

# **Waldorf School of Orange County Early Childhood Parent Education Event**

**Valerie Baadh Garrett  
Wednesday, September 25, 6:00 PM**

## **Movement and Learning: the science and art of how play, games, and sports develop capacities for learning and for life**

"Education towards freedom" is a stirring tagline as well as a profound statement of intention for Waldorf schools. Within a wide-ranging curriculum, movement activities - from circle time to free play to recess to games and eurythmy - Waldorf schools highlight movement in every lesson.

How do the movements and play of early childhood become the warmed, free, and active thinking in adolescence and adulthood? Why are certain movements so important, and others actually harmful, and how's a parent to know the difference? How does healthy movement as children engender freedom as well as responsibility and authority as we grow? While we explore those questions, we will also learn some special games for you to play with your child.

Join Valerie Baadh Garrett, author of *Games Children Sing and Play*, and veteran Waldorf movement educator in a fun and provocative evening program full of enlivening movement and insights into child - and adult - development. *Games Children Sing and Play* is available at Company of Angels.

### About Valerie Baadh Garrett

Valerie was a founding teacher at San Francisco Waldorf High School, and developed the movement program at SFWS during her 15 year tenure. As a movement educator, she travels around the world sharing her insights into movement in schools, in the home, and in professional life. As a movement therapist, she specializes in the Spacial Dynamics® approach, using the mind-body connection for health and healing. As a movement artist, she develops movement resources and media in partnership with her team at The Movement Academy Project. She is on the faculty of Rudolf Steiner College, Spacial Dynamics Institute, and California Coastal Lifeways. In 2013 Valerie will be a guest teacher at WSOC, as well as at Hsinchu University in Taiwan and Guangzhou University of Chinese Medicine in China. In her spare time, Valerie explores Agile Aging and performs dances with Academy of Danse Libre, the nation's foremost vintage ballroom dance company.