

FIRST GRADE

What's In My Curriculum Experience?

Main Lessons

On your main curriculum page

January First Grade

February First Grade

March First Grade

April First Grade

May First Grade

Aug First Grade (available 6/15)

Sept First Grade (available 6/15)

Oct First Grade (available 7/15)

Nov First Grade (available 7/15)

Dec First Grade (available 8/15)

Important Note

Your first grade lessons are available by the month and also available as blocks. You choose which method to use. *You only need to choose one method.**

Live Support

We provide many free teacher support resources (see the next page). We also include the following live support items. You can link to these resources from the right sidebar of your member page.

FB Forum Membership

Waldorf Teacher Q & A*

E-mail Support & Member Chats

FAQs Page for Each Grade

Member Photo Galleries

Kristie's Photo Galleries

Member BLOG

*On the forum the 1st & 3rd Wednesday of the month



Your First Grade Year

All children are carefully assessed as to whether they are ready to embark on this journey. Are they ready to learn to write and later read and do arithmetic without thwarting some other part of their development? Are the growth forces all still needed for growing and playing or are some growth forces freed so that they can be used for their next tasks? The children around about seven years should have the concentration to build their own vivid inner pictures when being told a story, and through such imagery will continue learning in the following years. Fairy tales are told by the teacher then retold and dramatized by members of the class. This cultivates the children's imagination. Starting with simple artwork the children learn to draw forms, which lead to letters and numbers. The four basic mathematic processes are introduced - addition, subtraction, multiplication and division. Nature stories provide an imaginative introduction to the natural world, reading, writing and science.



First Grade Blocks

Instead of using the monthly lesson planners you can use the First Grade Blocks. You can also use these blocks (which contain some additional extras) during the summer or during times of the year when you need extra material.

*Note that the Eurythmy Block is not included in the First Grade Monthly Planners (because they are video based) so you need to use those in addition to your monthly planners.

Form Drawing Block

Form Drawing Basics (PDF)

First Grade Form Drawing (PDF)

MLB Sample: G1 Form Drawing (PDF)

First Grade Handwork & Art Block

First Grade Handwork Block (PDF)

Knitting & Weaving for Kids (PDF)

Natural Gifts for Kids to Make (PDF)

Waldorf Watercolor Stories for the Year (PDF)

First Grade Language Block

Teacher Guide: Vowels & Alphabet (PDF)

Sixth Sense Language: The Alphabet (PDF)

First Grade Fairytales (PDF)

Storytelling & Theater for Kids (PDF)

MLB Sample: G1 Language (PDF)

First Grade Math Block

Teacher Guide: Waldorf Basic Math (PDF)

First Grade Math (PDF)

Sixth Sense Math (PDF)

MLB Sample: G1 Math by Hannah (PDF)

MLB Sample: G1 Math by Jack (PDF)

First Grade Science Block

First Grade Science & Nature Stories (PDF)

MLB Sample: G1 Science by Jack (PDF)

First Grade Music Block

Pentatonic Fingering Chart (PDF)

Pentatonic Recorder: Book One (PDF)

Pentatonic Recorder: Book Two (PDF)

Pentatonic Recorder: Book Three (PDF)

First Grade Verses (PDF & Mp3s)

Eurythmy Block*

Guidelines to First Grade Eurythmy (PDF)

About Copper Rods (Video & PDF)

Qui-Qui Verses (Video & PDF)

Little Verses (Video & PDF)

Teacher Tutorials for First Grade

As the leader of your student's educational experience we realize that you may need some teacher instruction that goes beyond the basic "Teacher-Parent Essentials" and is specific to your grade. These specific teacher tutorials can be found on your curriculum page:

First Grade Planner (PDF)

First Grade Supply List (PDF)

The Meaning & Poetry of Fairytales (PDF)

How to Teach Pentatonic Recorder (Video by Waldorf Teacher Diane Power)

Alphabet Chalk Drawing (Video by Waldorf Teacher Brian Wolfe)

Block Crayon Drawing Tutorial Level One (Three Part Video by Waldorf Teacher Brian Wolfe)

Enrichment Lessons

Earthschooling is a "living curriculum" which means we are always adding new enrichment to the materials that are available to you. You can view all the latest enrichment items by clicking on the Enrichment button found on your curriculum page. Enrichment items for First Grade include...

Language: Word Family Houses (PDF)

Cooking with Kids (PDF)

First Grade Fairytale Supplement: 1 & 2 (PDF)

Space Clearing Enrichment Block (PDF)

Vintage Book Collection (PDFs)

Guide to Science Stories Preschool Through Fourth Grade (PDF)

Legal Support

We realize that each state, country and region has different requirements for your homeschooling family. To support you we offer the following services for free:

*Documents to submit to supervising teacher

*Core Curriculum Charts for your State Board

We also offer the following services for a fee:

* Live teacher supervising

* Live tutoring and/or consulting

* Consultations with handwork teacher

* Transcripts

* Graduation Certificates/Diplomas

Parent-Teacher Essentials

The following teacher support materials are included for free with your curriculum. You can find these by clicking on the Teacher - Parent Essentials link on the right sidebar of your member page.

Waldorf 101 Mini-Course (PDF)

This booklet contains all the basics you need to know about Waldorf education from what it is to what is covered in each grade. This is the packet I used to hand out to parents at the Waldorf Enrichment School.

Planning Meeting with Waldorf Teacher

Diane Power (MP3 & PDF): This webinar gives you a planning perspective from a teacher who has done classroom and homeschool tutoring work with Waldorf students.

Planning Meeting with Earthschooling

CEO, Kristie Burns (MP3 & PDF): In this webinar Kristie shares some of her favorite planning tips from 18 years of homeschooling and multi-age class planning.

Rhythm and Stages in Waldorf Education

(Video, MP3 & PDF): This webinar gives an overview of what Waldorf education looks like preschool to sixth grade.

Basics of Early Childhood Education (Vid):

This video was previously called "Early Childhood Education Mini Course". In this video a Waldorf teacher takes you through her early childhood classroom and explains how it works.

Basic Waldorf Verses (MP3s)

Basic Waldorf Watercolor (PDF): This tutorial talks you through the basic first steps of Waldorf wet-on-wet watercolor and provides some basic first lessons. This is also a great "summer camp" activity.

Planner: Weekly Scheduler for Multi-Age Classrooms (PDF)

Planner: My Waldorf Year (PDF)

My Waldorf Year for the Southern Hemisphere (PDF)

Mini-Book: Waldorf Basics (PDF)

This packet quickly takes the teacher/parent through all the basics they need to teach Waldorf inspired lessons from storytelling to knitting to music. This is also a great reference book for knitting abbreviations, etc.

A Dozen Lesson Planning Tips (PDF)

Parent & Teacher Modeling (PDF): This article comes from the Waldorf 101 Mini-Course but is important enough that we also extracted it into an individual article. This talks about the important role you provide as a teacher/parent beyond the lessons you are giving.

The Importance of Free Play (PDF): This also comes from the Waldorf 101 Mini-Course.

Adapting Stories (PDF): Do you want to make stories shorter or longer? Do you need help remembering stories? Do you want to change the seasons, names, culture or location in the story you are telling without re-writing the entire story? This article will help!

Celebrating Festivals in Childhood (PDF)

The Rhythm of Learning (PDF): This article talks about the importance of rhythm in your daily schedule and how block lessons work.

The Three Day Rhythm (PDF): This article talks about different ways you can follow the traditional "three day rhythm" in your classroom.

Music for the Classroom

This section contains sheet music for the year for the months of January, February, March, April, May, June, July, August, September, October, November and December (PDFs)

Teacher Support Package

We highly recommend that all members purchase the *Teacher Support Package*. This package includes many teacher support tutorials that go beyond the basics to give you a solid foundation in skills like eurythmy, block crayon drawing, watercoloring, chalk drawing, storytelling, music education and much more. This set of materials has been created for you by over seven different Waldorf teachers. This package is included in the *Lifetime Member Curriculum Package*. However, it must be purchased separately by curriculum members. Locating all these items in one package means that the cost of your individual curriculum was lower, you are supported as a teacher for all the years you homeschool, and you do not pay more than once for these materials (when they were included in the curriculum people purchasing more than one year of curriculum ended up paying twice for these materials). When you purchase this package you also receive free updates for life. These items can be found by clicking on the *Teacher Support Package* link on the sidebar of your member page. Or, this item can be purchased in the shop at the top of the curriculum sale page. At this time the Teacher Support Package includes the following items...

Eurythmy for Teachers

Contraction & Expansion: Video
 Contraction & Expansion: PDF Instructions
 Halleluiah Exercise: Video
 Halleluiah Exercise: PDF Instructions
 I Think Speech: Video
 I Think Speech: PDF Instructions
 Moving in a Pentagram: Video
 Moving in a Pentagram: PDF Instructions
 Threefold Walking: Video
 Threefold Walking: PDF Instructions
 Weight - Light Streams Upward: Video
 Eurythmy For Teachers: Weight Bears
 Downward – Light Streams Upward: PDF

Classroom Methods

Kids Outside & Meal Planning: Mp3 Webinar
 Homeschooling Outdoors: Mp3 Webinar
 Rhythm & Stages in Waldorf Education: Video
 Rhythm & Stages in Waldorf Education: Mp3
 Rhythm & Stages in Waldorf Education: PDF

Annotated Lectures by Steiner

What is Eurythmy: PDF
 How to Teach Geography: PDF
 Man & Nature – The Four Kingdoms: PDF
 Medicine & Anatomy: PDF
 Suitable Colors for Each Grade: PDF
 Poetry & The Meaning of Fairytales: PDF
 The Alphabet: PDF
 The 12 Senses: Mp3 Lecture
 Why Read Steiner: PDF

Essential Planners

Holiday Planning Guide: PDF
 Main Earthschooling Planner Document: PDF
 My Waldorf Year: Northern Hemisphere: PDF
 My Waldorf Year: Southern Hemisphere: PDF

Optional Planners & Organizational

Integrating Waldorf Curriculum Part Time: PDF
 Organization Tips: PDF
 Organization and Planning Tips: PDF
 October Planner by Kim Chavez: PDF
 Daily-Weekly Planning Chart for Choleric: PDF
 D-W Planning Chart for Melancholic: PDF
 D-W Planning Chart for Sanguine: PDF
 D-W Planning Chart for Phlegmatic: PDF
 Monthly-Yearly Chart for Choleric: PDF
 M-Y Planning Chart for Melancholic: PDF
 M-Y Planning Chart for Sanguine: PDF
 M-Y Planning Chart for Phlegmatic: PDF
 Organization and the Temperaments: Video
 Organization and the Temperaments: Mp3
 Organization and the Temperaments: PDF
 Sample Pages: Earthschooling Planner: PDF

Making Classroom Supplies

Homemade Pastel Beeswax Crayons: PDF
 Making Watercolor Paper: Video
 Making Molding Beeswax: Video
 Wax Block Crayons: Video

Supply Lists for the Classes

Preschool & KG Supply List
 First Grade Supply List
 Second Grade Supply List
 Third Grade Supply List
 Fourth Grade Supply List
 Fifth Grade Supply List
 Sixth Grade Supply List

Peek Inside a Classroom

Free Play with Multi-Age Children: Video
 Prairie Flower Children's Center Early
 Childhood Classroom Visit: Video

Continued on next page...

*Teacher Support Package Materials Continued...***Essential Teacher Skills**

Waldorf Basics Reference Book: PDF

Parent Support

Let's Talk (Sex Education) Book: PDF

Solo Parenting & Homeschooling Tips: PDF

Storytelling Skills

Basic Storytelling: Part 1, 2, 3 & 4: Video

Storytelling for Upper Grades: Part 1 & 2: Video

Storytelling Supplement: Adapting Stories: PDF

Teaching the Main Lesson

Botany Main Lesson: Part One & Two: Video

Three Ways to Do a Main Lesson: 1 & 2: Video

Reading & Writing Lessons

Reading & Writing in Waldorf Education: PDF

Baking & Cooking in the Classroom

Making Bread

Pita Bread

Crepes

Fondue with Kids

Sewing & Handwork Skills

Fairy Wings: Video

Felt Mice: Video

How to Knit a Rabbit: Video

Skills with Felt

Felt Mice: Video

Felted Doll: Video

Natural Dying Guide: PDF

Pre-needle Felting: Video

Knitting Skills

How to Knit a Rabbit: Video

Watercolor Tutorials

Basic Watercolor Skills: Video

KG & G1 Level: Watercolor Basics: Part One & Part Two: Video

G4 & Up Level: Wet on Dry Watercolor Tutorial: Part One & Two: Video

G4 & Up Level: Wet on Wet Watercolor Tutorial: Video

Block Crayon Tutorials

Block Crayon Drawing Basics: 1, 2, & 3: Video

Holiday Candles: Block Crayon: Video

Chalk Drawing Tutorials

Black & White Chalk Basics Part 1: Video

Black & White Chalk Basics Part 2: Video

Black & White Chalk Basics Part 3: Video

Black & White Chalk Basics Part 4: Video

Chalk Drawing Basics: Part One & Two: Video

KG & Pre: Landscape Chalk Drawing: Video

1st Grade Chalk Drawing: Video

2nd Grade Chalk Drawing: Video

3rd Grade Chalk Drawing: Video

4th Grade Chalk Drawing: Video8th Grade Chalk Drawing: Video & PDF

Holiday Candles: Chalk Drawing: Video

Form Drawing Skills

Form Drawing for Chinese New Year: Video

Form Drawing & Storytelling Chat: PDF

How to Teach Form Drawing: PDF

Movement Basics for Teachers

Yoga with Kids: Video

Yoga Cards Set 1, 2, 3 & 4

Music Basics for Teachers

Basic Waldorf Verses: Video

Circle Time Demonstration: Video

Create Your Own Waldorf Verses: Mp3 Webinar

Create Your Own Waldorf Verses: PDF

Restraining a Kinderharp: Video

Teaching Pentatonic Recorder: 1 & 2: Video

Transition Verses

Bread Making Song: Mp3

Clean Up Song: Mp3

Leaving The Castle: Mp3

Leaving the Lion's Den: Mp3

Leaving the Village Hut: Mp3

Lunch Blessing Song: Mp3

Sheet Music for the Year

January Sheet Music: PDF

February Sheet Music: PDF

March Sheet Music: PDF

April Sheet Music: PDF

May Sheet Music: PDF

June Sheet Music: PDF

July Sheet Music: PDF

August & September Sheet Music: PDF

October & November Sheet Music: PDF

December Sheet Music: PDF

Vintage Books for Silent Reading*At this time there are over 31 vintage books included in the Teacher Support Package.*

How Do I Start?

The following checklist will help you get started as soon as possible. Please contact us if you run into any tech support issues. The website is designed so that you can access your materials from any device and any location. Materials can be viewed or listened to instantly online by clicking on the link to the document, video or Mp3. Documents can be downloaded by right clicking on a link. Additional instructions are at the top your curriculum page. If your files do not open instantly or download easily please contact us for help.

Done	Earthschooling "Getting Started" TO DO List
	Choose a username and password, wait for activation & log into website
	Go to curriculum page
	Read this document
	Download and print <i>Sample Schedule Planner</i> or the pre-filled monthly planner (pre-filled only available for Preschool, Kindergarten and First Grade at this time)
	Download and print <i>Supply List</i> for your grade & find or purchase materials
	Join Facebook group at: https://www.facebook.com/groups/328229867251909/
	Decide which items you will print, read, watch or use on a tablet (see chart below)
	Read the <i>Waldorf 101 Mini-Course</i> on the Teacher-Parent Essentials Page
	Listen to <i>Planning Meeting w/ Diane Power</i> on the Teacher-Parent Essentials Page
	Listen to <i>Planning Meeting w/ Kristie Burns</i> on the Teacher-Parent Essentials Page
	Print & Bind <i>My Waldorf Year</i> (Northern or Southern Hemisphere) found on the on Teacher-Parent Essentials Page
	Browse, Read and/or Print <i>Waldorf Basics</i> (Teacher-Parent Essentials Page)
	Read <i>A Dozen Lesson Planning Tips</i> (Teacher-Parent Essentials Page)
	Take 30-60 minutes to browse through the website and the pages you have access to including the FAQs page, Enrichment page, Member BLOG, Forums, and Cultural Support page.
	Browse through the Teacher-Parent Essentials page and the Teacher Support Package (if you have access to it) and mark items you want to study in the future. Plan to study these at your convenience - perhaps just one item a week or one item a month.

Family Lifetime Curriculum Package

If you plan on continuing with the Earthschooling curriculum you may want to upgrade to the Family Lifetime Curriculum Package instead of purchasing curricula as individual years. By purchasing curricula in this manner you save over 50%; In addition you also receive free access to the *Teacher Support Package* and the following materials that are exclusive only to Lifetime Members. If you wish to upgrade to a Family Lifetime Package from your current curriculum you can receive credit for any purchase you made within the past year. Please contact us for your personal upgrade link at:

CustomerService@TheBEarthInstitute.com

These items can only be found on your Basic or Deluxe Lifetime Membership page...

Eurythmy

Moving Fluid Curves and Waves: Video
Moving Fluid Curves and Waves: PDF
Practice Sequence for Children

E-books

Cooking with Kids
Herbs for Kids: Part One
Herbs for Kids: Part Two
Natural Gifts for Kids to Make
Starting a Waldorf Enrichment Program
Unicorn Knitting Patterns
Woodworking for Kids

Mp3s

Teaching to the Temperaments
The Sanguine and Choleric Temperaments
The Temperaments and the Adult-Child Relationship: Part One
The Temperaments and the Adult-Child Relationship: Part Two
Waldorf Birthday Parties
What is Earthschooling
Woodworking for Kids: Part One & Two
The Melancholic and Phlegmatic Temperaments
Business Tips for Caregivers
Careers in Natural Healing
Heal Children with Allergies Naturally
Managing Sensory Processing Disorder
Schooling Multiple Ages & Temperaments
The Temperaments and Neurodiverse Challenges

Webinars

Natural Healing for Winter Ailments (PDF)
Keeping Kids Healthy with Herbs (PDF)
Allergies & Kids (PDF)

Webinars continued...

Aromatherapy & Herbs for Healing (PDF)
What is My Temperament? (PDF) *Webinars continued...*

Herbs for Women (PDF)
Increase Energy Levels and Deal with Insomnia Naturally (PDF)
The Temperaments and Diet (PDF)
Properties of Foods: Healing Herbs (PDF)
Organization and Planning (PDF)*
Solo Parenting (PDF)*
Organization Tips (PDF)*
Reading, Writing and Grammar Chat (PDF)*
Getting Kids Outdoors Chat (PDF)*
Form Drawing, Storytelling & Math (PDF)*
Integrating Waldorf Part Time (PDF)*
Careers in Natural Healing (Mp3)

Instructional Videos & Conference

Seminars

Amaranth & Rose Tea Lesson: Video
Becoming a Whole Mother: Video
Felting a Mermaid: Video
Herbs for Kids Seminar: Video
How to Knit a Unicorn: Part One, Two, Three and Four: Video
How to Make Block Crayons*
How to Spin Wool
Make Your Own Knitting Patterns
Make a Spool Knitter
Protecting Childhood with Helle Heckman: Part One, Two, Three & Four: Video
The Temperaments and the Adult-Child Relationship: Part One & Two: Video
Waldorf Birthday Parties: Part One, Part Two, Part Three & Part Four: Video

Wildlife Education Curriculum

Earthschooling offers you the opportunity to give your students a complete and holistic educational experience by offering add-ons that go beyond the traditional reading, writing, science, history and art. One of our most popular add-ons is the Wildlife Education Curriculum that we have created in cooperation with Pella Wildlife Company. This curriculum offers you age-specific lessons for your child in the areas of wildlife education, conservation, tracking, fieldwork, citizen scientist activities, and even a certified Wildlife Educator's Course for high school students and adults. Once you purchase this package you receive free updates for life. We expect to have all the grades complete by 2016. This can be purchased as an add on here. It also comes free with the Family Lifetime Curriculum Package.

Note that on the Wildlife Education page these items may be listed in alphabetical order. However, the order below is the order you will be using the items in.

Kindergarten and First Grade Lesson Blocks

Kindergarten Wildlife Curriculum (PDF)
Animal Signs: Part One, Two & Three (PDF)
The Burgess Book of Birds (PDF)
The Burgess Book of Animals (PDF)

Fifth and Sixth Grade Lesson Blocks

G5G6 Bald Eagle Curriculum (PDF)
Bald Eagle Recovery (PDF)
Eagles and Lead Poisoning (PDF)
Silent Spring by Rachel Carson (PDF)
Bird Observation Record (PDF)
Eagle Observation Form (PDF)
Water Testing with Macroinvertebrates (PDF)
Educational Benchmarks (PDF)

High School Lesson Blocks

G9 Fieldwork & Wildlife Chapter One (PDF)
G9 Fieldwork: Bat Biology (PDF)
G9 Fieldwork: Skills & Papers (PDF)
G9 Core Curriculum Chart(PDF)
G9 Outdoor Ed: Wildlife Tracking (PDF)
G9 Cougar Prints: Full Size (JPG)
G9 Wolf Prints: Full Size (JPG)
Wild Animals at Home by Seton (PDF)
Wildlife Tracking Pocket Guide (PDF)

Wildlife Educator's Course

Wildlife Educator Program Index (PDF)
Care & Handling: Wildlife Ambassadors (PDF)
Specialized Wildlife Ed Programs (PDF)
Video Notes (Samples)
Zoo 1: Code of Ethics
Zoo 2: Introduction to Wildlife Education
Zoo 3: Wildlife Education
Zoo 4: Wildlife Education
Zoo 5: Wildlife Education
Zoo 6: Wildlife Education
Zoo 7: Wildlife Education
CC 1: Wildlife Education (2 parts)
CC 2: Wildlife Education (1 part)
CC3: Wildlife Education (4 parts)
CC4: Wildlife Education (3 parts)
CC5: Wildlife Education (4 parts)
CC6: Wildlife Education (1part)
Exam: Introduction to Wildlife Education
Work Sample: Animal Human Relations
Work Sample: The Arctic Fox
Work Sample: Bat Presentation
Work Sample: Wild Edibles & Wild Animals

Kids Can Heal

Earthschooling offers you the opportunity to give your students a complete and holistic educational experience by offering add-ons that go beyond the traditional reading, writing, science, history and art. Another of our most popular add-ons is the [Kids Can Heal Curriculum](#) . Using this curriculum you can teach children ages 5-16 about herbal healing, reflexology, the temperaments, nutrition and even iridology! This package can be purchased as an add on [here](#). It also comes free with the [Family Lifetime Curriculum](#)

Kids Can Heal: Herbology

Index: Herbal Healing for Parents & Children (PDF)

Herbal Form Drawing (Video)

Herbal Identification (Video)

Herbal Lip Balm (Video)

Herbal Senses – Essential Oils (Video)

Herbal Yoga (Video)

Herbal Senses: Sense of Taste (Video)

Herbs for Kids Part One: Creations (PDF)

Herbs for Kids Part Two: Identification (PDF)

Teacher Support: Leaf Shapes (JPG)

Teacher Guide: Herbs for Kids Webinar (Video)

Kids Can Heal: The Temperaments

Index: Typology Study Guide (PDF)

The Journey of Analise (26 MP3s)

JOA Study Guide: Part One (PDF)

JOA Study Guide: Part Two (PDF)

JOA Study Guide: Part Three (PDF)

JOA Study Guide: Part Four (PDF)

Teacher Guide: The Temperaments (Video)

Kids Can Heal: Iridology

Guide: Parent Child Iridology Class (PDF)

Index for Kids Can Heal: Iridology (PDF)

Basics of Iridology (Video)

How to Do an Iridology Reading (Video)

Iridology Lesson for Kids: One (Video)

The Iridology Clock (Video)

Iridology Mandalas (Video)

Iridology Lines Chart (PDF)

Left Iris Chart B & W (JPG)

Left Iris Chart Color (JPG)

Left Iris Chart Transparent (JPG)

Left Iris Outline (JPG)

Right Iris Chart B & W (JPG)

Right Iris Chart Color (JPG)

Right Iris Chart Outline (JPG)

Right Iris Chart Transparent (JPG)

Kids Can Heal: Reflexology

Guide: Parent-Child Reflexology Class (PDF)

Reflexology Color by Number (PDF)

Su-Jok for Kids: Part One (Video)

Su-Jok for Kids: Part Two (Video)

Su-Jok Anatomy for Kids (PDF)

American Reflexology Chart (PDF)

Kids Can Heal: Nutrition

Cooking with Kids (PDF)

G7 Physiology Lesson (PDF)

Can be easily adapted G1-G7

KG Wildlife Curr: Nutrition (PDF)

Can be easily adapted KG – G6

Cultural Enrichment

Earthschoolers can be found all around the world! There are Earthschoolers on every continent and from many different religions and cultures. We also encourage the learning of a second language. To encourage and support your unique needs in this area we provide all members with access to cultural enrichment lessons. These lessons can be found by clicking on the Cultural Enrichment link on the right sidebar of your member page. This page is always growing and we welcome contributions from members to this page. Do you have special traditions, favorite language verses or stories? Share them with other members by contacting us at: CustomerService@TheBEarthInstitute.com.

Your *Cultural Enrichment* pages currently include the following items...

Australian Culture

Dreamtime Stories Part 1, 2 & 3: PDF
 Native History of the Aboriginal People: PDF
 Australia Day Ideas for Members: PDF
 Aboriginal & Australian Geography
 Member Galleries: Photo Files

Indian, Hindu & Buddhist Culture

Buddhist Holidays: PDF
 Buddhist Story Collection: PDF
 Hindu: Raksha Bandhan Guide: PDF
 Rhymes from India: PDF

Spanish Culture & Language

A Year of Waldorf Watercolor Verses: PDF
(Un Año de las Historias con Pinturas al Agua)
 Chocolate: Mp3
 Esta Loviendo: Mp3
 Las Galletas: Mp3
 San Miguel: Mp3
 Thanksgiving Blessing: PDF

German Culture & Language

Alexander the Great: PDF
 Verse: All the Birds are Singing: PDF
 Backe Backe Kuchen: Mp3
 German Meal Blessing: PDF
 Mulberry Bush: Mp3
 Der Boese Friederich Story Poem: Mp3
 Die Gar Traurige Geschichte Mit Dem
 Feuerzeug Story Poem: Mp3
 Die Geschichte Vin Dem Wilden Jaeger: Mp3
 Erde Die Uns Dies Gebract: Mp3

French Culture & Language

English-French Dictionary: PDF
 French Animal Fables: PDF
 French Block Part One of Two: PDF
 French Block Part Two of Two: PDF
 French Grammar Reference: PDF
 French to English Dictionary: PDF
 Quand on Fait de Crepe: Mp3
 Sur La Pont: Mp3

Arabic & Islamic

Arabic Transliteration Guide: PDF
 My Islamic Year Guide: PDF
 On Steiner & Islam: PDF
 Islamic Waldorf Guide READ FIRST: PDF
 Waldorf and Islam Webinar: PDF
 Arabic Calligraphy Lesson Plans: PDF
 Biography of Avicenna: PDF
 The Arabic Alphabet Waldorf Style: PDF
 Ten Days of Spring in Persia: PDF
 Muharram Lesson Plans: PDF
 Safar Lesson Plans: PDF
 Rabia Alawal Lesson Plans: PDF
 Rabia Althania Lesson Plans: PDF
 Jumada Alawal Lesson Plans: PDF
 Jumada Althania Lesson Plans: PDF
 Rajib Lesson Plans: PDF
 Shaaban Lesson Plans: PDF
 Ramadan Lesson Plans: PDF
 Shawaal Lesson Plans: PDF
 Dhul Quidda Lesson Plans: PDF
 Dhul Hijja Lesson Plans: PDF

My Detailed Checklists

The following checklists are optional. Some members may find them very useful while others may find them unnecessary. If you want to use them there are a few different ways you can benefit. The first method is to use the following lists as *simple check-lists* to make sure you have all your materials and know where they are. The second method is to use the following lists as *accomplishment lists* and check off items as you finish using them. The third method is to use these as *planning charts* by putting dates in the different boxes that will guide you through when you plan on using, printing, watching or listening to the following items. We have also left some blank spots in the chart so you can add extra items from another source.

Note that you may not use all the items on the list below. In addition, we provide a number of different planners for you to choose from but most members only use one planner.

Print	Read	Use on Tablet or Computer	Watch	First Grade
				Main Lessons These are found on your G1 curriculum main page
				January First Grade
				February First Grade
				March First Grade
				April First Grade
				May First Grade
				August First Grade
				September First Grade
				October First Grade
				November First Grade
				December First Grade

Print	Read	Use on Tablet or Computer	Watch	First Grade
				First Grade Teacher Support These are found on your First Grade main page
				The Meaning & Poetry of Fairytales (PDF)
				Guide to Science Stories Pre - G4 (PDF)
				How to Teach Pentatonic Recorder (Video)
				Alphabet Chalk Drawing Tutorial for G1 (Video)
				Block Crayon Drawing Tutorial Level One (Video)
				Guide to Science Stories Preschool Through Fourth Grade (PDF)
				First Grade Blocks These are found on your First Grade main page
				Form Drawing Block
				Form Drawing Basics (PDF)
				First Grade Form Drawing (PDF)
				<i>MLB Sample: G1 Form Drawing (PDF)</i>
				First Grade Handwork Block
				First Grade Handwork Block (PDF)
				Knitting & Weaving for Kids (PDF)
				Natural Gifts for Kids to Make (PDF)
				Waldorf Watercolor Stories for the Year (PDF)
				First Grade Language Block
				<i>Teacher Guide: Vowels & Alphabet (PDF)</i>
				Sixth Sense Language: The Alphabet (PDF)
				First Grade Fairytales (PDF)
				Storytelling & Theater for Kids (PDF)

Print	Read	Use on Tablet or Computer	Watch	First Grade
				<i>MLB Sample: G1 Language (PDF)</i>
				First Grade Math Block
				<i>Teacher Guide: Waldorf Basic Math (PDF)</i>
				First Grade Math (PDF)
				Sixth Sense Math (PDF)
				<i>MLB Sample: G1 Math by Hannah (PDF)</i>
				<i>MLB Sample: G1 Math by Jack (PDF)</i>
				First Grade Science Block
				First Grade Science & Nature Stories (PDF)
				<i>MLB Sample: G1 Science by Jack (PDF)</i>
				First Grade Music Block
				Pentatonic Fingering Chart (PDF)
				Pentatonic Recorder: Book One (PDF)
				Pentatonic Recorder: Book Two (PDF)
				Pentatonic Recorder: Book Three (PDF)
				First Grade Verses (PDF & Mp3s)
				Eurythmy Block
				Guidelines to First Grade Eurythmy (PDF)
				About Copper Rods (Video & PDF)
				Qui-Qui Verses (Video & PDF)
				Little Verses (Video & PDF)

Print	Read	Use on Tablet or Computer	Watch	First Grade
				<p>First Grade Enrichment Lessons These are found on your G1 Enrichment (AKA "Extra Lessons") page</p>
				Language: Word Family Houses (PDF)
				Cooking with Kids (PDF)
				First Grade Fairytale Supplement: 1 & 2 (PDF)
				Space Clearing Enrichment Block (PDF)
				Vintage Book Collection (PDFs)
				<p>My First Grade Enrichment Ideas</p>
				<p>Essential Teacher-Parent Materials These are included for free with every curriculum and can be accessed by clicking "Teacher-Parent Essentials" in the right side bar of your curriculum page.</p>
				Earthschooling Basic Planner (PDF)
				Waldorf Basics (PDF)
				Waldorf 101 Mini-Course (PDF)
				Planning Mtg. With Diane Power (Mp3)
				Planning Mtg. with Kristie Burns (Mp3)
				Rhythm & Stages in Waldorf Ed (Video, Mp3, PDF)

Print	Read	Use on Tablet or Computer	Watch	First Grade
				Basics of Early Childhood Education (Video)
				Basic Waldorf Verses (Mp3)
				Introduction to Basic Waldorf Watercolor (PDF)
				Weekly Scheduler for Multi-Age Classroom (PDF)
				My Waldorf Year (Northern or Southern) Hemisphere
				Article: The Rhythm of Learning (PDF)
				Choleric, Melancholic, Phlegmatic or Sanguine Temperament Planners (PDF)
				Article: The Three Day Rhythm (PDF)
				Sheet Music for the Year
				Article: Celebrating Festivals in Early Childhood (PDF)
				Article: A Dozen Lesson Planning Tips (PDF)
				Article: Parent-Teacher Modeling (PDF)
				Article: The Importance of Free Play (PDF)
				Article: Adapting Stories (PDF)
				My Teacher Support Lessons from Other Sources

Print	Read	Use on Tablet or Computer	Watch	First Grade
				<p>Cultural Enrichment Lessons</p> <p>This is included for free with every curriculum and can be accessed by linking to "Cultural Enrichment" on the right sidebar of your curriculum page.</p>
				Australian Culture: Dreamtime Stories
				Australian Culture: Native History of Aboriginal People
				Australian Culture: Australia Day Ideas from Members
				Australian Culture: Member Photo Galleries
				Indian: Buddhist Holidays
				Indian: Buddhist Story Collection
				Indian: Hindu Raksha Bandhan Guide
				Indian: Rhymes from India
				Spanish: A Year of Watercolor Verses in Spanish
				Spanish: Chocolate (Mp3)
				Spanish: Esta Loviendo (Mp3)
				Spanish: Las Galletas (Mp3)
				Spanish: San Miguel (Mp3)
				Spanish: Thanksgiving Blessing (PDF)
				German: Alexander the Great (PDF)
				German: All the Birds are Singing Verse (PDF)
				German: Meal Blessing (PDF)
				German: Backe Backe Kuchen (Mp3)
				German: Mulberry Bush (Mp3)
				German: Der Boese Friederich (Mp3)
				German: Die Gar Truarige Geshichte Mit...(Mp3)

Print	Read	Use on Tablet or Computer	Watch	First Grade
				German: Die Geschichtee Vin Dem Wilden...(Mp3)
				German: Erde Die Uns Dies Gebract (Mp[3)
				French: English-French Dictionary
				French: French-English Dictionary
				French: French Animal Fables (PDF)
				French: French Lesson Block Part One
				French: French Lesson Block Part Two
				French: Grammar Reference (PDF)
				French: Quand on Fait de Crepe (Mp3)
				French: Sur La Pont (Mp3)
				Arabic: Arabic Transliteration Guide (PDF)
				My Islamic Year Guide (PDF)
				On Steiner & Islam (PDF)
				Islamic Waldorf Guide: Read First (PDF)
				Waldorf & Islam Webinar (PDF)
				Arabic Calligraphy Art Lesson Plan (PDF)
				Biography of Avicenna (PDF)
				The Arabic Alphabet - Waldorf Method (PDF)
				Arabic: Month of Muharram Lessons (PDF)
				Arabic: Month of Safar (PDF)
				Arabic: Month of Rabia Alawal (PDF)
				Arabic: Month of Rabia Althania (PDF)
				Arabic: Month of Jumada Alawal (PDF)
				Arabic: Month of Jumada Althania (PDF)

Print	Read	Use on Tablet or Computer	Watch	First Grade
				Arabic: Month of Rajib (PDF)
				Arabic: Month of Shaaban (PDF)
				Arabic: Month of Ramadan (PDF)
				Arabic: Month of Shawaal (PDF)
				Arabic: Month of Dhul Quidda (PDF)
				Arabic: Month of Dhul Hljjja (PDF)
				My Personal Cultural Enrichment Ideas, Local Exhibits and Opportunities

Print	Read	Use on Tablet or Computer	Watch	First Grade
				<p>Teacher Support Package (Click on the right sidebar on "Teacher Support" or purchase on the website HERE)</p>
				Eurythmy: Contraction & Expansion (Video & PDF)
				Eurythmy: Halleluiah Exercise (Video & PDF)
				Eurythmy: I Think Speech (Video & PDF)
				Eurythmy: Moving in a Pentagon (Video & PDF)
				Eurythmy: Threefold Walking (Video & PDF)
				Eurythmy: Weight & Light (Video & PDF)
				Methods: Getting Kids Outside & Meal Planning (Mp3)
				Methods: Homeschooling Outdoors (Mp3)
				Methods: Rhythm - Stages in Waldorf Ed (Vid, Mp3, PDF)
				Lectures: What is Eurythmy (PDF)
				Lectures: How to Teach Geography (PDF)
				Lectures: Man & Nature - The 4 Kingdoms (PDF)
				Lectures: Medicine & Anatomy (PDF)
				Lectures: Suitable Colors for Each Grade (PDF)
				Lectures: The Alphabet (PDF)
				Lectures: Poetry & Meaning of Fairytales (PDF)
				Lectures: Steiner's 12 Senses (Mp3)
				Lectures: Why Read Steiner (PDF)
				Planners: Holiday Planning Guide (PDF)
				Planners: Main Earthschooling Planner (PDF & DOC)
				Planners: My Waldorf Year for the Northern Hem. (PDF)

Print	Read	Use on Tablet or Computer	Watch	First Grade
				Planners: My Waldorf Year for the Southern Hem. (PDF)
				Optional Planners: Integrating Waldorf Part Time (PDF)
				Optional Planners: Organizing Tips (PDF)
				Optional Planners: Organization & Planning (PDF)
				Optional Planners: Daily-Weekly Planning Chart for Choleric, Melancholic, Phlegmatic & Sanguine (PDFs)
				Optional Planners: Monthly-Yearly Planning Chart for Choleric, Melancholic, Phlegmatic & Sanguine (PDFs)
				Optional Planners: Organization & The Temperaments (Video, Mp3 and PDF)
				Optional Planners: Sample Page of ES Planner (PDF)
				Making Classroom Supplies: Beeswax Crayons (Video)
				Making Classroom Supplies: Watercolor Paper (Video)
				Making Classroom Supplies: Molding Beeswax (Video)
				Peek Into a Classroom: Free Play with Multi-age (Video)
				Peek Into a Classroom: Early Childhood Classroom (Vid)
				Peek Into a Classroom: The Nature Walk (Video)
				Essential Teacher Skills: Waldorf Basics Reference (PDF)
				Parent Support: Let's Talk (Waldorf Inspired Sex Ed) PDF
				Parent Support: Solo Parenting & HS Tips (PDF)
				Storytelling Skills: Basics: Part 1, 2, 3, & 4 (Video)
				Storytelling Skills: For Upper Grades: Part 1 & 2 (Video)
				Storytelling Skills: Adapting Stories (PDF)
				Teaching a Main Lesson: Botany Main Lesson Demo: Part One & Two (Video)

Print	Read	Use on Tablet or Computer	Watch	First Grade
				Teaching a Main Lesson: Three Ways to Do a Main Lesson: Part One & Two (Video)
				Reading & Writing: Reading & Writing in Waldorf (PDF)
				Baking & Cooking: Making Bread (Video)
				Baking & Cooking: Pita Bread (Video)
				Baking & Cooking: Crepes (Video)
				Baking & Cooking: Fondue with Kids (Video)
				Handwork: Making Fairy Wings (Video)
				Handwork: Making Felt Mice (Video)
				Handwork: How to Knit a Rabbit (Video)
				Felt Skills: Felted Doll (Video)
				Felt Skills: Natural Dye Guide (PDF)
				Felt Skills: Pre-needle-felting (Video)
				Watercolor Tutorials: Basic Watercolor Skills (Video)
				Watercolor Tutorials: KG, G1 & Up: Wet-on-Wet Watercolor Basics Tutorial: Parts One & Two (Video)
				Watercolor Tutorials: G4 & Up: Wet-on-Wet Watercolor Basics Tutorial (Video)
				Watercolor Tutorials: G4 & Up: Wet-on-Dry Watercolor Basics Tutorial (Video)
				Chalk Drawing Tutorials: Black & White Chalk Basics: Part One, Two, Three & Four (Video Set)
				Chalk Drawing Tutorials: Chalk Basics: 1 & 2 (Video)
				Chalk Drawing Tutorials: Landscape for Pre & KG (Video)
				Chalk Drawing Tutorials: Level Two: G1 Alphabet (Video)
				Chalk Drawing Tutorials: Level Three: G2 Saints (Video)

Print	Read	Use on Tablet or Computer	Watch	First Grade
				Chalk Drawing Tutorials: Level Four: G3 Chalk (Video)
				Chalk Drawing Tutorials: Level Five: G4 Norse (Video)
				Chalk Drawing Tutorials: G8 Queen Elizabeth (Video)
				Chalk Drawing Tutorials: Holiday Candles (Video)
				Block Crayon Tutorials: Crayon Basics: 1, 2 & 3 (Video)
				Block Crayon Tutorials: Holiday Candles (Video)
				Form Drawing: For the Chinese New Year (Video)
				Form Drawing: Form Drawing & Storytelling Chat (PDF)
				Form Drawing: How to Teach Form Drawing (PDF)
				Movement Basics: Yoga with Kids (Video)
				Movement Basics: Yoga Cards 1, 2, 3 & 4 (PDF)
				Music Basics: Basic Waldorf Verses (Video)
				Music Basics: Circle Time Demo (Video)
				Music Basics: Create Your Own Waldorf Verses (Mp3)
				Music Basics: Restring a Kinderharp (Video)
				Music Basics: How to Teach Pentatonic Recorder (Video)
				Music Basics: Transition Verses (Mp3s)
				Music Basics: Sheet Music for the Year
				Vintage Books for Silent Reading (31 Books)

Print	Read	Use on Tablet or Computer	Watch	First Grade
				<p>Lifetime Member Files</p> <p>These files are only available to Lifetime Members and are found only on your Lifetime Member page. You can upgrade your current membership and receive credit for any purchases you made in the past year by e-mailing us at: CustomerService@TheBEarthInstitute.com</p>
				Eurythmy: Moving Fluid Curves & Waves (Video & PDF)
				Eurythmy: Practice Sequence for Children (PDF)
				E-books: Cooking with Kids (PDF)
				E-books: Herbs for Kids: Part One (PDF)
				E-books: Herbs for Kids: Part Two (PDF)
				E-books: Natural Gifts for Kids to Make (PDF)
				E-books: Starting a Waldorf Enrichment Program (PDF)
				E-books: Unicorn Knitting Patterns (PDF)
				E-books: Woodworking Lessons for Kids (PDF)
				Mp3s: Teaching to the Temperaments
				Mp3s: The Sanguine & Choleric Temperaments
				Mp3s: The Melancholic & Phlegmatic Temperaments
				Mp3s: Temperaments & The Adult-Child Relationship
				Mp3s: Waldorf Birthday Parties
				Mp3s: What is Earthschooling
				Mp3s: Woodworking with Kids: Part One & Two
				Mp3s: Business Tips & Starting a Business for Caregivers
				Mp3s: Careers in Natural Healing
				Mp3s: Heal Children with Allergies Naturally
				Mp3s: Managing Sensory Processing Disorder Naturally

Print	Read	Use on Tablet or Computer	Watch	First Grade
				Mp3s: Schooling Multiple Ages & Temperaments
				Mp3s: The Temperaments & Neurodiverse Challenges
				Webinars: Natural Healing For Winter Ills (PDF)
				Webinars: Keeping Kids Healthy with Herbs (PDF)
				Webinars: Aromatherapy & Herbs for Healing (PDF)
				Webinars: What is my Temperament? (PDF)
				Webinars: Herbs for Women (PDF)
				Webinars: Increase Energy Levels Naturally (PDF)
				Webinars: The Temperaments & Diet (PDF)
				Webinars: Properties of Foods & Healing Herbs (PDF)
				Conference Videos, Seminars & Special Instructional Videos for Lifetime Members Only
				Amaranth & Tea Lesson
				Becoming a Whole Mother: Waldorf Conference
				Felting a Mermaid: Instructional
				Herbs for Kids: Waldorf Conference
				How to Knit a Unicorn: Instructional
				How to Spin Wool: Instructional
				Make Your Own Knitting Patterns: Instructional
				Make a Spool Knitter: Instructional
				Protecting Childhood With Helle Heckman: Conference
				The Temperaments & the Adult-Child Relationship: Waldorf Conference Seminar
				Waldorf Birthday Parties: Waldorf Conference Video

Print	Read	Use on Tablet or Computer	Watch	First Grade
				<p>My Vintage Book Collection</p> <p>This collection can be found by clicking on the Teacher Support Package link on the right sidebar of your curriculum page.</p>
				For G1 & Up: August in Zodiac Town
				For G1 & Up: Clouds & Waves
				For G1 & Up: Frances & Henry
				For G1 & Up: History of Animals: Cat, Dog, Kangaroo
				For G1 & Up: History of Animals: Porcupine & Rabbit
				For G1 & Up: Jimmy Crow and the Owl
				For G1 & Up: My Bookhouse for August
				For G1 & Up: My Bookhouse for September
				For G1 & Up: My Very Own Fairy Stories: Caterpillar
				For G1 & Up: My Very Own Fairy Stories
				For G1 & Up: Over the Rainbow Bridge
				For G1 & Up: Pathways to Reading for August
				For G1 & Up: Pathways to Reading for September
				For G1 & Up: Reader for G1 and Up
				For G1 & Up: Rhymes to Write
				For G1 & Up: Squirrel Fluffy Tail
				For G1 & Up: The Boy Who Changed his Mind
				For G1 & Up: The First Circus
				For G1 & Up: The Good Finger Fairies
				For G1 & Up: The Leaping Frog
				For G1 & Up: Verse Writing Practice

Print	Read	Use on Tablet or Computer	Watch	First Grade
				For G1 & Up: Verses of Sail and Wind
				For G1 & Up: Zodiac Town for September
				For G1 & Up: Dreamtime Stories: Part 1,2,3 & 4
				For G1 & Up: The Cave
				For G1 & Up: How Birds Fly
				For G1 & Up: The Burgess Book of Animals
				For G1 & Up: De Avonturen Den Kleinen Peit
				My Other Vintage Books

Print	Read	Use on Tablet or Computer	Watch	First Grade
				<p align="center">Wildlife Education Lessons</p> <p>These can be found on the Wildlife Education page. They can be purchased as an add-on here. These do not come free with the Lifetime Family Curriculum Package as they are part of a cooperative project with a nonprofit wildlife company.</p>
				Wildlife Curriculum Full Syllabus Planner Kindergarten Through High School (PDF)
				Kindergarten and First Grade Lesson Blocks
				Kindergarten Wildlife Curriculum (PDF)
				Animal Signs: Part One, Two & Three (PDF)
				The Burgess Book of Birds (PDF)
				The Burgess Book of Animals (PDF)
				Fifth and Sixth Grade Lesson Blocks
				G5G6 Bald Eagle Curriculum (PDF)
				Bald Eagle Recovery (PDF)
				Eagles and Lead Poisoning (PDF)
				Silent Spring by Rachel Carson (PDF)
				Bird Observation Record (PDF)
				Eagle Observation Form (PDF)
				Water Testing with Macroinvertebrates (PDF)
				Educational Benchmarks (PDF)
				High School Lesson Blocks
				G9 Fieldwork & Wildlife Chapter One (PDF)
				G9 Fieldwork: Bat Biology (PDF)
				G9 Fieldwork: Skills & Papers (PDF)

Print	Read	Use on Tablet or Computer	Watch	First Grade
				G9 Core Curriculum Chart(PDF)
				G9 Outdoor Ed: Wildlife Tracking (PDF)
				G9 Cougar Prints: Full Size (JPG)
				G9 Wolf Prints: Full Size (JPG)
				Wild Animals at Home by Seton (PDF)
				Wildlife Tracking Pocket Guide (PDF)
				Wildlife Educator's Course
				Wildlife Educator Program Index (PDF)
				Care & Handling:Wildlife Ambassadors (PDF)
				Specialized Wildlife Ed Programs (PDF)
				Video Notes (Samples)
				Zoo 1: Code of Ethics
				Zoo 2: Introduction to Wildlife Education
				Zoo 3: Wildlife Education
				Zoo 4: Wildlife Education
				Zoo 5: Wildlife Education
				Zoo 6: Wildlife Education
				Zoo 7: Wildlife Education
				CC 1: Wildlife Education (2 parts)
				CC 2: Wildlife Education (1 part)
				CC3: Wildlife Education (4 parts)
				CC4: Wildlife Education (3 parts)
				CC5: Wildlife Education (4 parts)
				CC6: Wildlife Education (1part)

Print	Read	Use on Tablet or Computer	Watch	First Grade
				Exam: Introduction to Wildlife Education
				Work Sample: Animal Human Relations
				Work Sample: The Arctic Fox
				Work Sample: Bat Presentation
				Work Sample: Wild Edibles & Wild Animals
				My Wildlife Education & Local Opportunities

Print	Read	Use on Tablet or Computer	Watch	First Grade
				<p>Kids Can Heal Classes</p> <p>These are only available as an add-on item here or as part of the Lifetime Family Curriculum Package. These classes include kid-friendly instruction in iridology, herbology, aromatherapy, the temperaments, reflexology and nutrition.</p>
				Kids Can Heal: Herbology
				Herbal Healing for Parents & Children (PDF)
				Herbal Form Drawing (Video)
				Herbal Identification (Video)
				Herbal Lip Balm (Video)
				Herbal Senses - Essential Oils (Video)
				Herbal Yoga (Video)
				Herbal Senses: Sense of Taste (Video)
				Herbs for Kids Part One: Creations (PDF)
				Herbs for Kids Part Two: Identification (PDF)
				<i>Teacher Support: Leaf Shapes (JPG)</i>
				<i>Teacher Guide: Herbs for Kids Webinar (Video)</i>
				Kids Can Heal: The Temperaments
				Index: Typology Study Guide (PDF)
				The Journey of Analise (26 MP3s)
				JOA Study Guide: Part One (PDF)
				JOA Study Guide: Part Two (PDF)
				JOA Study Guide: Part Three (PDF)
				JOA Study Guide: Part Four (PDF)
				<i>Teacher Guide: The Temperaments (Video)</i>

Print	Read	Use on Tablet or Computer	Watch	First Grade
				Kids Can Heal: Iridology
				Guide: Parent Child Iridology Class (PDF)
				Index for Kids Can Heal: Iridology (PDF)
				Basics of Iridology (Video)
				How to Do an Iridology Reading (Video)
				Iridology Lesson for Kids: One (Video)
				The Iridology Clock (Video)
				Iridology Mandalas (Video)
				Iridology Lines Chart (PDF)
				Left Iris Chart B & W (JPG)
				Left Iris Chart Color (JPG)
				Left Iris Chart Transparent (JPG)
				Left Iris Outline (JPG)
				Right Iris Chart B & W (JPG)
				Right Iris Chart Color (JPG)
				Right Iris Chart Outline (JPG)
				Right Iris Chart Transparent (JPG)
				Kids Can Heal: Reflexology
				Guide: Parent-Child Reflexology Class (PDF)
				Reflexology Color by Number (PDF)
				Su-Jok for Kids: Part One (Video)
				Su-Jok for Kids: Part Two (Video)
				Su-Jok Anatomy for Kids (PDF)
				American Reflexology Chart (PDF)

Print	Read	Use on Tablet or Computer	Watch	First Grade
				Kids Can Heal: Nutrition
				Cooking with Kids (PDF)
				G7 Physiology Lesson (PDF): <i>Can be easily adapted G1-G7</i>
				KG Wildlife Curr: Nutrition (PDF): <i>Can be easily adapted KG - G6</i>
				My Personal Kids Can Heal Ideas & Local Opportunities and Classes Ideas: Drumming circles, sound therapy circles, yoga classes, meditation classes, herbal walks and other local opportunities.

