

Resources for a Waldorf Home Life



We are often asked why we don't use computers for instruction and why we recommend a screen-free life for our students at home. Study after study warns of the harm technology and media use pose for children, particularly during the early years of critical brain development. While neural networks are being established, children need to experience and interact with real people and the real world – not screens.

Ask experts which 21st-century skills young adults need, and you won't find "computers" or "technology" at the top of the list. Instead, you'll see things like collaboration and teamwork, creativity and imagination, critical thinking, problem solving, and flexibility and adaptability. The Waldorf curriculum is beautifully designed to cultivate all these capacities in our students. At Peace Valley Charter School, our classrooms are screen-free, and our students thrive, both academically and socially. Waldorf teachers bring academics to life with vivid narratives, class discussions, hands-on experiments, artful chalkboard drawings, and other engaging techniques — all without the use of computers.

Technology and digital media use at home are strongly discouraged. Instead, we recommend free play, outdoor exploration, reading, crafts, games, dinnertime conversation, and other healthy, developmentally appropriate activities.

~Adapted from The Waldorf School of Lexington

Local Resources

- Boise Public Library Summer Reading Program
<https://www.boisepubliclibrary.org/books-movies-and-music/summer-reading/>

Art and Creativity Ideas

- weefolkart.com/tag/free_patterns
- themagiconions.com/tag/waldorf-crafts
- craftlearnandplay.com/15-waldorf-inspired-crafts-nature-activities-for-kids
- pinterest.com/search/boards/?q=waldorf&rs=filter (large variety of Waldorf inspired activities)
- bearcreekfeltng.com/felting-101 or https://youtu.be/82i64_gkHIQ (This is a great start to Needle Felting, but there are plenty of other resources online, on YouTube, and at your local library!)
- www.ravelry.com (an online knit and crochet community for learning and sharing with your family)

Waldorf Blogs, Podcasts, and Websites

- Waldorf Library <https://waldorflibrary.org/> This site has free Waldorf audio, and eBooks about the philosophy, parent books, child development, crafts, children's books and more. They also have a lot of articles covering a variety of topics
- Waldorf School Songs www.waldorfschoolsongs.com More than 1700 songs listed!
- Waldorf Journey Podcast awaldorfjourney.libsyn.com
- WE Talk podcast
shiningmountainwaldorf.org/all-school-2/our-community/podcast/
- The Simplicity Parenting Podcast www.simplicityparenting.com
- Millennial Child Lectures millennialchild.com/podcasts.html
- Barefoot Books barefootbooks.com/kids/story-podcasts
- The Read Aloud Revival podcast by Sarah McKenzie
readaloudrevival.com/podcasts
- Waldorf-Inspired Learning www.waldorfinspiredlearning.com
- The Wonder of Childhood <http://thewonderofchildhood.com>
- Ancient Hearth <http://ancienthearth2.blogspot.com>
- Little Acorn Learning <http://littleacornlearning.com>
- Waldorfish <http://waldorfish.com/blog>
- Lavender's Blue Homeschool <http://lavendersbluehomeschool.com/blog>
- Christopherus Home School Blog Archive
<https://www.christopherushomeschool.com>
- Gateway to the Classics For those times your child will be in front of a screen or you are on the go but would like to read aloud to them, this is a wonderful site to explore offering hundreds of classic books for all ages!
www.gatewaytotheclassics.com/home.php

Screen Free Discussion and Ideas

- One Million Screen-Free Activities The creators of this site are on a mission to provide a list of 1 million simple things to do with kids in place of screen-time. Each week they post new activities you can do with your young children!
www.screenfreeparenting.com/category/screen-free-activities/1-million-screen-free-activities/
- Campaign for a Commercial Free Childhood, Parent Network for Media-Lite Living commercialfreechildhood.org/resources

CCFC educates the public about commercialism's impact on kids' wellbeing and advocates for the end of child-targeted marketing. This webpage includes lots of useful resources for living screen free, as well as avoiding commercialism. This website advocates for a school culture that embraces living with less digital media and to support families on a meaningful journey of living “media-lite,” especially in choices for leisure and recreational activities. “Media-lite” points to less digital media, not “media-free,” recognizing the world we live in and offering ample room for recreation and entertainment that do not involve screens!

- Children and Nature Network Research Archives
www.childrenandnature.org/learn/research-digest

“Over the last few generations, childhood has moved indoors, leaving kids disconnected from the natural world. This worldwide trend has profound implications for children’s healthy development—and the future of our planet.”

- The Importance of Free Play for Kids
www.verywellfamily.com/the-importance-of-free-play-2633113

Few things are more associated with childhood than playtime, but some kids aren't getting enough free playtime. These are times when kids need to use their imagination or enjoy physical activity rather than being coached on a team or watching electronic entertainment, and there are many benefits to this type of simple, unstructured play.

- Chore suggestions for ages 3-18:
theparentingpassageway.com/2010/08/15/more-regarding-children-and-chores-in-the-waldorf-home/
- A great make-your-own chore chart!
www.thecraftycrow.net/2013/08/forest-chore-chart-tutorial-diy-make-your-own-chore-chart.html