

FUNDAMENTALS COURSE BASIC SCHEDULE					
	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE
8:30-9:00	MORNING SONGS / SINGING GAMES / EIGHTFOLD PATH / OPENING VERSE				
	E A R L Y C H I L D H O O D D E V E L O P M E N T				
9:00-10:00	Walking, Speaking, Thinking and Mantles	Walking, Speaking, Thinking and Mantles of	12 Senses/4 Foundational Senses to Support Healthy Life Rhythms and	12 Senses/4 Foundational Senses to Support Healthy Life Rhythms	Discipline
10:00-10:30	B R E A K				
	CLASSROOM OR CARE PROGRAM AND ACTIVITIES				
10:30-12:00	The mood of the early childhood program	Supporting the work of the program, the lead teacher, other colleagues, families	Rhythms of the Day: Inbreath/Out-breath, Active/Restful, Self-Directed/Focused Group Activity, Eating/Sleeping, Morning/Afternoon	Transitions - Scheduling Awareness, Music, Gesture	Play - Inside and Outside and How Play Supports the Developing Child
12:00-1:00	LUNCH / TIDYING UP/ DAILY CHORES AS WOULD BE DONE IN EC PROGRAM				
1:00-1:30	DAILY WALK & CONTEMPLATION OF MORNING CONTENT				
1:30-2:30	M O V E M E N T--eurythmy, spacial dynamics, circles, finger games, body geography				
2:30-2:45	B R E A K				
	L I V I N G A R T S ( Applicable to specific jobs the participants hold)				
2:45-3:45	Social Arts Simple Introductory Storytelling	Nurturing Arts--Nap time/ importance of sleep or rest	s--Healing and toileting, finger games/bc	Social Arts--Festival life	Domestic Arts-- NUTRITION & COOKING
	S E A S O N A L C R A F T S / F O O D P R E P / N U T R I T I O N F O R T H E Y O U N G C H I L D				
3:45-5:45	Creative Arts watercolor and coloring	Creative Arts--felting	Creative Arts--sewing	Creative Arts--nature tables	Questions and Review