

Center For Educational Renewal
Teacher Training VII
Year I: Classroom Observation

- I. Visit a Waldorf class at any grade level. Focus your observation on how the rhythm of the lesson breathes. Describe which activities give the children the experience of breathing themselves in (an incarnating rhythm) and which give them the experience of an out-breathing (an excarnating rhythm).
- II. Observe a child. Do not write the child's name on your paper. Observe how the child sits while writing. Include how he/she holds a pencil and observe the relationship of the head to desk and the feet to the floor. Also observe how the child stands, gestures and moves during different activities in the lesson.
- III. All you see must remain confidential! Write up your observations below. Write a thank you note to the teacher to show your appreciation.

Your Name:

School Visited:

Grade: