

Table of Contents

Foreword by John Taylor Gatto, New York State Teacher of the Year.....	7
Introduction	9
Chapter One—Broadening Horizons	11
Doing the Right Thing	13
Measuring a Student's Progress	15
The Journey Toward Wholeness	20
Chapter Two—Head, Heart, Hands	23
Ain't Misbehavin'	23
Capacities for the Future	25
Developing Thinking	25
Developing Feeling	27
Developing Willing.....	30
Three Stages of Childhood	31
Preschool	31
Grade School	31
High School	32
The Balanced Development of All Three	
Key Capacities	32
Dimensions of the Day	33
Chapter Three—The Waldorf Preschool	35
The Importance of Play	39
Active Play: Indoors and Out	42
The Importance of Work	45
The Importance of Imitation	46
The Importance of Stories	48
Chapter Four—The Waldorf Grade School	51
Teaching Reading	52
Teaching Through Art	59
Mathematics and Art	60
Science and Art	62
The Grade School Curriculum.....	64
The Role of Stories in the Curriculum	65
Stories that Heal	70
The Role of Music in the Curriculum.....	72
The Waldorf Class Teacher	75
The Journey from Warm to Very Cool	79

Chapter Five—The Waldorf High School	83
Good Habits of Mind	84
In-Depth Study	86
Truth, Beauty, and Goodness	87
Truth	88
Beauty	88
Goodness	89
The Pedagogy at Work	90
Communicating Clear Thinking Through	
Mastery of Language	92
Understanding Our Human Heritage	93
Preparing Students for the Future-	
Elective Courses	94
Social and Civic Responsibility	95
Small Is Beautiful	96
Balanced Development in the High School	99
Restoring Balance	101
Chapter Six—The Essential Parent	103
Actively Engaged at Home	104
Emotionally Engaged at Home	108
Helping Children Think for Themselves	109
The Challenge of Homework	111
Empowering Parents	112
Chapter Seven—A Teacher's Journey	115
What Makes a Good Teacher?	116
The Active Teacher	117
The Emotionally Active Teacher	119
Imbuing Lessons with Feeling	120
Infusing Discipline with the Right Feeling	122
The Thoughtful Teacher	124
The Reflective Teacher	126
Teaching as a Path of Self-Development	126
Chapter Eight—Towards a Truly Human Education	131
The Fullness of Humanity	133
Preserving Spiritual Connections	134
Spiritual Well-Being	138
The Unspoken Lessons	139
The Spoken Lessons	142
Moral Education	143
References	147
Index	151