



What should I do with my 4 year old?

It can be so hard to know where this child fits. Either they are 4 or they will be shortly and they aren't old enough for our kindergarten curriculum that begins at 5 or nearly 5 years old but they are ready for more than the 2 year old or early 3s. We live in a culture that tends to push these little ones toward kindergarten too quickly – even Waldorf culture sometimes. We can feel like these kids are so bright we might be doing them a disservice by just letting them unfold – surely we should be doing something right? At least that is what you are hearing at the grocery store, from your sister-in-law and all the mainstream homeschoolers at the library. It can be hard to hear an experienced mom tell you to breathe, relax and work on your own skills. I know you want more. Hopefully this will be the little bit more you need.

BREATHE. RELAX. WORK ON YOU.

If you haven't already purchased our Early Childhood and Kindergarten program, I highly recommend it. There are many parts of it that you can begin to use now. It goes into more depth on what this age group needs and how you can meet them. This piece will only focus on what I am doing specifically for my daughter. She is the 5th child so I have been at this stage several times before. It is easy to mistake eagerness to learn new skills as academic readiness. Remember to keep a good rhythm and allow plenty of play time, they will unfold as they should.

Sariah's Circle Times for the Year

I have always kept our circle songs on a ring. It makes them easy to just stick in my pocket or purse and take with us to the park or outside for our circle or even in the car. You would be surprised at the places these can come in handy. This year I realized it had been a long time since I redid my ring so I had a little fun changing it up with some great inspiration from some moms in our groups.



Please keep in mind that while she is 4, she does have some speech delay so some of the songs that I would normally stop by now I still do with her to help with language skills. When I know the author I will list it, otherwise these are circle songs that are common in Waldorf schools and we have used many of them for many, MANY years. Also keep in mind that we live in coastal California, our seasons don't appear to change as much as other areas so you will have to tailor your circle to meet the needs of your children in your climate.

Base circle – generally always included

Good Morning song – sometimes I greet them in their beds with this.

Good morning, good morning, good morning to you,

good morning, good morning, good morning to you.

Good morning is what we say, good morning is what we do,

good morning, good morning, good morning to you.

I Reach So High

I can reach so high,

I can touch the sky,

I can read so low,

I can touch my toes.

I can turn around,

and quickly sit down.

Oola Woola by Ellersik

Oola woola, oola woola,

Oola woola, CLAP

Oola woola, oola woola,

Sits in the sack.

Pin pun, pin pun, Pout jumps OUT.
Hurray, hurray, he's back hurray!
Pin pun, pin pun, play and AWAY!

Finger Fairies

Fairies funny, five are we
Laughing happy as can be
HA HA HA
HEE HEE HEE
HO HO HO
WEE WEE WEE
And away we go!

The Wheels on the Bus - not my favorite but it is one she is insisting on
The wheels on the bus go round and round,
round and round, round and round.
The wheels on the bus go round and round,

all through the town.

Standard verses:

The people on the bus go up and down,
up and down.
The people on the bus go up and down,
all through the town.

We also do:

The windows on the bus go up and down.
The driver on the bus says move on back.
The wipers on the bus go swish, swish, swish.

The babies on the bus go wah, wah, wah.

The mommies on the bus go shh, shh, shh (I do this in a loving way, not in a harsh way)

The Cobbler Song - this one is occasional, it is really good to get the wiggles out

There's a cobbler down the street,
mending shoes for little feet,
with a BANG and a BANG and a BANG, BANG, BANG
Mending shoes the whole day long,
mending shoes to make them strong,
with a BANG and a BANG and a BANG, BANG, BANG

July - our focus is the ocean

The Little Fish by Ellersik
In the lively water waves
A little fish is swimming

swims - swims - swims,
springs - dives - splashes
and rests.

swims - swims - swims,
springs - dives - splashes
and rests.

Is swinging, swinging with the waves,
swinging - swinging - swinging (your voice gets more and more quiet.)

August - our focus is the night sky, animals at night

Did You Ever See a Bunny - I have added the night time verse

Did you ever see a bunny, a bunny, a bunny,

Did you ever see a bunny, munch on his lunch?

He munches and crunches, and munches and crunches,

Did you ever see a bunny munch on his lunch?

Did you ever see a bunny, a bunny, a bunny,

Did you ever see a bunny, flap his big ears?

He flips them and flaps them and flips them and flaps them,

Did you ever see a bunny, Flap his big ears?

Did you ever see a bunny, a bunny, a bunny

Did you ever see a bunny, get sleepy at night?

He nuzzles and snuggles and nuzzles and snuggles

Did you ever see a bunny, get sleepy at night?

**scoot down like you are a sleeping little bunny.*

September - our focus is the harvest

This is My Trunk

This is my trunk, I'm a tall, tall tree

In autumn the apples fall from me

They drop... They drop...

This is my trunk, I'm a tall, tall tree

In winter the rain drops fall on me (I use rain since we have no snow)

They fall... The fall...

This is my trunk, I'm a tall, tall tree

In springtime the blossoms bloom on me

They open... They open

This is my trunk, I'm a tall, tall tree
In summer the breezes blow through me
I bend... I bend...

October - our focus is Halloween and our neighbors

Two Little Blackbirds - I chose this because we often see crows in the pumpkin patch

Two little blackbirds sitting on a hill,
One named Jack and one named Jill
Fly away Jack, fly away Jill.

Come back Jack, come back Jill.

Two little blackbirds sitting on a cloud,
One named Soft and one named Loud.
Fly away Soft, fly away Loud.

Come back Soft, come back Loud

Two little blackbirds sitting on a harp,
One named Smooth and one named Sharp
Fly away Smooth, fly away Sharp.

Come back Smooth, come back Sharp.

Novemeber - our focus is Martinmas and Thanksgiving

The Sunlight Fast is Dwindling - practicing this as a family

The sunlight fast is dwindling,
My little lamp needs kindling.

The beam shines far in darkest night,
Dear lantern guard me with your light.

December - our focus is the winter holidays

Kind Old St. Nicholas - shortened from a verse in Wynstones Winter

Kind old man, St. Nicholas dear,

Come to our house this year.

Here's some straw and here's some hay

For your little donkey grey.

January - our focus is 3 kings, the growing sun

Ten Fingers

I have ten little fingers and they all belong to me.

I can make them DO things just you wait and see.

I can shut them up tight or open them wide.

I can put them together or make them all hide.

I can make them jump high,

I can make them jump low,

I can fold them quietly and hold them just so.

I have ten little fingers and they all belong to me.

Do you have ten fingers, too? Ah, let me see!

February - our focus is bees and Candlemas

This Little Light of Mine - I may change this one.

This little light of mine, I'm going to let it shine,

this little light of mine, I'm going to let it shine,

this little light of mine, I'm going to let it shine,

let it shine, let it shine, let it shine.

verses:

All over the world, I'm going to let it shine.

Everywhere I go, I'm going to let it shine.

March - our focus is farming

Since the farming part is so long we will likely edit some of our standard songs down.

Farmer Brown

Farmer Brown walks out to the field with BIG GIANT STEPS

Mrs. Brown walks out to the field with light dainty steps

Billy Brown runs out to the field with lightning fast steps

Becky Brown skips out to the field with light, happy steps

Baby Brown tiptoes out to the field with tiny, toddling steps

Now what could be growing in Farmer Brown's field?

Oats, peas, beans and barley grow

Oats, peas, beans and barley grow

Do you or I or anyone know

How oats, peas beans and barley grow?

First the farmer sows his seeds

Then he stands and takes his ease

He stamps his foot and claps his hand

and then he turns to view the land.

But...before the oats, peas, beans and barley grow, first the farmer plants the seeds.

A farmer once planted some seeds
With a pat a pat pat and a pit a pat pat
He watered them often and pulled out the weeds
With a tug-tug here and a tug-tug there
The seeds grew tall in the sun
With a push-push here and a push-oush there
And all their faces shown out
With a hey diddle, diddle and theirs in the air.

April - our focus is still farming and berry picking

The Mulberry Bush

Here we go 'round the mulberry bush, the mulberry bush, the mulberry bush

Here we go 'round the mulberry bush on a bright and sunny morning.

Verses:

This is the way we clap our hands, clap our hands clap our hands,
This is the way we clap our hands, on a bright and sunny morning

This is the way we stomp our feet...

This is the way we wiggle all over...

This the way we pick the berries...

Here we go 'round the mulberry bush on a bright and sunny morning.

May - our focus is still farming but also just the change of the seasons

Little Gnomes verse by A. Mathews

Come, o come, ye little gnomes
let us leave our mountain homes,
we'll free the Flower Queen and make her a throne in the meadow green.

Songs for the rain

This is a mix of Ellersik and traditional Waldorf songs as well as the
Macedonia Community

Drip...drip...drip
Drip a drip, drip a drip...
Dripping, dripping rain drops
Dripping on my head plops
And it makes me wet
Splishy-splashy wet
Drip a drip, drip a drip
Drip...drip... drip

Now, who loves the rain?
The trees, the flowers...the grass and grain
The earthwork
The creeping snail
The frog on his mossy bed
Croak, croak, croooooak
And the children in their beds
They all love the rain

Drip...drip...drip
Drip a drip, drip a drip...
Dripping, dripping rain drops

Dripping on my head plops
And it makes me wet
Splishy-splashy wet
Drip a drip, drip a drip
Drip...drip... drip

Then there is a BOOM and a CRASH

Hi thunder, low thunder
Thunder in the mountains, thunder in the valley
Thunder in my room, oh come and play with us.

These are the stories we are using. I bring them nice and slow and sometimes will edit plot lines that may be too complex for this age. I chose the monthly focus to coincide with the topics we are covering in our Waldorf co-op. I decided this for cohesion and rhythm consistency.

Month & Focus	Stories
July – Who Lives in the Ocean	<p>The Wild Little Horse by Rita Gray and Ashley Wolff</p> <p>On the Beach – an Usborne book</p> <p>At the Sea Shore – A Golden book</p> <p>When a Dragon Moves In by Jodi Moore</p>
August – The Night Sky & Animals at Night	<p>The Moonflower by H. Peter Loewer and Jean Loewer</p> <p>Stellaluna by Janell Cannon</p>
September – The Harvest & Michaelmas	<p>Donsy of Gnomes by Sieglinde De Francesca- Pebble (a crystal gardener) *there are several little stories for Pebble, you can easily split these up through the week.</p> <p>The Harvest Story by Elizabeth Reppel</p> <p>The Apple Cake by Nienke van Hichtum</p>

	<p><i>My Michaelmas story from Before the Journey</i></p> <p><i>Saint George & the Dragon by Margaret Hodges (very toned down)</i></p>
<i>October – Halloween & Local People</i>	<p><i>Donsy of Gnomes by Sieglinde De Francesca - Brother Acorn</i></p> <p><i>The Gnome Kingdom's Hallowed Eve from Before the Journey</i></p>
<i>November – Martinmas, Thanksgiving & Advent</i>	<p><i>The story of Saint Martin</i></p> <p><i>Donsy of Gnomes by Sieglinde De Francesca – Tommy Tomten</i></p> <p><i>Peter's Old House by Elsa Beskow</i></p> <p><i>Children of the Forest by Elsa Beskow</i></p>
<i>December – Advent, St. Nick, St. Lucy, Winter Solstice, Christmas</i>	<p><i>Gnome Yuletide Advent stories from Before the Journey</i></p> <p><i>Stories of St. Nicholas</i></p> <p><i>Gingerbread Baby by Jan Brett</i></p> <p><i>Gingerbread Friends by Jan Brett</i></p>
<i>January – 3 Kings</i>	<p><i>The Sun Egg by Elsa Beskow</i></p> <p><i>Donsy of Gnomes - Teasel and Tweed (working together, brother and sister)</i></p>
<i>February – Bees & Candlemas</i>	<p><i>When the Root Children Wake Up by Audrey Wood</i></p>

	<i>Brigid's Cloak by Bryce Milligan</i> <i>Donsy of Gnomes - Gilly (gardening & bees)</i>
<i>March - Farm animals, chickens and eggs, sheep</i>	<i>Daisy Comes Home by Jan Brett</i> <i>Hedgie's Surprise by Jan Brett</i> <i>Farmer Brown Sheers His Sheep by Teri Sloat</i> <i>Pelle's New Suit by Elsa Beskow</i>
<i>April - Dairy farming & berry picking</i>	<i>Christopher's Harvest by Elsa Beskow</i> <i>Pirate Jam by Jo Brown</i> <i>Emily and Daisy by Elsa Beskow</i> <i>Donsy of Gnomes - Bracken (making mistakes)</i>
<i>May - More farming & blueberries</i>	<i>Peter in Blueberry Land by Elsa Beskow</i> <i>The Flowers Festival by Elsa Beskow</i> <i>When the Sun Rose by Barbara Helen Berger</i> <i>Usborne Flip Flap Farm</i>

Remember that the real work of this age is yours. This is the time to refine your rhythm, enjoy baking, go on long walks and just have fun. This is also the time to flex your inner work muscles. The entire curriculum is spiritual in nature, now is a good time to get comfortable with the concepts that set Waldorf apart from other methods.

Enjoy ☺