



*Front Range Waldorf School*  
*12755 W. Cedar Drive*  
*Lakewood, CO 80228*  
*(303) 384-0139*  
[www.frontrangewaldorf.org](http://www.frontrangewaldorf.org)

### **Early Childhood Program- 18 mos to 6 ½ years**

You walk down the corridor and round the corner to what seems like a normal door...but as you enter into the room you realize there is nothing ordinary about it... the subtle pink walls envelop your soul and your eyes bathe in the beautiful hues and soft silk fabrics. It is Thursday and the sweet smell of freshly baked bread made by the children's own hands is penetrating your senses. Walk further on into the next room and your experiences continue to amaze you. The toys are all lovingly prepared for young hands and open imaginations. The table is delicately set for the small guests ready to indulge in what has been offered. You have found yourself in the Front Range Waldorf Kindergarten Classroom.

#### **Rhythms –**

Children are very busy growing their small bodies. We believe in nurturing the child's bodies both inside and out. The rhythm of the day in the Kindergarten is such that the child is able to breath in a healthy way...allowing both inhalation and exhalation to occur continuously throughout the daily schedule. For instance, in the morning, the children enter into "free play" (out- breath) and subsequently transition into circle time (in-breath). The movement of the breath also allows the child's body to relax, freeing up his or her ability to be present in the now. The teachers provide a constant movement from one breath to the next which permits healthy growth of the young child. The Kindergarten week includes daily activities such as arts and crafts, puppetry, cooking, singing, and games. (see schedule below)

In addition to daily rhythms, we center our activities on the seasonal rhythms of the year. We offer ample opportunity for the young ones to move and play, enjoy and explore the outdoor world as well as allow some of the outdoors in creating a strong connection with the natural world. The children can take pleasure in the "nature table" which is found in the classroom and which is lovingly prepared by the teachers with the intention to reflect the natural world back to the children. The songs and games, stories and crafts also mirror the seasonal changes taking place in the world around them.

## **Play –**

From birth to age six or seven, children experience the world and learn primarily through physical activity and imitation. Front Range Waldorf provides the young child opportunities to direct his or her environment with the use of simple, natural, non-suggestive toys such as wooden blocks, silk scarves, pine cones and woolen dolls/animals. One moment, the blocks become a fairy house and the next moment, food for a small pet. The silks may be used as capes and then are easily transformed into blankets for their baby. These types of toys allow the play of the child to form from his or her imagination, not from the teacher's expectations. The child is forming his own world with the use of such objects. Thus, our Waldorf Kindergarten environment is conducive to learning through exploration and play.

## **Imitation –**

It is our belief that the young child learns best by imitating what is beautiful and meaningful. The teachers' responsibility to represent beauty and grace rings true in our environment, providing a healthy model for the child. Careful movement and deliberate speech, refined table manners and social etiquette are carefully observed and imitated by the children. The teachers complete useful tasks with the children: sweeping, sewing, folding linens, baking bread while their little admirers watch with awe and assist with pride.

## **Daily schedule in Pre K/Kindergarten- 2 ½ to 6 ½ years**

- 8:30-9:15** Free Play and daily tasks
- 9:15-9:30** Prepare for snack and circle
- 9:30-9:50** Circle Time
- 9:50-10:20** Snack/clean up snack
- 10:20-11:00** Daily Activity/Clean up room
- 11:00-11:20** Story Time
- 11:20-12:30** Outside Play

This will be the first year of the Toddler Program which will consist of a three-day week containing options for one, two or three day participation. The program will run Tuesday through Thursday. We will consider a four or five day program dependent on interest and teacher availability.

The information above will encompass both the Toddler and Kindergarten programs with slight modifications regarding the age of the children. Please feel free to contact one of our teachers if you have specific questions with regards to age-appropriateness. You may phone the school directly at 303-384-0139

### **Daily schedule in Toddler Program- 18 mos to 2 ½ years**

- 8:30-9:30** Free Play and daily tasks
- 9:30-9:45** Prepare for snack and circle
- 9:45-10:00** Circle Time/small rest
- 10:00-10:30** Snack/clean up snack
- 10:30-11:00** Daily Activity/Clean up room
- 11:00-11:10** Story Time
- 11:10-11:20** Prepare for outside time
- 11:20-12:30** Outside Play