

First Grade Earthschooling *Written Curriculum* Summary of the Year & Supply List

SUMMARY OF THE FIRST GRADE YEAR

The document outlines a comprehensive first-grade curriculum based on the Waldorf education philosophy, focusing on holistic learning through storytelling, sensory experiences, and creative expression. The curriculum is structured around weekly themes that guide the learning process, emphasizing the importance of rhythm, time, guidelines, and the natural world.

Weekly Themes

Week One: Rhythm

The first week introduces the concept of rhythm, encouraging students to explore where they find rhythm in nature, music, and daily life. Teachers are advised to allow the class's natural flow to dictate the schedule, integrating household and classroom chores into the learning process. This approach fosters a sense of connection to the environment and personal experiences.

Week Two: Time

In the second week, the focus shifts to understanding time, including days of the week, months, and seasons. Students engage in discussions about the classroom schedule and reflect on the previous week's experiences. This week encourages the creation of a "test schedule" to adapt and modify classroom routines based on observed needs.

Week Three: Guides

The third week emphasizes the importance of guidelines and manners within the classroom community. Teachers are encouraged to use stories and verses to model good behavior and cooperation, reflecting on the class's dynamics and needs.

Week Four: Crops and Harvest

The final week of the month focuses on the themes of planting, cultivation, or harvest, depending on the local environment. This theme connects students to the cycles of nature and the importance of agriculture.

Sensory Learning

The curriculum emphasizes the use of all six senses in learning the alphabet. For example, the sense of smell is linked to memory retention, with activities such as shaping letters in dough and associating them with scents like cinnamon. The document suggests that using multiple senses sharpens intuition and enhances learning experiences.

Storytelling and Language Learning

Storytelling is a central component of the Waldorf approach, with a focus on using fables, fairytales, and verses to introduce letters and sounds. The curriculum recommends starting with uppercase letters and using imaginative associations to engage students. Teachers are encouraged to create letter pictures from stories, allowing children to connect letters with visual imagery.

Importance of Storytelling

The document highlights the significance of storytelling in fostering imagination and moral understanding. It discusses how stories can be adapted to suit the developmental stage of the child, emphasizing that the essence of storytelling lies in the storyteller's ability to convey meaning and emotion.

Teaching the Alphabet

The curriculum outlines various methods for teaching the alphabet, including by sound, shape, and alphabetical order. It emphasizes that vowels should be taught by sound first, avoiding confusion with written forms. The document also discusses the importance of understanding the emotional and sensory aspects of vowels, associating them with feelings and colors.

Order of Learning

The recommended order for teaching letters includes starting with vowels and consonants that share similar sounds. This method aligns with the organic development of language and supports the child's natural learning process.

Eurythmy and Movement

Eurythmy, a form of movement that expresses speech and music, is integrated into the curriculum. The document explains that vowels represent feelings and should be expressed through movement, while consonants relate to external nature. This approach encourages children to embody the sounds they learn, enhancing their understanding of language.

Cultural Stories and Fables

The curriculum includes a variety of cultural stories, such as Aboriginal tales and fables, to enrich the learning experience. These stories are chosen for their ability to convey moral lessons and engage children's imaginations. The document emphasizes that storytelling should be adapted to the child's age and understanding, ensuring that the content is appropriate and meaningful.

Conclusion

The Earthschooling First Grade Year curriculum is designed to create a rich, sensory, and imaginative learning environment. By integrating rhythm, time, guidelines, and nature into the educational experience, the curriculum aims to foster a deep connection between students and their learning journey. Through storytelling, sensory engagement, and creative expression, children are encouraged to explore language and the world around them in a holistic manner.

DETAILED SUMMARY OF THE FIRST GRADE YEAR

First Grade Planner One

Main Lesson: Uppercase Vowels (A, E, I, O, U)

Complimentary Lesson: Form Drawing: Part One: Straight Lines, Curves, Triangles, Squares

Creative Lesson: Make a Sit Upon, Beginning Knitting & Knit Stitch, Knitting Project, Make a Candleholder, Purl Stitch, Dream Potion

Music: Pentatonic Recorder: How to Hold the Recorder, Recorder Story, Learn to Care for Recorder

First Grade Planner Two

Main Lesson: Uppercase Letters Through Fables, Fairytales & Verse: Part I [Uppercase Y, L, D, B, P, & R]

Complimentary Lesson: Form Drawing II: Running Forms, Ribbon Motifs

Creative Lesson: Leaf Kite, Knitting & Purl Practice, Knit a Pencil or Recorder Case, Make a Nature Bag, Felt Necklaces, Make Natural Gum

Music: Pentatonic Recorder: Learn “Hot Cross Buns”

First Grade Planner Three

Main Lesson: Uppercase Through Fables, Fairytales & Verse: Part II [Uppercase H, L, C, K, S, Z, G, J]

Complimentary Lesson: Form Drawing III: Curved Line, Borders, Curved Line Symmetry

Creative Lesson: Rose Petal Cake, Knit a Triangle, Knit a Headband, Make a Lantern

Music: Pentatonic Recorder: Learn “Au Claire De La Lune”

First Grade Planner Four

Main Lesson: Roman Numbers 1-8

Complimentary Lesson: Letters: Fables, Fairytales & Verse: Part III [Uppercase M, N, F, T, V, W, Q, & X]

Creative Lesson: Knitting Slippers, Knitting a Bow, Yarn Dream Catcher, Make a Pain Game, Knit a Block, Make an Arrowhead Necklace

Music: Pentatonic Recorder: Learn “Merrily We Roll Along”

First Grade Planner Five

Main Lesson: Science Stories: Woodland Tales & Lessons: Part I

Complimentary Lesson: Roman Numbers 9 & 10

Creative Lesson: Felt Angel, Candy Cane, Beaded Star Craft, Gingerbread House, and Orange Pomander

Music: Pentatonic Recorder: Learn “Willow Lane”

First Grade Planner Six

Main Lesson: Science Stories: Woodland Tales & Lessons: Part II (Water Cycle, etc.)

Complimentary Lesson: See Above

Creative Lesson: Spool Knitting, Make Snowflakes, Knit an Icicle, Make a Parachute, Make a Paddle Wheel Boat, Ten Minute Doll, Knit a Bunny

Music: Pentatonic Recorder: Learn “Cloud Stories” — “The Market” — “Call to Dance”

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First Grade Planner Seven

Main Lesson: Math: The Four Processes

Complimentary Lesson: See Above

Creative Lesson: Watercolor, Knit Ball, Paper, Dipped Candles, Wreath, Dough Ornaments, Mask

Music: Pentatonic Recorder: Learn "Chasing the Wind" — "Fireflies"

First Grade Planner Eight

Main Lesson: Math: Meaning of Numbers (Numbers 5-10) and Math: Reviewing the Four Processes

Complimentary Lesson: See Above

Creative Lesson: Windsock, Knit a Bag, Sprite in a Shell, Table, Ant Farm, Mint Leaves, Persian Soup

Music: Pentatonic Recorder: Learn "Fireflies: Part III" — "Jack Frost"

First Grade Planner Nine

Main Lesson: Language and Phonics Through Fairytales and Verse

(Reviewing letters we have already done: B, P, R, D, L, H, C, K, Q, X, E, F, S, Z)

Complimentary Lesson: See Above

Creative Lesson: Knit Ornament, Nature Table, Balm, Baskets, Finger Knitting, Basket, Woodworking

Music: Pentatonic Recorder: Learn "Jack Frost: Part III" — "King's Highway"

First Grade Planner Ten

Main Lesson: Language and Phonics Through Fairytales and Verse

(Reviewing letters we have already done: J, G, T, M, N, V, W, A, E, I, U, O, Y)

Complimentary Lesson: See Above

Creative Lesson: Knit a Teddy Bear, Watercolor, Make a Lily, Drawstring Bag, Teddy Scarf, Butterfly Form

Music: Pentatonic Recorder: Learn "Little Tom Tinker" — "Weeping Willow: Part I" - "Merrily Merrily"

SUPPLY LISTS FOR FIRST GRADE WRITTEN CURRICULUM

Basic Supplies for All Lessons All Year

These supplies are used in many grades of the Waldorf curriculum, so if you have already been teaching in the Waldorf style, you may have many of these on hand. This is also a general list to get you started. If you get everything on this list, you will not need to supplement with much else all year. *You will also need the supplies from the "specific supply list" below this one.*

Optional Supplies for the Year

These are not required in the curriculum. However, they may be suggested or can be used to supplement lessons and support creative expression.

Specific Supplies for the Year

This list was taken directly from the crafts and projects presented in the curriculum

Basic Supplies for All Lessons All Year

2 Main Lesson Books - 32 pages, Landscape Format, 32x24 cm, Blank
2 Main Lesson Books - 32 Pages, Portrait Format 32 x 24 cm, Wide Lined
Modeling Beeswax (Stockmar or can be made at home)
Modeling Clay (Stockmar or can be purchased at a local art supply store)
Watercolors (Blue, Red, and Yellow)
Watercolor Brushes (Different Sizes)
Watercolor Paper (At Least 11' x 14")
Watercolor Board (Can purchase, make, or use the back of a frame)
Beeswax Block Crayons (Set of 8 is Fine)
Pentatonic Recorder
Beeswax and Candle Wicks
Yarn (100% Cotton or Wool) - 2-4 balls
Wood Knitting Needles (Size 10 Minimum)
Wool Roving - At Least 2 Colors

Optional Supplies for the Year

Blackboard
Chalk
Kite Paper
Natural Dyeing Supplies

Specific Supplies for the Year

1. Knitting Supplies:

- Worsted-weight yarn in any color or colors.
- Size 8, 14"-long knitting needles.
- Yarn needle with a big eye.
- Small scissors.

2. Craft Materials for Sit Upon:

- Fabric scraps.
- Plastic bags.

3. Food Supplies for Snacks:

- Brown rice.
- Seasonal fruits such as grapes, blueberries, blackberries, apples, raspberries, cherries, strawberries, watermelon, bananas, squash, zucchini, pears, and mangoes.

4. Bread Making Ingredients:

- For Cornerstone Bread: Ingredients include whole milk, water, eggs, butter, sugar, salt, flour, and instant yeast.
- For Grandma's Donuts: Ingredients include yeast, water, milk, shortening or oil, sugar, salt, egg, and flour.

5. Art Supplies:

- Materials for form drawing, which may include paper and drawing tools.

6. Nature Bag Materials:

- Full-size felt pieces.
- Embroidery threads or felt scraps for decoration.
- Yarn for finger knitting.

7. Handwork Project Supplies:

- Materials for making a felt necklace, which may include felt and yarn.

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About Main Lesson Books: Although we provide a supply list the main lesson books you use can vary according to preference. The only reason we have a list of different main lesson books on the supply list is to provide you with a variety of main lesson book experiences or the option to use different formats. There is no rule as to which book goes with which lesson. Some teachers prefer to use the lined books for writing and other prefer to use the blank page/lined book combination for writing. Blank page books often work best for math. However, lined books can also be used. Once you become familiar with the main lesson book experience you can choose your own books according to your preference. To decide on which lesson books you want to use/order you can use the following list:

1. Main lesson books are used for each different subject. Every time a student does a math lesson or math practice they write or draw in their math main lesson book. Each time a student does a language lesson they use their language main lesson book. I usually provide my students with at least one nature journal book and one “free” book (in which they can do whatever they want or practice lessons before they put it into their main book) so base how many books you need on this guideline.
2. There is no rule as to what kind of book you need. I know one Waldorf teacher that has students make their own books with plain paper and yarn. I have seen some teachers use very specific books for each subject. I, personally, prefer the style of book with lines on one side and a blank page on the other side so the student has space to write and draw each day. Although I have seen others use the lined books exclusively (and then just glue or tape in plain paper as needed) and others use just the plain-pages only and either ask students to write without lines or create their own lines before they write.
3. For size I usually choose the largest size available or at least medium. I find the students have a hard time opening up their creativity with the smaller books. Although a smaller book might work as a nature journal if you are carrying it with you.
4. The only requirement is that that the book you create needs to be able to lay flat. Sometimes you can use a piece of the child’s art or wet-on-wet watercolor as the book cover.

Question from Member: *When should we start using lined books for writing?*

Reply from Earthschooling: We recommend second or third grade, depending on the comfort level of the child. When you do start, begin with wider lines before moving to thinner ones. You can “try them out” in second grade and observe how the child responds. If they are comfortable, then you can continue using them. Some signs of discomfort might be complaining about the restrictions of the lines, consistently writing off the line, or refusal to write in the books.

Question from Member: *I am having trouble finding the exact main lesson book that is suggested on the “suggested supply list.”*

Reply from Earthschooling: Although we provide a supply list, the main lesson books you use can vary according to preference. The only reason we have a list of different main lesson books on the supply list is to provide you with a variety of main lesson book experiences or the option to use different formats. There is no rule as to which book goes with which lesson. Some teachers prefer to use the lined books for writing, and others prefer to use the blank page/lined book combination for writing. Blank page books often work best for math. However, lined books can also be used. Once you become familiar with the main lesson book experience, you can choose your own books according to your preference.

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FIRST GRADE WRITTEN CURRICULUM CHECKLIST

All items below have a direct link, but can also be accessed by using your [main first-grade page](#)

REQUIRED ITEMS	REQUIRED
I have downloaded my curriculum from the first-grade page by the year , or I will download each month individually . I understand this is all I need to complete the year and that everything else is extra resources. I understand there is also a page that has all the daily planners individually here .	
I understand that if I download the planners by the month that I also need to download the document called "Introduction to All Months" as this will help guide me in using the curriculum. If I download the curriculum by the year, this document is included in that download.	
I know I can find mp3s of all the lessons on the individual lesson planner pages . These are provided for any accessibility needs I may have.	
I have downloaded the Ultimate First Grade Written Curriculum Guide PDF. This checklist can be found within this guide so I might be using this file now.	
I understand that EarthschoolingHelp.com is the only place to submit support questions.	
I understand that if I use more lessons beyond the required curriculum, I risk becoming confused or overwhelmed. I will proceed slowly and cautiously through all extra materials. If I start to feel overwhelmed or confused, I will take a step back and consider using only the required lessons or will add extra lessons and teacher education at a much slower pace. Earthschooling provides extra resources, so I have <i>choices</i> , not because they expect me to use them all.	
HIGHLY RECOMMENDED BELOW	PRIORITY
I have visited the Teacher Support Page for first-grade and have browsed or watched the videos on that page that will help me in my journey (Package Members only – this is not available for Core Bundles)	
I have browsed the START HERE page to become familiar with those resources and have read or listened to the ones that I need at this time.	
ALL EXTRA AND OPTIONAL BELOW	EXTRAS
I have visited the Introduction page for First-Grade for help with organizing and record keeping.	
I understand that I also have the option to use the archived first-grade blocks . However, the material in these blocks is not as complete as the planners.	
I have visited the Teacher Essentials Page and have skimmed through some of the important materials there for future reference such as: Waldorf 101, My Waldorf Year, Member FAQs, Planning Essentials, Classroom Essentials, and more	
I have skimmed the First Grade Music page to be aware of the extra resources I have there such as charts, sheet music, extra verses, and mp3s	
I am aware of the member galleries here on the Member Gallery page. However, I also know I can access all the member galleries from the EarthschoolingHelp.com page.	
I am aware that Earthschooling provides extra lessons for first-grade if I need them on the Extra Lessons page	
I have looked at the optional book list for first-grade on the Book List page here .	
I am aware that students will need to practice the math they learn in the planners and that Earthschooling provides practice problems on the Math Problems page. However, I am also aware I can find math problems for all grades linked from the EarthschoolingHelp.com page.	
I know where to find the First Grade FAQs page . However, I am also aware I can link to this page from EarthschoolingHelp.com.	
I am aware there is a Cultural Enrichment page for all members and have skimmed the content to be aware of what is available.	