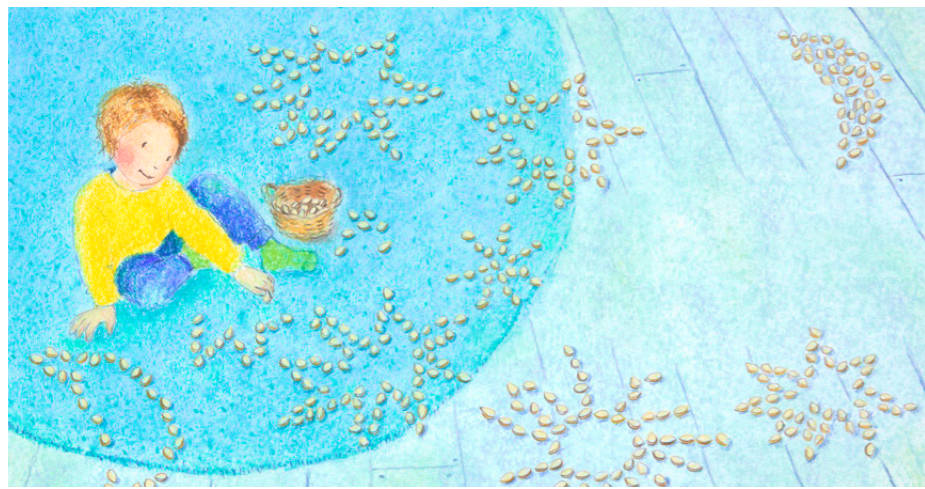






# Pomme and the Pumpkins

Introduce your class to the arrival of autumn with this extract from a heartwarming seasonal story from [Admar Kwant](#) about growing your own food, then share a bowl of delicious pumpkin soup – just like Pomme!



One afternoon Pomme helped Dad make pumpkin soup. Dad cut off the pumpkin's cap and Pomme scooped out the seeds. "You can sow them in spring," he said, and gave Pomme a basket to keep all her seeds safe once they were dry. Pomme played with the seeds all winter. They were smooth and felt nice to touch.

Sometimes the seeds were animals. Sometimes they were a universe of moons and suns and stars. It felt like a long wait for spring and planting time, but finally a morning came when Pomme didn't need her coat. "Seeds like to lie snug in the earth," said Dad. "A happy seed will grow well."



Pomme fetched a trowel from the garden shed, which looked as though someone had swept and tidied it. She took the first seed from her basket and dug a tiny bed. Then she covered it with a blanket of soil and said, "I hope you're nice and cosy, little seed!" Pomme looked at the soil every day. One day there were shoots of green



reaching out of the earth. They seemed to be wearing funny hats! "What are they?" wondered Pomme.



"Your pumpkin seeds have sprouted!" Dad said. Slowly the sprouts turned into plants and took off their hats. They grew and grew and grew. Summer came and the days were hot. Pomme helped Dad in the garden. It was hard work, and Pomme got thirsty. She drank and drank until it felt like there was a small lake in her tummy.



"Maybe my pumpkin plants got thirsty too this morning?" wondered Pomme. But when she went to water them after lunch, the soil around each plant was already cool and wet.

One afternoon there was a thunderstorm. It was very loud. The heavy rain came too. "I hope the rain doesn't wash away my pumpkin plants," thought Pomme. When the storm had passed, Pomme pulled on her rain boots and rushed outside to check. In the soil she saw little channels that had drained the rainwater away. Her plants were safe. Soon the pumpkin plants had a surprise for Pomme... A flower!



More flowers opened. Pomme thought they looked like beautiful stars. Buzzing bees visited to collect nectar, and Pomme watched them fly away with gold on their fuzzy legs... ■

The story continues in *Pomme and the Pumpkins* by Admar Kwant!

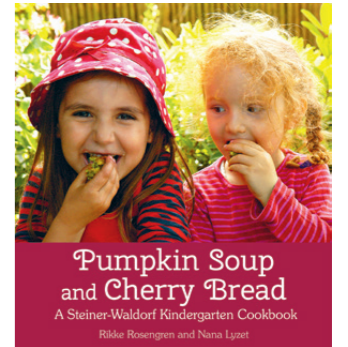
Admar Kwant lives with her family in the Netherlands, by the edge of a lake. Her home life and love of nature inspire her drawing and painting. She regularly creates illustrations for *Educare*, a Dutch parenting magazine. She is the author and illustrator of *Sam and the Gnome's Red Hat* and the *Pip the Gnome* board books for young children.

*Pomme and the Pumpkins* is a heartwarming seasonal picture book for young children, with warm pastel illustrations. It tells the story of how vegetables grow, and shares a message of kindness as Pomme discovers a special new friend has been helping to care for the garden. **Hardback | 24pp | £10.99**

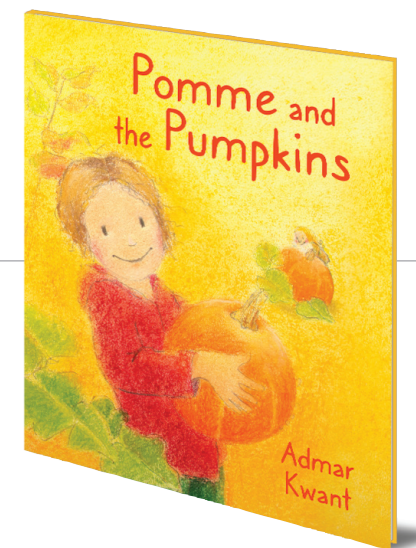
## Pumpkin Soup Recipe

Serves 40 children

- 7 red kuri or butternut squashes, or other variety of small pumpkin
- 7 onions
- 20 large potatoes
- 15 carrots
- 100 ml (½ cup) oil
- 5 cloves of garlic
- 2 tsp chopped fresh ginger
- 2 tsp cayenne pepper
- 2 tsp herb salt or sea salt
- 8 l (17 US pints) water
- 3 cans of coconut milk



1. Prepare all the vegetables and dice them roughly. Sweat them in oil in a heavy pot.
2. Add the garlic, ginger, salt and cayenne pepper.
3. Pour in the water and allow to simmer for half an hour.
4. Blend the soup well and stir in the coconut milk. Leave the soup to simmer for another 10–15 minutes.
5. Add salt to taste, and serve with wholegrain bread.





# LOWER SCHOOL

## STORIES & CLASS READERS

### The Adventures of Scoochie Mouse

HERESA ROACH MELIA  
ILLUSTRATED BY MARCIA A. NILSSON  
This gentle story for young children follows Scoochie and her animal and gnome friends through the seasons of the year as they understand and live out the values of the farm: a deep reverence for nature, kindness towards all creatures, love and goodness.

b/w illustrations | 154pp | Classes 1-3 | £9.99

### And There Was Light: From the Creation of the World to Noah's Ark

JAKOB STREIT  
A collection of stories from the Old Testament for children, for Steiner-Waldorf Class 3 (ages 9-10).

b/w illustrations | 112pp | Class 3 | £12.99

### The Bee Book

JAKOB STREIT  
An exquisite story for children that brings the world of honeybees to life. In the Steiner-Waldorf curriculum it's useful for Class 3 (ages 9-10), and for introducing the theme of sexuality.

b/w illustrations | 90pp | Classes 3-5 | £9.99

### The Blue Forest: Bedtime Stories for the Nights of the Week

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ARCHIPOVA

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### The Garden Adventures of Griswald the Gnome

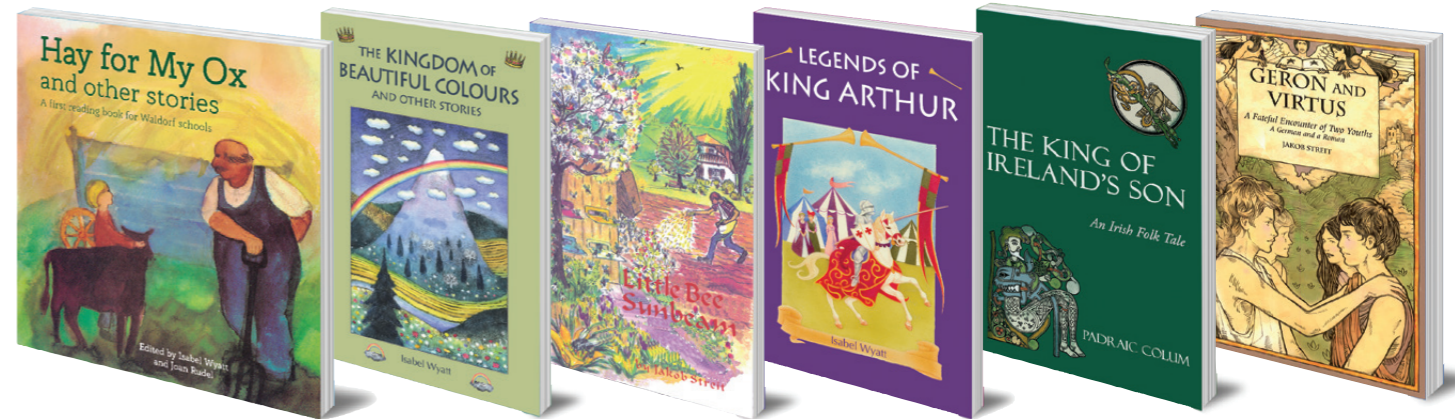
DANIELA DRESCHER  
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HANS CHRISTIAN ANDERSEN  
From wicked queens and fearsome beasts to sneaky witches and terrible giants, this atmospherically illustrated collection of darkly magical fairy tales gathers together stories of children who show true courage and face their fears.

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PIRKKO-LIISA SUROJEGIN  
A beautifully illustrated collection of animal tales from traditional Nordic folklore, created by renowned author-illustrator Pirkko-Liisa Surojegin (*Otto and the Secret Light of Christmas*).

colour illus | 128pp | HB | Classes 1-3 | £14.99

[Read an extract on p.24](#)

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ILLUSTRATED BY DANIELA DRESCHER  
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ILLUSTRATED BY DANIELA DRESCHER  
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HANS CHRISTIAN ANDERSEN  
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ARCHIPOVA  
This beautiful collection of Andersen's best-loved fairy tales, sumptuously illustrated by Anastasiya Archipova, is designed for little hands and will make a stunning addition to any bookshelf.

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JAKOB STREIT  
A lovely story of bee-life in a hive.

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# Be bold! Embrace your dragons

Share the magic of Michaelmas with your class with these ideas from Freya Jaffke's *Celebrating Festivals with Children*, then inspire them with a tale of courage at story time. In *Lottie, St Michael and the Lonely Dragon* a brave child sees the good in a seemingly ferocious dragon.

**W**e celebrate Michaelmas Day on September 29. Today a red cover lies on the seasonal nature table, which is decorated with colourful autumn leaves, foliage and perhaps sunflowers. In the middle stands the picture of Michael.

When the first children arrive in the morning, we prepare the dough for the festive cake, which the children cover all over with thin apple slices. In some kindergartens, loaves or rolls are baked. Soon the rooms are filled with delicious aromas, and we all look forward to our morning snack. But first we polish the lovely red apples that are placed in a shallow basket, in the middle of which stands a candleholder with a big candle.

Next we push the tables together to form a long table, as we sometimes do on festive days. It's usually the five- and six-year-olds who immediately gather to lay and decorate the festive table. One lays the tablemats, another the plates and spoons. On each plate we place a red or yellow paper serviette folded into a triangle, and on top of this a golden ribbon. Along the middle of the long table we put a red, narrowly folded cloth, and on this come vases of flowers and candles. By now almost all the children have left their play and

gathered round the table. With big, expectant eyes they watch everything that's happening.

Once the room is ready, we place a little table in the middle, and on it the basket with polished apples and the candle. Now it's time to go to the washroom, where the children have their hair combed for the festive occasion, and each receive a tiny drop of aromatic oil to rub on their hands. In the hallway the adults take off their aprons, and then we process around the lit candle making the Michael gesture, bearing the little sword of Michael, and singing a suitable Michael song. Then we say the following Michael verse, which we also accompany with a gesture:

When we come to the golden door  
Michael stands there before:  
With his great sword of light he girds  
the earth in the blessing of his words.  
— E. Palmer-Paulsen

After repeating both song and verse twice, the kindergarten teacher gives each child an apple from the basket, placing it in hands formed like a little bowl. We carry this apple to the festive table and place it on the serviette on the plate. After lighting the candles for

our festive meal, the children, one after another, give their apple to an adult who cuts it crossways to reveal the star in the middle. The children are always amazed anew when they open up their apple themselves and find the star, hidden in the darkness of the apple, revealed like a wonder. Around the star some children will often discover little 'spraying star sparks'. After this, the children wrap their apples in the serviettes, tying them with the gold ribbon to take home with them.

The apple is a central part of our Michaelmas festival because it is the archetypal fruit, and also the fruit of the tree of knowledge. Michael has a special connection with our cognitive faculties and powers of knowledge.

After the festive meal, depending on the weather, we either go out into the garden or go for a walk. If the wind is blowing well, we may take a few sheets of folded paper and string, and let little 'dragons' flutter behind us.

We end the day with a suitable fairy tale. ■

— Freya Jaffke  
*Celebrating Festivals With Children*  
PB | 152pp | £14.99



## Lottie, St Michael and the Lonely Dragon

**O**nce there was a small, sleepy town nestled in rolling hills, protected by a thick wall.

Late in summer, when the apples were ripe and juicy, the townsfolk had a day out to pick them. Lottie walked further than the others, to a tree she knew grew the sweetest fruit.

She was high in the tree when suddenly a big blue head poked through the branches. A dragon!



"RAARGH!" it bellowed. "A little girl! For my breakfast!"

Lottie was indeed quite small, but she was also brave. "I'd rather you didn't eat me," she said. "Maybe we could be friends instead?"

The dragon looked startled and uncertain. Then, "RAARGH!" it roared again. "Dragons have no friends!"

"But everyone needs—"

Lottie's words were cut off by an apple that flew through the air, hitting the dragon in the face.

"OWWW!" the great beast howled.

"Run Lottie! Now!" shouted her big brother, Thomas, who had come looking for her.

"Wait!" urged Lottie.

But Thomas dragged her back



towards the town, shouting "Dragon! DRAGON!"

Everyone screamed, and raced to the safety of the town wall, with the angry beast following closely behind.

The dragon kept bellowing all day, scorching the wall with red-hot flames. The townsfolk were terrified.

Except for Lottie. She climbed high on the wall to speak to the dragon, but it was too angry to listen.



While she fed her chickens that evening, Lottie chatted to them quietly. "Hear that roaring dragon? It sounds scary, but I think underneath it might just be lonely." She decided she would try again to talk to it.

But the town mayor wouldn't let her leave. "A little girl like you would be gobbled up," he insisted. "Tomorrow morning, the great knight St Michael will ride out and slay the beast."

Killing the dragon seemed all wrong to Lottie. That night, while everyone slept, she searched for St Michael, and found him in the chapel.



St Michael was a great knight, but he had never fought a dragon and he was frightened.

He had been praying for bravery. "St Michael," said Lottie, stepping in the chapel door, "can I talk to you?"

St Michael stopped and listened... ■

Discover the rest of the story in *Lottie, St Michael and the Lonely Dragon!*



Beatrys Lockie is a former class teacher at the Edinburgh Rudolf Steiner School. She also founded and ran a succession of kindergartens.

Sandra Klaassen is an illustrator from the Netherlands. She has illustrated over thirty children's books.

*Lottie, St Michael and the Lonely Dragon* is a heart-warming, beautifully illustrated tale about courage, defying expectations and looking beneath the surface. It's perfect for sharing with younger children during Michaelmas, and throughout the year.  
colour illustrations | HB | 32pp | £12.99



## LOWER SCHOOL (CONTINUED)

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ELENA FORRER

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#### The Sun with Loving Light

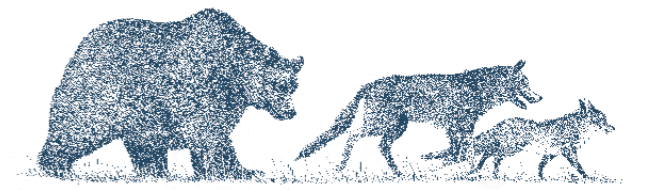
STEPHEN BLOOMQUIST (ED)

ILLUSTRATED BY PAMELA DALTON  
A beautiful collection of verses, poems, song and stories for children in Classes 1-3 in Waldorf schools.

colour illus | 110pp | HB | Classes 1-3 | £22.50







# Bear, Wolf and Fox clear a field

*An Illustrated Collection of Nordic Animal Tales* is a treasure trove of amusing animal folk stories, beautifully illustrated by Pirkko-Liisa Surojegin. Why not share this tale of the sly and mischievous fox with your class?

The bear, the wolf and the fox lived in the great pine forest beside Farmer Metsola's land. They spent their days hunting for food, but it was hard work and they often went hungry. They had watched Farmer Metsola at work many times and believed they knew everything there was to know about growing grain, and so one spring morning they decided to try farming for themselves. After all, how difficult could it be? The three animals looked for a place in the woods that would make a good field for their crops and set to work clearing it.

But sly Fox was lazy and didn't feel like working. Instead, he plotted and schemed to find any way he could to get out of it. "I think it would be wise to stock up on provisions, with such a tough job ahead of us," he said. "I saw Mrs Metsola carrying a big tub of butter into the storehouse on the farm. Would you agree, dear friends, that we should go and fetch it for us all to eat later?"

"We certainly agree," chorused Bear and Wolf.

So they set off together to fetch the tub of butter. Bear stayed outside the farm's storehouse to keep watch while Wolf and Fox snuck in and snatched

their golden prize. Then all three of them hurried quickly back into the forest.

"How will we share it?" Wolf asked. Fox proposed they give the tub to whichever of the three could remember the most things. "I, myself, remember things from long, long ago – indeed, I believe that I remember absolutely everything."

**"They decided to try farming for themselves. After all, how difficult could it be?"**

This outraged the bear. She slammed the tub of butter onto the ground at her feet and roared, "Shut your mouth! How can you remember things from long ago when you've only seen three summers?"

When Fox saw that Bear could not be duped so easily, he suggested that they store the tub of butter under a rock until they came up with a better solution. They all agreed, and at last they got to work.

Bear and Wolf felled trees and uprooted stumps while Fox padded about claiming to be busy. Bear finally became irritated by the crafty creature's

circling, but Fox explained with his silver tongue that he was keeping careful watch to make sure no trees fell on his hard-working friends. Satisfied with the explanation, the bear and the wolf toiled on.

Then Bear felled such a big tree that she could not carry it by herself, and she asked Fox to help her. "Alright," Fox agreed. "You take the top, there, and I'll push from behind."

Bear did as Fox directed, but when she glanced back, she saw the idle trickster sitting on the tree, letting Bear pull him, too! This was too much. Bear gave a ferocious "ROAR!" and lunged for the fox, who leapt behind a tree and tried to cajole the angry beast from there.

"Come now, Bear," Fox wheedled. "I was just having a tiny little rest. I'm so much smaller and weaker than you, after all. Won't you forgive me, dear friend?" The bear didn't have time to argue with so much work waiting, and so she gave a frustrated growl and went back to her task.

Eventually evening came and Fox, Bear and Wolf curled up to sleep. But Fox could not sleep, no matter how hard he tried; all he could think of was the tub of delicious butter sitting under the rock.

In the morning Fox had no interest in working. All of his thoughts were centred on how he could get his paws on that butter.

"Listen, my good friends! Last night while you were sound asleep, the Metsola family's dog invited me to a party and I agreed to go, so may I be excused to go to the farm today?"

Bear and Wolf thought this very bad timing when they were urgently clearing the field, but they gave Fox permission to go to the party. Gleeefully, Fox trotted to the rock where the tub of butter was hidden, opened it up, and began to eat. When he had eaten his fill, he closed the lid and hid the tub back under the rock. Then he sprawled in the sun for a good long time until evening came, when he returned to the bear and the wolf.

"Was the party fun?" asked Wolf.

"Oh, yes," said Fox. "And the food was delicious and buttery."

They slept another night, and in the morning Fox told them that the Ilmola family's dog had visited during the night to invite him to another party.

"This is very odd," Bear and Wolf puzzled. "Why didn't they invite us, too?"

"They don't want you wild, lumbering creatures spoiling their nice house," the fox said rudely. Despite his rudeness, and because he had received the invitation, he was permitted to go. So Fox skipped merrily off, straight to the tub of butter, and stuffed himself, just as he had the day before.

"Was the party fun?" asked Wolf again, when Fox came back that evening.

"Oh, yes," he said, sneakily wiping grease from the corners of his mouth. "I had a wonderful time!"

They slept another night and in

the morning Bear and Wolf heard once more that Fox had received an invitation, this time to a party at the Järvinen family home.

"There certainly are a surprising number of parties going on around here, especially considering it's springtime and peak farming season," Bear said. "But go ahead, since you seem to be so popular."

So, once more, the greedy fox went back to the tub of butter and this time ate up all that was left. When he returned that evening, the bear and the wolf had finished clearing the whole field and lay sprawled in exhaustion, waiting for their friend.

**"Bear did as Fox directed, but when she glanced back, she saw the idle trickster sitting on the tree, letting Bear pull him, too!"**

"Fox, since you've been celebrating for three days and had more than enough to eat, Wolf and I are going to have the butter for breakfast tomorrow morning," Bear said, stifling a yawn.

"That's fine. You've earned it, clearing such a big field," Fox nobly agreed, and the three animals settled down to sleep once more.

The next morning the animals set out to fetch the tub of butter from under the rock. But when they got there and opened up the tub, they discovered there was nothing left but a few tiny scrapings of butter! Bear and Wolf looked grimly at each other and then at Fox.

"You sneak! You've been here and eaten it all!" the bear growled. The wolf bared his long yellow teeth as the two

of them slowly moved towards the fox.

"Me? When would I have had time?" Fox sputtered. "I've been running from party to party every day! I think you're the ones who ate the butter and now you're blaming me! I can prove it: we'll all go over there and lie down in the sun. If grease dribbles from somebody's mouth, then they're the greedy glutton who ate the butter!"

Bear and Wolf agreed, sure that Fox would be proved guilty. They lay down to rest in the warm morning sun. Stiff and sore from their hard work felling and clearing, the bear and the wolf fell sound asleep right away.

Quickly and quietly, Fox scraped up the very last of the butter and gently smeared it on the muzzles of his sleeping companions. As soon as the butter began to melt, he woke them both, shouting, "Up, up, you thieves! Butter's dripping from your mouths!"

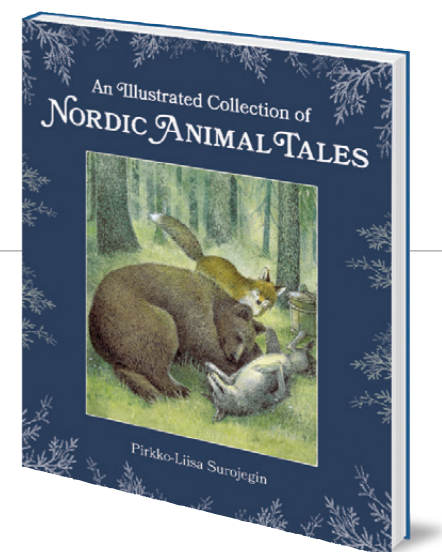
With great shame, the bear and the wolf saw that this was in fact true. Neither of them knew how it could have happened, but both suspected that it was a trick of the devious fox. Angry and hungry, Bear and Wolf stomped off back to the forest, determined not to be fooled by the fox again.

Fox watched them go, and smiled his foxy smile. Then he curled up in the warm morning sun and settled down for a nice long nap. "I deserve a bit of a rest," he thought to himself. After all, getting the better of his friends had been such very tiring work. ■

Pirkko-Liisa Surojegin is a well-known Finnish illustrator, renowned for her delicate, detailed portrayals of Finland's wildlife and folklore. She is the illustrator of *Otto and the Secret Light of Christmas*, co-created with her daughter Nora, *Olwen Finds Her Wings* and *An Illustrated Kalevala*.

*An Illustrated Collection of Nordic Animal Tales* is a beautifully illustrated collection of stories from traditional Nordic folklore with intricate and characterful illustrations. Full of warmth and wit, it is a perfect way for readers of all ages to explore the tradition and magic of Nordic culture.

Hardback | 128pp | £14.99





## LOWER SCHOOL (CONTINUED)

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A rich collection of delightful tales and rhymes to accompany everyday life.  
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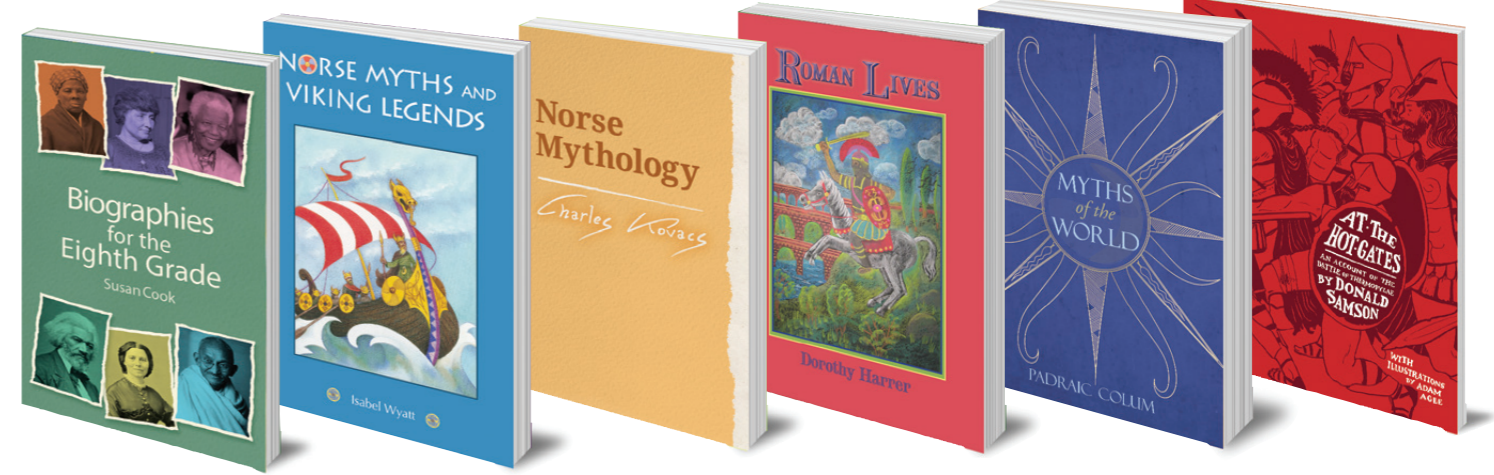
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#### Norse Myths and Viking Legends

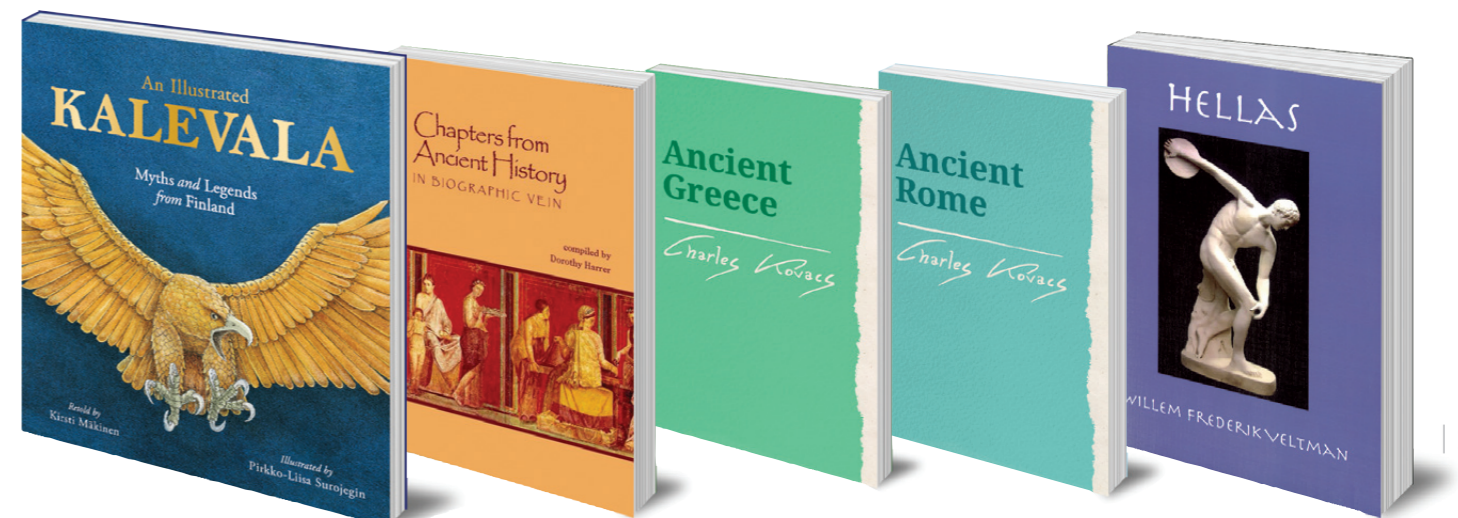
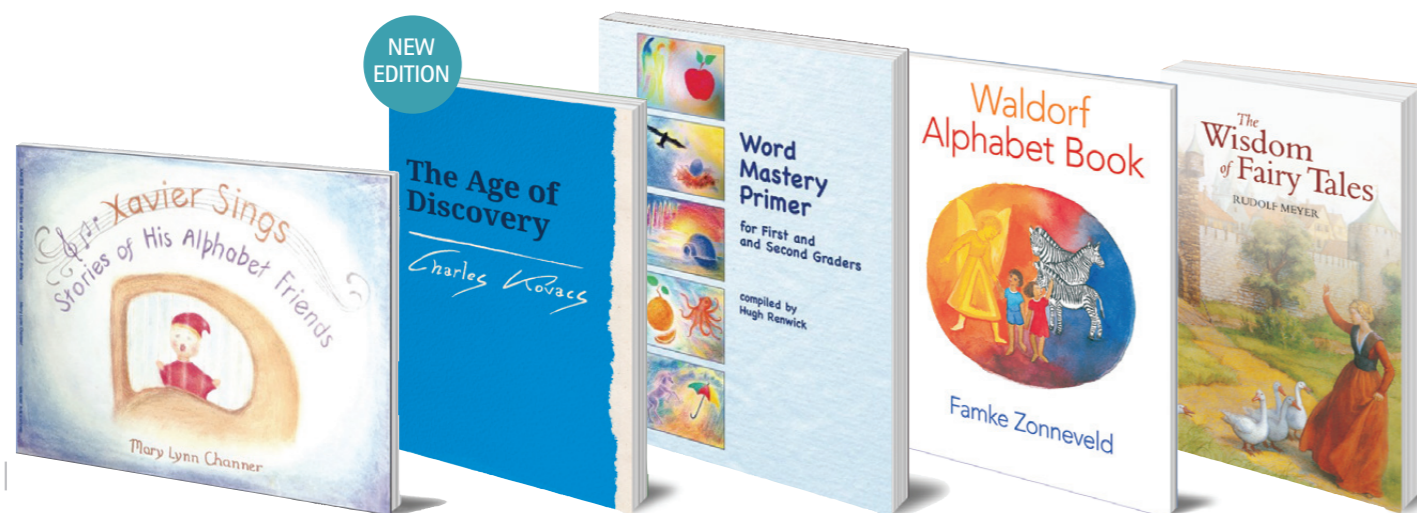
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HENNING ANDERSON

Explores techniques for making maths lessons more engaging and real for children using movement and drawing. 216pp | Classes 1-4 | £12.99

### First Steps in Proven Geometry for the Upper Elementary Grades

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A resource for teaching geometry, focusing on triangles and platonic solids. 136 b/w illustrations | 96pp | Class 6 | £12.99

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JAMIE YORK

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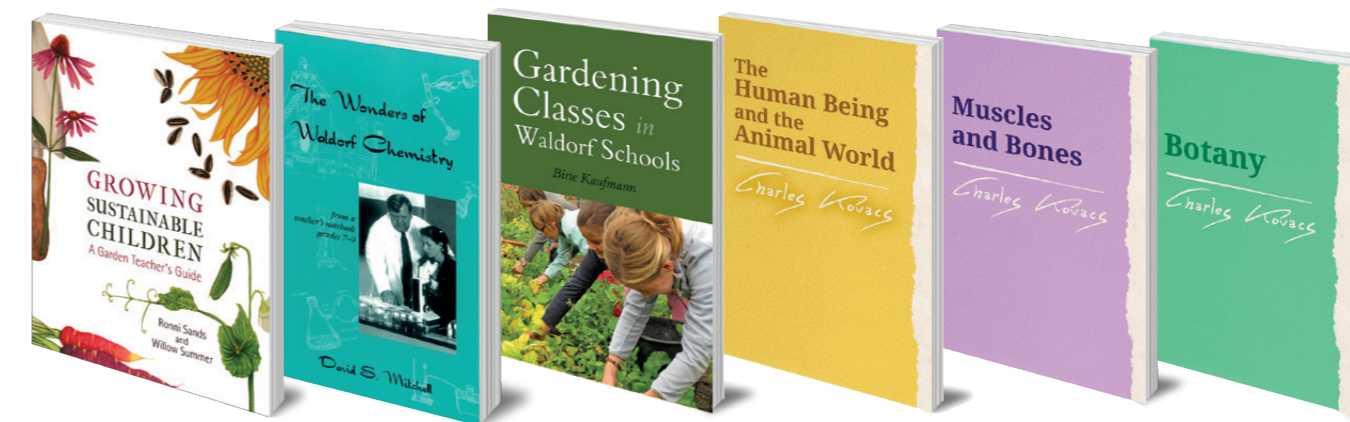
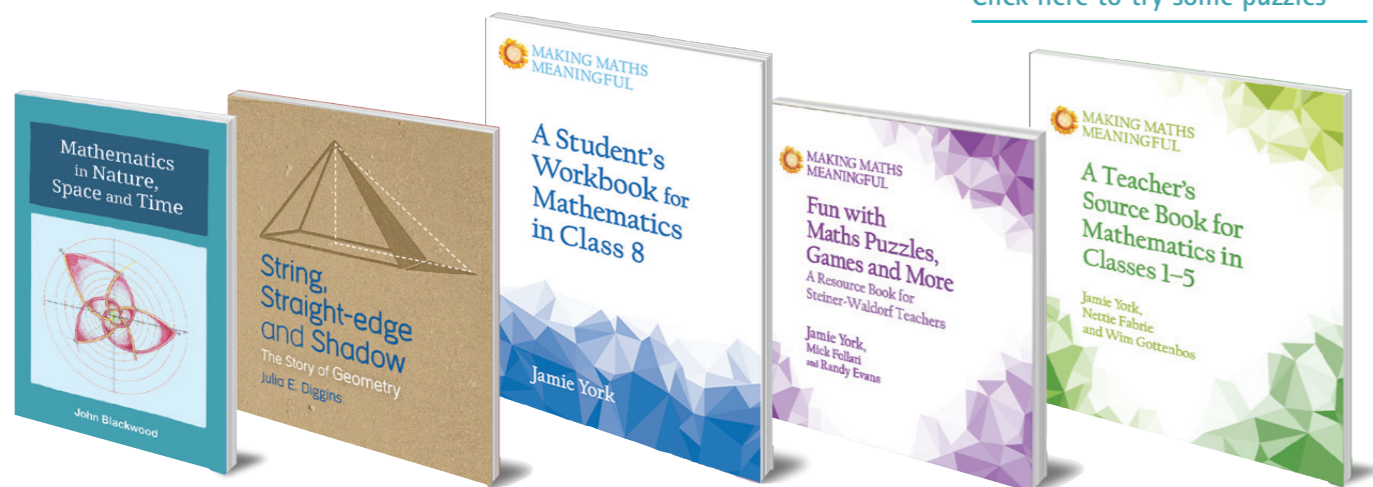
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# LOWER SCHOOL: CREATIVE ARTS

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### Learning To See the World Through Drawing: Practical Advice for the Classroom: Grades One Through Eight

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### Living Lines: Form Drawing Inspiration for Steiner-Waldorf Teachers

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### Voyage in Song and Story: Music, Poetry and Plays for Teachers and Children: Kindergarten to Sixth Grade

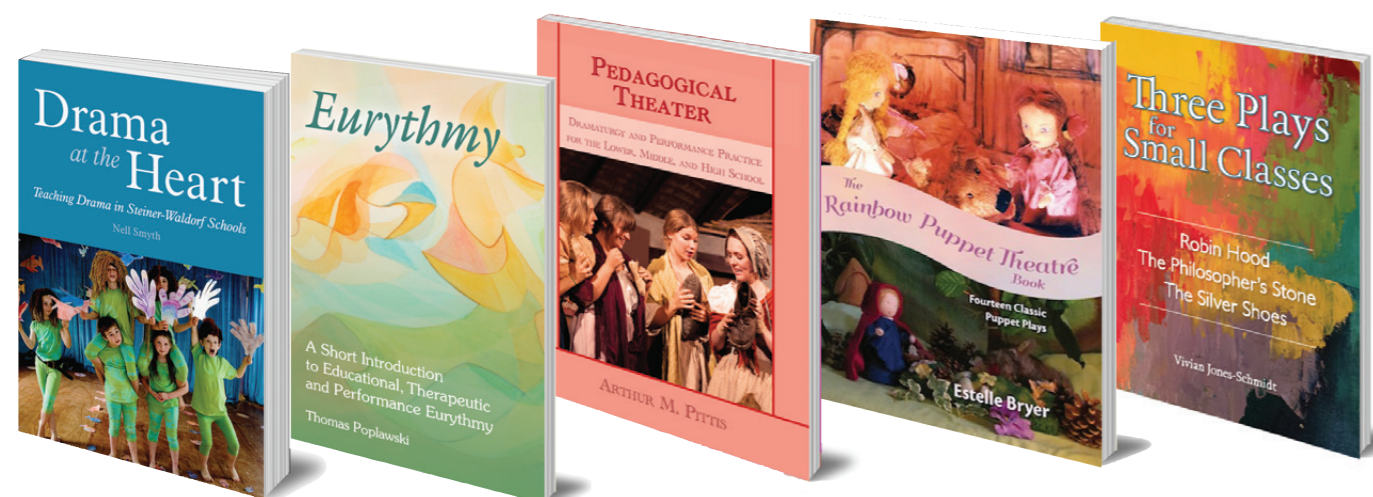
JEANETTE RESNICK

ILLUSTRATED BY DON RESNICK  
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### A Waldorf Song Book

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### Autumn and Winter Activities Come Rain or Shine: Seasonal Crafts and Games for Children

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### Creative Wool: Making Woollen Crafts with Children

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## LOWER SCHOOL: CREATIVE ARTS (CONTINUED)

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**Spring and Summer Activities Come Rain or Shine: Seasonal Crafts and Games for Children** ★  
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colour illus | 144pp | Classes 1-8 | £14.99

You may be also be interested in these books:

- *Autumn and Winter Nature Activities for Waldorf Kindergartens* (p. 10)
- *Learning to See the World through Drawing* (p. 30)
- *Painting and Drawing in Waldorf Schools* (p. 31)
- *Painting with Children* (p. 31)
- *Spring and Summer Nature Activities for Waldorf Kindergartens* (p. 11)

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## HANDWORK

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ALESHANEE AKIN  
ILLUSTRATED BY ELIZABETH AUER  
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ALESHANEE AKIN  
ILLUSTRATED BY ELIZABETH AUER  
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**Basic Sculptural Modeling: Developing the Will by Working with Pure Forms in the First Three Grades**  
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ARTHUR AUER  
ILLUSTRATED BY ELIZABETH AUER  
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**Will-Developed Intelligence: The Handwork and Practical Arts Curriculum in Waldorf Schools**  
DAVID MITCHELL AND PATRICIA LIVINGSTON  
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ROBIN COOK

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**Life Lessons: Reaching Teenagers Through Literature**  
DAVID SLOAN

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192pp | Classes 9–12 | £14.99

**Parsifal: And the Search for the Grail**  
CHARLES KOVACS

Recommended for Steiner-Waldorf teachers of Class 11 (ages 16–17) as a way of introducing world literature.

144pp | Class 11 | £14.99



**The Remarkable Story of Paul the Apostle**

SIEGWART KNIJPENGA

The inspiring story of the life of Saint Paul, brought vividly to life for young people in an engrossing narrative retelling.

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**The Three Candles of Little Veronica: The Story of a Child's Soul in This World and the Other**  
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colour illus | 196pp | Classes 9–12 | £16.99

## ART, DRAMA & MOVEMENT

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colour illustrations | 276pp | Class 9 | £45.00

**Three Plays for Twelfth Grade: King Oedipus Had a Daughter; Cassandra; Flor and Blanchefleur**  
MICHAEL HEDLEY BURTON

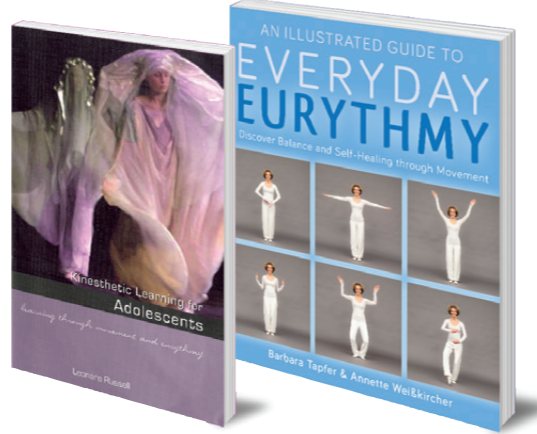
A collection of three plays for Waldorf school Class 12 students (ages seventeen to eighteen).

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**Kinesthetic Learning for Adolescents: Learning Through Movement and Eurythmy**  
LEONORE RUSSELL

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## MATHS

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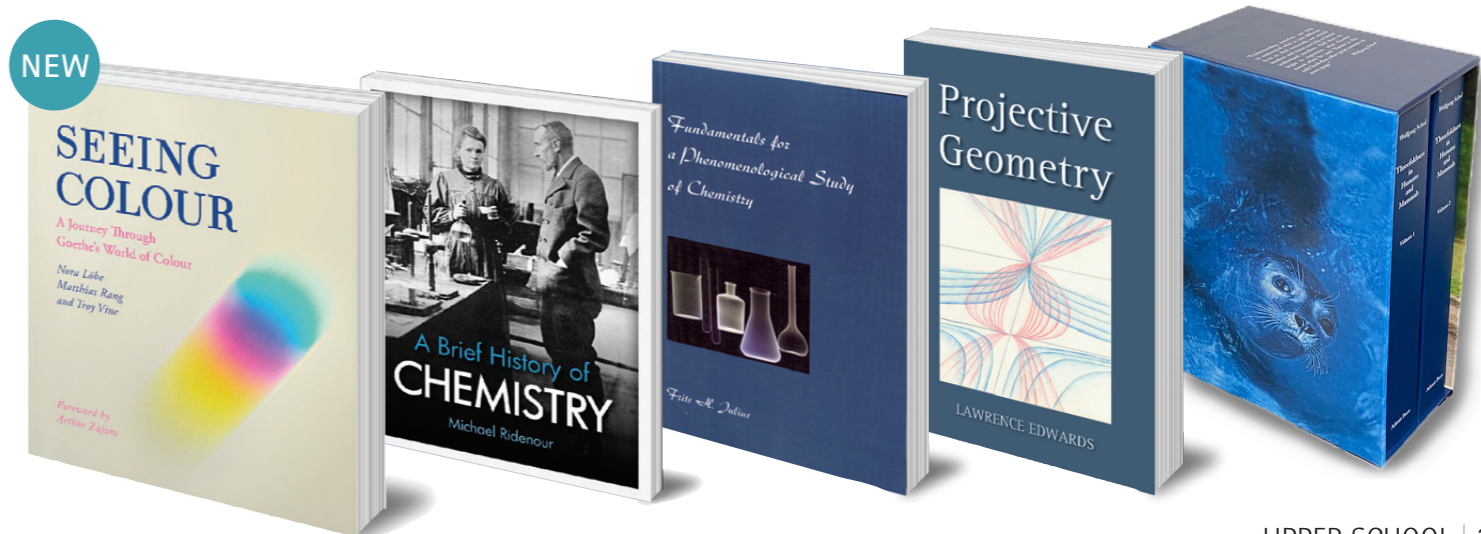
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## The potency of perfect form

*Teaching Art History* is an invaluable illustrated guide by Van James for Class 9. This extract recounts the story of Giotto's circle, linking in the wider significance of lines and forms.

Giorgio Vasari, painter and biographer of Italian Renaissance artists, describes how, at the beginning of the 14th century, Pope Benedict IX sent one of his courtiers to Tuscany in search of the most talented artist of the day. The courtier solicited drawings for the Pope's consideration from the finest artists in Siena and Florence, including the Florentine artist Giotto.

The commission for mural paintings in Rome was explained to Giotto and he was asked for a sample of his work. At this the artist took a sheet of paper and a brush dipped in red paint, pressed his arm against his side, and with a turn of his hand drew in one stroke a perfect circle. Then, with a smile, he said to the Pope's representative, "There is your drawing." The courtier, expecting a more finished illustration exclaimed, "Is this the only drawing I'm to have?" Giotto warmly replied, "It is more than enough. Send it along with the others and you'll see whether it is understood or not." The Pope's messenger, convinced he was being made a fool of returned to the Vatican with his collection of pictures. When Benedict IX was reviewing the art work his eye fell upon Giotto's drawing and it

was explained how, without the use of a compass, the artist precisely drew the circle. The Pope, realizing that this was the sign of a master, awarded Giotto the commission to paint five scenes from the life of Christ in the apse of the old Saint Peter's in Rome.

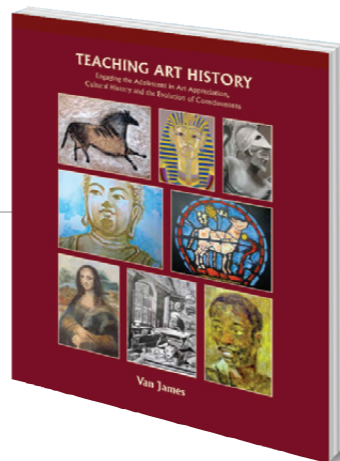
Giotto's circle is more than an entertaining story, for it points to the important connection between art and its mastery. Similar stories concerning the drawing of a circle as a sign of genius and perfect simplicity are attributed to Leonardo da Vinci and Albrecht Dürer, and these tales can lead us to ask the question: What is this visual language we call art and what is the spiritual significance of symbol and picture making?

**"The Pope, realizing that this was the sign of a master, awarded Giotto the commission."**

Filippo Brunelleschi, a well known contemporary of Giotto, said: "The lines and forms are visible signs of divine gestures. Learn to understand them and you will comprehend how God created the universe." In the case of the circle, we can observe that it is

a unique form consisting of a single curved line bending uniformly with no angles to enclose a perfectly balanced space representing wholeness, oneness, indivisibility, nature, the Great Spirit, the Mother Goddess, the universe. It has been used as a symbol of the cosmos by indigenous peoples and as a ritual diagram to conjure the centre of the world, the axis mundi. Other forms such as the zigzag, the chevron, the cross, the lattice, and many others served various ritual purposes and prefigured the development of written languages. Such forms, originally thought to be idle doodles, are more abundant in Palaeolithic caves than are the figurative images of animals.

Have students discuss the purposes for different symbols, research their various origins and meanings, and draw them. By making the hand actually render the forms, artistic feeling is stirred and can awaken one's thinking to greater awareness of the form's meaning. ■



Van James is an international arts advocate and a guest tutor at numerous teacher training colleges and Steiner schools. He is editor of *Pacifica Journal*, and is an active artist, graphic designer, and author of numerous books on culture and the arts.

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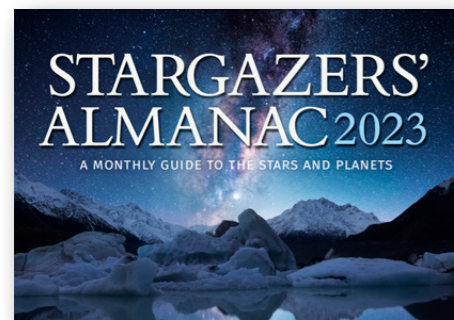
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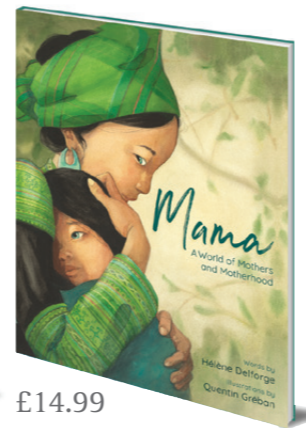


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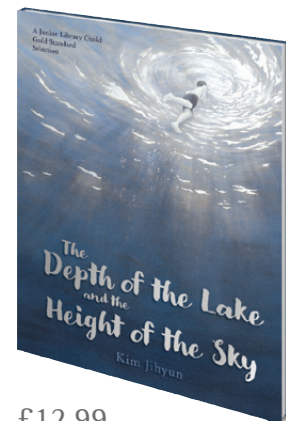


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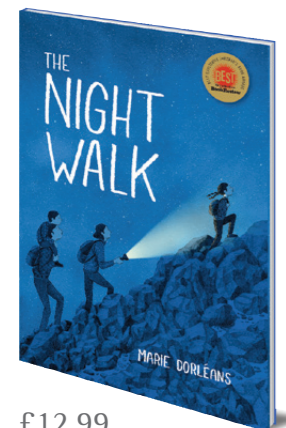
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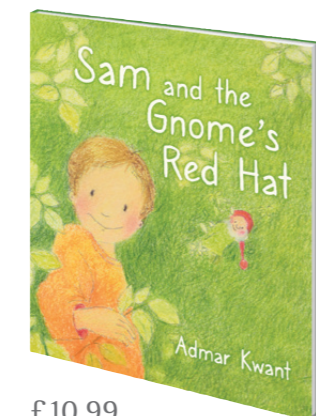
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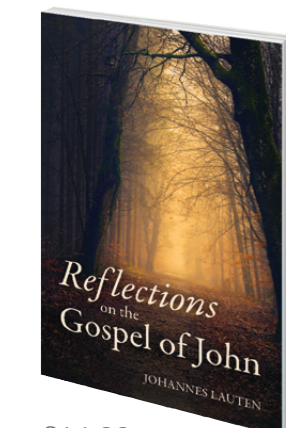
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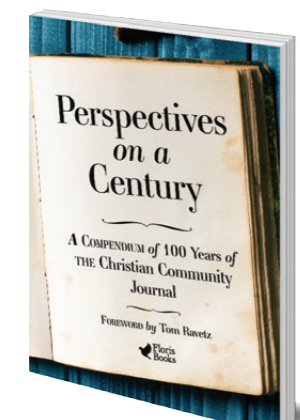
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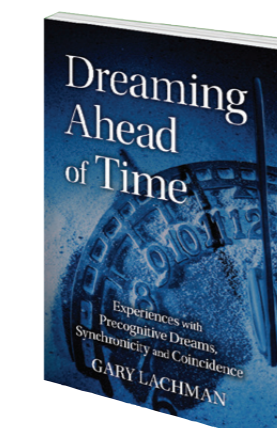
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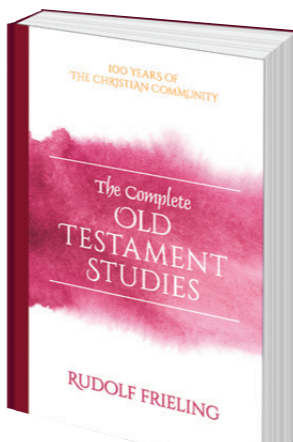
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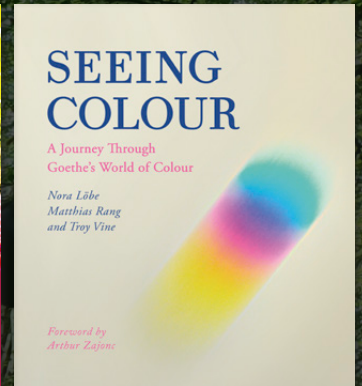
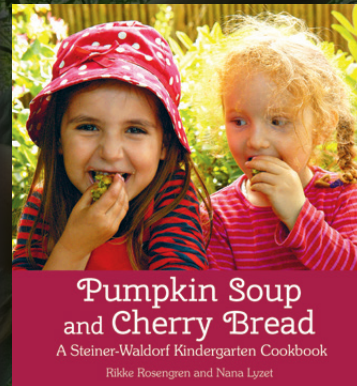
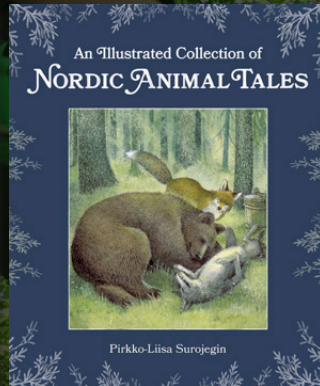
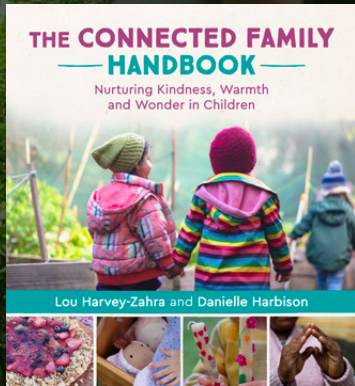
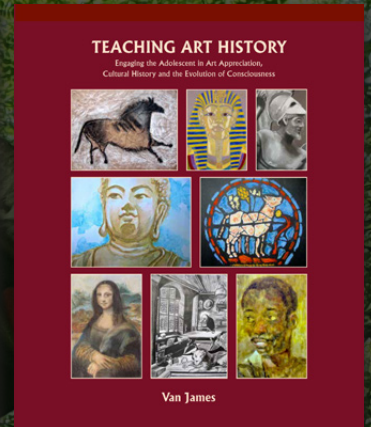
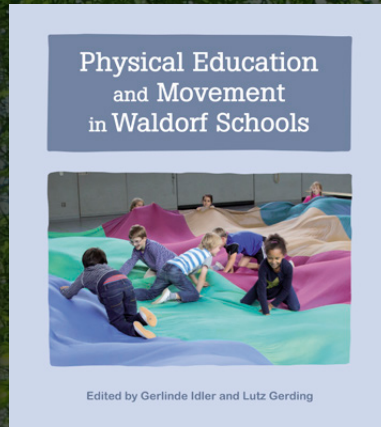
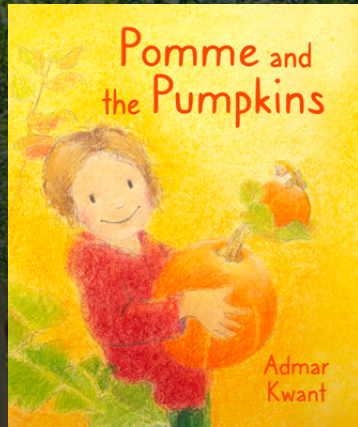
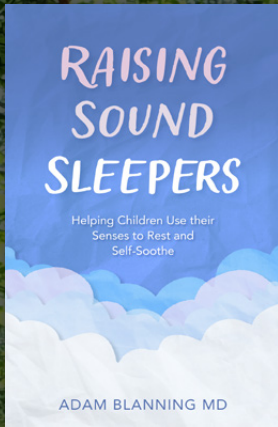
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