

November 1, 2021

Dearest Nursery parents,

I hope you are well and had a restful three-day weekend.

I wanted to share with you what my mentor, Patricia Rubano said after her visit in our class last week. She was really taken by how your children play together and said watching, "this restores my hope for humankind." I wanted to share that with you because your children are an extension of your healthy rhythms, boundaries, modelling of speech and actions. Your children are truly a gift to work with!

With that in mind, I would love to have the opportunity to dive deeper into a conversation together during the Teacher/Parent conferences in November, so if you haven't signed up already, please do!

[Nursery Sign-Up Link](#)

I promised for the next two newsletters to provide you with more information about the two types of movement senses. What I am going to share with you today is the proprioceptive movements which I touched on when I shared with you about the children hauling the heavy watering cans during outside play.

[So what is Proprioceptive Movement and how does this relate to preparing the children for learning?](#)

According to one Occupational Therapy website:

"To put it simply, proprioception is the sense that tells the body where it is in space. It's very important to the brain, as it plays a large role in self-regulation, co-ordination, posture, body awareness, the ability to focus and speech." For more information, see the pdf called, "What is Proprioception."

As the children grow older, move up into the Early Childhood classes, and into the grades (aka elementary school in Waldorf terms), the health of their proprioceptive senses by having had enough activities and movement throughout their development will give them the ability to sit in a chair and be able to focus as needed. In the Waldorf grade classes, opportunities for movement integration are always balanced with the healthy expectations for students to sit and take in the lessons. However, what a gift you can provide your child now by strengthening their proprioceptive senses in a fun way that gives you opportunities to bond, and get some work done together around the house!

[Please see the list of activities that allow for proprioceptive movements in the pdf, "ActivitiesProprioceptive."](#)

I hope this kernel of information will help you feel confident in sending your children to a "Play-Base" program where you may not see the direct correlation between what we do with academics but the foundation we build in Early Childhood prepares the children to have a solid foundation for other blocks to be added on as they grow into the grades and high school.

Warm regards,
Maria Morioka
WSOC Nursery Teacher