

How to Proceed:

The Basics of a Main Lesson Block

Main Lesson takes up the first two hours of the day in Waldorf schools, from First through Twelfth Grade. But during that time, the class will not only be listening to stories or writing up lab notes or copying work into their Main Lesson books. These two hours will include movement, recitation, singing, artistic work, drama ... whatever the teacher feels will give the children a deep experience of the material at hand. 15 or 20 minutes might also be devoted to something entirely divorced from the Main Lesson topic – some mental math games during a language arts block or poetry readings during a math block. So don't think you need to spend two hours of every morning on the Main Lesson subject! You won't!

So start with household chores, exuberant exercise, circle games or a walk outside (which I highly recommend). That is your 'out breath'. Then light a candle and have a quiet verse or maybe a bit more quiet movement. This is your 'in breath', which prepares the child to focus and work. Please refer to the *Christopherus Waldorf Curriculum Overview* and *Joyful Movement* for more on this.

The following is a *rough* guide to how you might proceed. Do remember, 1) that there are other ways to work with the material, such as having it as a yearlong theme as I discussed before, and 2) the more children you have, the more you'll probably find you need to compromise. Again refer to our *Overview* for more help with this.

This is an outline for a 4 week Main Lesson block on Saints and Heroes during which you'd cover 8 saints/heroes with your child. Again – if one particular figure speaks to you or your child, slow down and spend a longer time working on his or her story.

WEEK 1

Monday

Tell the story - then leave it and do something else such as cooking, a nature walk, some math...

That evening (when your children are in bed) draw your picture and write on your blackboard (you might find you need two). Have this ready for when you revisit the story tomorrow

Tuesday

Revisit the story (see the note on page 9)

Read aloud what you've written on board

Your child copies writing and picture into their Main Lesson book

Work on word families or spelling