

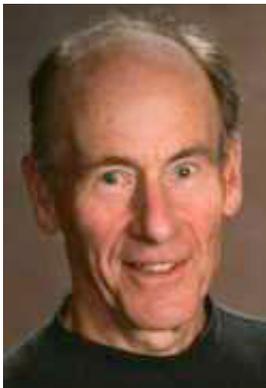


**Rudolf Steiner Centre**  
Toronto

# Education for Balance and Resilience

Developmental Movement, Drawing and Painting in Waldorf Education

**Waldorf Development Conference**  
**Friday and Saturday, Nov. 8-9th, 2019**  
**Keynote Speaker: Jeff Tunkey**



**JEFF TUNKEY** has been a leader in integrating Spatial Dynamics movement with Extra-Lesson-inspired activities for whole-class programs that have been running for many years at the Aurora Waldorf School in West Falls, New York.

Even in mainstream education there has been a growing recognition that students need more than academic learning. To become successful adults, children need to

learn persistence, teamwork, self-control and responsibility. The developmental role of movement is also being recognized by science as essential in childhood.

This conference will balance theory and practice to help attendees to learn more about strengthening academic capacities through a whole-class approach to developmental movement, drawing and painting.

We will also work to build bridges, both for a jargon-free understanding of what this work is about, and to integrate a Waldorf movement and Extra-Lesson program into the Waldorf-school classroom and curriculum.

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# Waldorf Development Conference Schedule 2019

## Friday November 8

7:00 to 7:15 pm	Singing/welcomes
7:15 to 8:45	Keynote #1
8:45	Preview Saturday's schedule and activities

## Saturday November 9

8:30 to 9:30 am	Keynote #2
9:40 to 10:25	Experiential workshops, round 1
10:30 to 11:15	Experiential workshops, round 2
11:15 to noon	Discussion groups based on the theme
1:00 to 2:00	Closing plenum

## Experiential workshops options - participants will pick two:

**Kathryn Humphrey: Shaded Drawing and Painting Handwriting** – These two activities help to strengthen focus, and artistic capacities. Painting handwriting can inspire an appreciation for the beauty of language and greater freedom in handwriting. Kathryn is a class teacher and Extra Lesson teacher at the Toronto Waldorf School with many years of experience using Extra Lesson activities with classes. (Round 1 or 2)

**Jeff Tunkey: Copper Rod and Ball Activities for the Whole Class** – Ways to strengthen physiology of writing and reading, direction, rhythm and sequencing, anticipation and social skills. Jeff is a Gym and Extra Lesson teacher at Aurora Waldorf School. His website ([movementforchildhood.com](http://movementforchildhood.com)) provides resources for whole-class modalities. (Round 1 or 2)

**Jaime Tompson: Early Childhood Movement Journeys** – Explore how imaginative story/song movement sequences lead children into healthy mastery of their bodies. Jaime Tompson is an Early Childhood teacher at Aurora Waldorf School. (Round 1 or 2)

**Lisa Krogh: At Home in the House of Numbers** – Pre-calculation games and artistic activities strengthen student numeracy and help develop a readiness for the exploration of arithmetic. Lisa Krogh is a Waldorf mathematics teacher who is mentoring this year at the Aurora Waldorf School, Halton Waldorf School and Waldorf Academy. (Round 1 or 2)

**Margaret Bleek: Thinking with our Toes - Activities for Whole Class** – Take off your shoes and socks to do exercises to wake up your feet. Foot work strengthens dexterity, body geography and balance as well as improving handwriting. Margaret Bleek is the Remedial-Extra Lesson Teacher at TWS (Round 1 only).

**Siobhan Hughes and Mary Jo Clark: Get Up and Move - Self-care and Stress Management** – Waldorf schools are distinctly rewarding and demanding places to work. Is it possible to bring the same care and attention we give to our students to our own self care? How do we stay focused and flexible if we are among those sitting for most of the day? We will explore these questions through spacial dynamics exercises and other activities. For the past 16 years **Mary Jo Clark** taught movement at the Toronto Waldorf School including circus arts in the High School and was the Athletic Director and coach for the after-school sports program. **Siobhan Hughes** joined the Halton Waldorf School as the School Administrator in August 2013. She has been sharing spacial dynamics with adults and children for the past three years. (Round 2 only)

## Registration and Fee

The conference fee is \$175 and includes a vegetarian lunch and morning snack

Register online at: <https://www.rsct.ca/Waldorf-Development-Conference>

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