

# 15<sup>th</sup> Asian Teacher Training Program

April 25-29, 2016  
Acacia Waldorf School  
Sta. Rosa, Laguna,  
Philippines

*Acacia Waldorf School is proud to host the 15<sup>th</sup> Asian Teacher Training (ATT 2016). The course aims to prepare Waldorf teachers from the Philippines and other Asian countries for the coming school year. In addition, parents and other interested individuals will find the course helpful in learning about the principles and practical application of Waldorf/Steiner education. ATT 2016 takes place in cooperation with an experienced team of trainers from the Netherlands and Asia.*

## **Applying Anthroposophy in Daily Teaching Practice**

This year we will try to work on how we realize the concept of Waldorf education in our classrooms. Some of the questions we will answer are: How do we work within the main lesson so that children can learn skills they will need in daily life? How do we work with the two educational tasks of teaching children to “breathe in/breathe out” and to “sleep/wake”? How do we differentiate among the temperaments? What can we do when we want to develop thinking, feeling, and willing? How do we use the concept of remembering/forgetting? How do we realize the curriculum in the main lesson? How do we help children to connect with the world in a way that they can develop in an individual way? In one sentence: How do we create education as a daily composition? This is a task which is a creation between children, teacher, and society.

# Workshops

## Blackboard Drawing

*Paul van Meurs*

The blackboard is a central spot in Waldorf classrooms. Children look at it the whole day and teachers also depend on it. They communicate through this instrument. They make beautiful artistic drawings, sketch diagrams, write exercises, and explain the content of lessons. To draw on this blackboard is a challenge for many teachers. In this workshop, we will exercise to make quick drawings. But we will also try a few techniques to make more difficult drawings.

## Drama

*Venus van Asperen*

My focus is on the developing of your own skills. Our focus will

be rhythm, patterns and structures. We will tie into the theme of the lectures by making connections between our exercises and what you will have heard in the mornings. We will practice a lot. Practicing drama is always a lot of fun. It helps you to reflect on yourself and your daily habits. You can see yourself through the eyes of others.

## Eurythmy

*Kenya Mitarai*

Eurythmy is a movement art, often accompanied by music, that brings together form, movement, and language (sound). Here are some of the concepts we will tackle in this workshop:

*Tone Eurythmy (Music)*

How elements of music affect us

- relationship between rhythm and beat
- balancing structure and freedom
- three basic kinds of rhythm (anapest, dactyl and beat)
- three kinds of soul states

*The Elements of Expansion and Contraction* (breathing of soul and consciousness)

*Speech Eurythmy*

characters of vowels and consonants

- language as the bridge between our soul and the world: experiencing the world through words

*Elements of Lines* (character of straight line and curve)

*Developing Spatial Awareness* (through some rod exercises)

# Workshops

## Form Drawing

*Lisette Stoop*

We will explore the many possibilities for learning and development that form drawing gives us. It is not only drawing a line. In form drawing, there is music, rhythm and poetry. We will use paper, pencils, nature and our body for form drawing. Grades 1 to 8 will have our attention in this workshop.

## Handcraft

*Nenita Aranas*

We will discuss the relevance of handwork in the Waldorf curriculum. An overview of the handwork curriculum from Kindergarten and Grades 1 to 8 will be presented. They will include:

a.links to Main Lesson / other

subjects

b.lists of possible projects and reasons for these choices

c.instructions on the crafts required for the projects listed, i.e. how to:

1. knit/purl
2. do crochet work
3. do simple buri mat weaving
4. do simple embroidery work
5. design cross stitch patterns
6. do cross stitch the "Waldorf way"
7. do 5-needle knitting and others, if time allows.

## Mask Making

*Venus van Asperen*

Our focus will be on the masks themselves. There are always children who have difficulties expressing themselves in front

of a group. Especially in grade 7 and 8, this happens a lot. In those years, working with masks can help to overcome shyness or insecurity. In the workshop, we will make two masks: one from cardboard and one in the Venetian tradition of paper mache.

## Moving Games

*Gea Weeren*

Social development in a curriculum which will make this possible is an important goal for Waldorf education. Through games, students will develop skills and capacities for their social life. Every game asks for and works on a different skill in social life, a different capacity of the soul, be that thinking, feeling and willing. By doing

# Workshops

games, we develop those qualities. A teacher needs to be courageous to do these games and should take them seriously, as seriously as doing maths or languages. When children learn to master their own bodies and impulses, they can truly contribute as independent human beings. Through those games, he will develop skills for life!

## Music

### *Lisette Stoop*

In this workshop we will explore the fantastic possibilities that is given us by using music, measurement, rhythm, and melody all together. We can give the children joy and also inner peace. Music is all around us in the nature and in the

rhythm of life. Music can help the children to join together. We will use our voices, body language, objects found in nature to make music. We will explore all the possibilities music gives us for Grade 1 to 8.

## Painting

### *Annemarie Vermeulen*

Painting wet on wet is a way children work with colors in a Waldorf school. In Waldorf education, we teach children in a way that allows them to experience each color very intensely. By talking about the many colors as different beings, they discover that every color has its own unique qualities. They also experience through painting how the colors mix and change into new colors and

how you can control this process. In higher grades, they learn to use those experiences to paint the world outside, such as a landscape, an animal, flowers, and so on. In this workshop, we will work on this technique so that we as adults can experience the process of painting with colors and the painting of subjects.

## Storytelling

### *Annechien Wijnbergh*

Through the eyes and stories of the teachers, the children will meet the world, Steiner said. And that is so true. Think about the time you were a child in school. Which teacher do you remember? Most of the time it is a teacher who told beautiful stories, involved, with pas-

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sion. So the teacher caught your attention for the world. In this workshop we will practice a lot: how to start storytelling, how to learn by heart, how to perform in a way every child can experience the story you're telling.

## Woodcraft

*Emiel Link*

The craft of sculpture combines geometry, math, anatomy, and woodwork. Woodwork, as a special subject, begins in fifth grade. The children first complete a carver's mallet, a serving spoon, and a bowl or chest of various shapes and woods. The tools they use are hand saws, chisels, gouges, rasps, files and sandpaper. With these tools, they learn to shape,

smooth, and polish wood. The underlying goal is to teach the children patience, perseverance, and pride in their work.

After this, the lessons help children develop drawing skills related to woodworking. Each child creates simple three-dimensional sketches that they can translate into forms of wood. These can be a bird, a fish or an other animal.

By seventh grade, they are challenged to refine their skills through more difficult designs. The children may work with scale models and caricatures. They start using some power tools.

By the end of eighth grade, they can start creating a toy or mechanism with moving parts. The lessons encourage children

to develop problem-solving skills in mechanical designs and woodworking techniques.

Daily sessions will begin in the classroom where we speak about the curriculum, then in the second part of the lessons, we practice our skills in woodwork.

### WORKSHOPS BY CLUSTER

#### **Cluster A (2:00–3:15pm)**

Blackboard Drawing • Drawing • Eurythmy • Handcraft • Mask Making • Music • Storytelling • Woodcraft

#### **Cluster B (3:45–5:00pm)**

Drama • Eurythmy • Form Drawing • Moving Games • Painting • Woodcraft (marionettes)

## Daily Program

8:30-8:45	Singing
8:45-9:00	Movement
9:00-10:00	Plenary Lecture
10:00-10:30	Morning Break / Walk to Campus
10:30-12:30	Main Lesson Groups by Level
12:30-2:00	Lunch Break
2:00-3:15	Afternoon Workshops (Cluster A)
3:15-3:45	Afternoon Break
3:45-5:00	Afternoon Workshops (Cluster B)
5:00-5:20	Announcements; Singing

## Course Fee

The course fee of **P6,500** covers materials and food (morning snack, lunch, afternoon snack) only.

Please make payment to:

Acacia School Foundation, Inc.  
Metrobank  
777 Paseo de Roxas, Makati City,  
Metro Manila, Philippines  
Current Account Number: 7-  
64302078-1  
Swift Code: MBTCPHMM

Note: Banking and transaction fees are the responsibility of participants.

## Registration

Please e-mail the completed registration form together with a copy of the money transfer slip or deposit slip to:

[attphilippines@gmail.com](mailto:attphilippines@gmail.com)

For any questions or concerns, please contact:

Laarni Aranas

+63 917 554 0435

[attphilippines@gmail.com](mailto:attphilippines@gmail.com)

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file to others  
who may be  
interested!***