



Buttercup Nursery Rhythm

Rhythm is so integral to our work with children, whether it be daily, weekly, or the cycle of the seasons. We create our rhythm to have a balance of outward expression and focused activity, or what is often described as an in and out breath. Playtime allows the children to expand out into the world and then we come together for a more focused inward activity such as story time. It is a balance of form and freedom that is responsive to the child's needs and supportive to their overall wellbeing. A consistent daily and weekly rhythm offers a sense of stability that holds and guides the child, helping them to feel secure in what comes next. Below you will find our daily rhythm as well as the snack menu and activities outlined in our weekly rhythm.

Fall to Spring Daily Rhythm

8:30 Arrival Begins

8:30-9:00 Morning Tea

9:00 Free Play/Daily Activity

10:10 Clean Up/Bathroom

10:25 Seasonal Song and Fingerplay at Table

10:30 Snack

10:45 Outside Transition

11-12 Outside Play

12 Transition Inside/bathroom

12:20 Lunch & Storytime

12:50 Departure Song / Pickup Begins

Snack time in a Waldorf early childhood classroom. It's a thing. And it's delicious.

Mealtime for nursery students is a crucial moment of growth and learning. At Wildflowers, where the principles of [Waldorf Education](#) shape every aspect of the curriculum, including snack time, fostering independence and providing nourishing foods are meaningful work.

Nurturing Independence through Self-Feeding

At the heart of Waldorf Education lies the belief in nurturing a child's innate capacities, and mealtime is no exception. By encouraging young students to open their own containers and feed themselves, we empower them with a sense of autonomy and responsibility. This simple act not only builds their fine motor skills but also fosters a positive relationship with food.

Embracing Wholesome Whole Foods

Whole foods, those in their natural state without artificial additives or processing, take center stage in the nursery snack menu. By offering fruits, vegetables, whole grains, and lean proteins, we provide children with the nutrients they need to fuel their growth and development. These foods also contribute to a strong immune system and overall well-being, aligning with Waldorf's holistic approach to education and child development.

Nutrition Disguised as Fun

Incorporating the principles of Waldorf Education into lunchtime goes beyond just nutrition. It's about creating an environment where learning is engaging and enjoyable. Through creative presentations of food or a magic stone in the soup and lighting our table candle and extinguishing the fire fairies, we stimulate children's imagination while ensuring they receive the essential nutrients they need.

There is more to this time of the school day than just delicious food. Snack time serves as an "inbreath" to the children's daily rhythm.

Nutritious, whole foods are prepared and children as they are able are invited to assist with making the snack. Children are able to knead dough with their hands, mix with a wooden spoon, measure ingredients with measuring cups, and cut vegetables with a "crinkle cutter".

Sample Weekly Rhythm and Snack

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|---|---------------------------------|---|--|-------------------------------------|
| Daily Activity | Painting or Drawing | Painting or Drawing | Bread Baking | Vegetable Chopping | Nursery tending |
| Snack | Purple day porridge day with syrup and "snow" | Sliced Fruit Granola and yogurt | Bread buns with honey butter and sliced fruit | Magic Stone soup with lentils and vegetables | Brown Rice Liquid aminos, cucumbers |