

What is Waldorf?

Woodhaven is a Waldorf-inspired school



Founded by Rudolf Steiner in 1919 in Stuttgart, Germany, there are now over 1,000 Waldorf schools across the globe and many more Waldorf-inspired schools, including our own. We teach the whole child, their head, heart, and hands and meet the children where they are developmentally. We greatly value nature and play-based education. Children, especially at this age, learn through **PLAY!**

Child Development

Rudolf Steiner divided child development into three groups, 7 years for each group. There is, of course, flexibility in this as all children are unique, but as a general rule, each group is in 7 year increments.

The first being ages 0-7 years. In this stage of child development and through the eyes of Waldorf education, we focus on the **HANDS** of the “Head, Heart & Hands” mantra. This is when your child learns how to crawl, walk, talk, jump, skip, etc.! They are developing their fine and gross motor skills. We are setting them up with a solid foundation of security and them knowing where they are physically in this new world of theirs.

Ages 7-14 is focused on the **HEART** where every lesson is taught through the “feeling” and emotional lens.

Ages 14-21 is focused on the **HEAD** aspect where critical thinking and abstract thinking really come into play.

There is overlap with each of these stages. We certainly emphasize a certain amount of emotional and thinking development but in order to create that foundation for lifelong learning, we must set them up for success in their current stage of development which is the “doing” phase, or the **HANDS** stage.

We have over two hours of unstructured free play here at Woodhaven where your child will be learning how to use their bodies by skipping, sliding, throwing, and more.

They'll establish a sense of independence, learning how to zip up their jackets, listening to their bodies when they're cold, thirsty or have to use the bathroom. They'll learn communication skills and build empathy.

We keep the same rhythm each day with few exceptions and respect the rhythm with great importance - a daily rhythm helps your child feel safe and secure; knowing what comes next gives them great comfort and ease.

We start each day with an art activity whether it be painting or coloring, followed by circle time where we sing seasonal songs. We then have an hour of free play followed by snack, then another hour of free play. We'll then listen to a story and then eat lunch where the families will meet us at the end of lunch to sing our goodbye song before we depart ways for the day.