WALDORF LEARNING SUPPORT, LLC

BALANCE--VESTIBULAR SENSE

CDT	July 25, 2026	July 26, 2026
9:45-10:00	zoom sign-in	zoom sign-in
10:00-11:15	Sense of Balance: Anthroposophic Insights J Eikenboom	Sense of Balance: Exercises for the Classroom J Eikenboom
11:15-11:30	Break	
11:30-12:45	Anatomy & Functions of the Vestibular System I Schneider	Balance, Hearing & Vision I Schneider & J Eikenboom
12:45-1:00	Break	Break
1:00-2:00	Assessing Balance I Schneider	Forum I Schneider, K Boshell & J Eikenboom
2:00-2:30	Lunch	Lunch
2:30-4:00	Exercises/Activities to Support BALANCE K Boshell	Exercises/Activities to Support BALANCE K Boshell

SUGGESTED SUPPLIES for activity participation:

• Comfortable space for moving—with camera can positioned so that we can see to help you as you learn/refine your movements.
• Two standard size marbles
• Variety of small stones, marbles or similar
• 1 copper rod or wooden dowel (eurythmy rod type—if you need more description, reply to this message)
• 2 beanbags that fit comfortably in the palm of your hand—ideally one red, one blue.
• Masking tape (use easy removal blue tape to prevent damage to surfaces if needed)
• Rope or heavy string—approximately 4 feet/1.3 meters long (minimum)—if you don't have this, finger knit some yarn to this length.

SUGGESTED READING: These selections are applicable for the whole series over the course of the year—you will see those that have been already mentioned in previous sessions:

• First Three Years of the Child—Chapter 4	K König
• The Child as a Sense Organ	P Selg
• Being Human	K König
• Free Movement From the Very Start: Vol 1	J Swain
• Wisdom of Man, Soul & Spirit Lect 1-4	R Steiner
(New title: Psychology of Body, Soul & Spirit)	
• Sensory Integration and the Child	A J Ayres
• The Twelve Senses	A Soesman
• Functional Morphology	J W Rohen
• The First Seven Years	E Schoorel
• The Out of Sync Child	C Kranowitz

Also, RIE (Resources for Infant Educarers) and works of Emmi Pikler