

Waldorf Rhythm: Welcome Song for T

Materials Needed:

- A soft, comfortable rug or blanket to sit on
- (Optional) A small, gentle-sounding bell or chime
- (Optional) A colorful silk scarf for movement

Lesson Plan:

Goal: To create a joyful and gentle morning welcome ritual for T, introducing rhythm, song, and a sense of connection to start the day or learning time.

1. Preparation: Creating a Peaceful Welcome (2-3 minutes)

- Choose a calm, cozy spot in your home. Lay out the soft rug or blanket.
- Minimize distractions. Create a sense of gentle anticipation. You might quietly say, "It's almost time for our special welcome song, T."
- If using, have the bell or chime nearby.

2. Gentle Beginning: The Call to Welcome (1-2 minutes)

- Sit comfortably on the rug with T.
- If using a bell, ring it gently once or twice. Say softly, "Listen, T, the welcome bell. Good morning."
- Use a calm, inviting tone. "It's time for our welcome song."
- Model a calm and centered presence.

3. Our Welcome Song for T: Rhythm and Melody (5-7 minutes)

We will sing a simple, repetitive song. The melody should be gentle and nurturing. You can create your own simple tune or adapt a traditional one. The key is rhythm and gentle repetition.

Example Welcome Song (Sing softly and with warmth):

(Tune: "Twinkle, Twinkle Little Star" or a simple made-up tune)

"Good morning, dear T, good morning to you,
So happy to see you, yes, it's true!
Good morning, dear T, let's play and let's sing,
Wonderful joy our day will bring."

Actions to accompany the song (do these gently and invite T to join by imitation):

- **"Good morning, dear T, good morning to you,"** - Gently nod your head towards T with a smile. You can gently tap your heart.
- **"So happy to see you, yes, it's true!"** - Open your arms wide in a welcoming gesture.
- **"Good morning, dear T, let's play and let's sing,"** - Gently clap your hands or tap your thighs to the rhythm. If T is comfortable, you can gently take T's hands and clap them together.
- **"Wonderful joy our day will bring."** - Reach hands up to the sky, then bring them down in a gentle sweep. If using a silk scarf, you can wave it gently.

Repeat the song 2-3 times, maintaining a gentle pace and focus. Watch T for cues of engagement (smiling, looking, attempting actions).

4. Creative Play and Expression (3-5 minutes)

- After singing the song a few times, invite T to add their own ideas.
- You might say, "T, how else can we say good morning with our song? Can we wiggle our fingers? Or stomp our feet very gently?"
- Follow T's lead. If T does a particular movement, incorporate it into the song for a round. For example, if T wiggles their toes, sing, "Good morning wiggling toes, good morning to you..."
- If using a silk scarf, let T explore waving it, peeking through it, or dancing with it as you hum the tune.
- This is about joyful interaction and allowing T to feel a part of the creative process.

5. Gentle Closing (1-2 minutes)

- Sing the song one last time, perhaps a little softer.
- End with a warm hug or a gentle squeeze of the hand.
- Say something like, "Our welcome song is finished. Now we are ready for our day!" or "That was a lovely welcome, T."
- If you used a bell to start, you might ring it very softly to signal the end of the welcome song time.

Tips for Success:

- **Consistency is Key:** Repeating this welcome rhythm daily (or on homeschool days) helps T anticipate and enjoy it.
- **Follow T's Cues:** If T isn't in the mood one day, keep it very short and gentle, or simply hum the tune. Never force participation.
- **Your Joy Matters:** T will sense your genuine warmth and enjoyment, making the experience more meaningful.
- **Adaptability:** Feel free to change the words of the song to reflect the day (e.g., "Good morning dear Sun," "Good morning dear Rain," or mention a planned activity).