

What Scoot Does in Wintertime

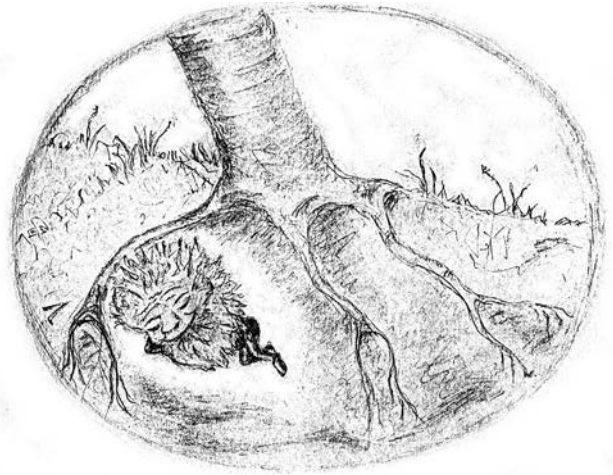
Rhythmic-musical hand gesture game by Wilma Ellersiek

— Adapted by Lynn St. Pierre

In our challenging times, as Waldorf early childhood educators we help affirm the children's incarnational process and their amazing growth, while electing to bring rich experiences for the four foundational senses, described by Rudolf Steiner as the senses of touch, balance, self-movement and well-being.. Healing gestures of wholeness and harmony are still alive and accessible in our world and in our times. The inspired work of Wilma Ellersiek draws deeply from this wellspring of rich experiences and wholesome harmony. Wilma's work offers medicine in the forms of speech, song, gesture, movement and touch, that speaks to the consciousness of the young child. Meanwhile, it gifts us educators with loving, joyful and gentle ways to interact with the children in our care while bringing health and well-being. Then, there is the possibility of discovering an open secret—we invite and mediate the etheric or life forces all around us while receiving the benefit of being replenished by them too!

—Lynn St. Pierre

There is a story I must tell,
Listen, listen to it well,
When we journey in the wood
we will no longer visit Scoot!
For it is empty, under his root.
Scoot has slipped into the ground,
not alone, he can be found
among the onions and tubers all,
and the roots both big and small.
He cares for the roots and he makes them strong
down below the whole winter long.

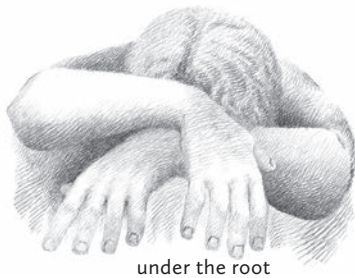


Drawing by Wilma Ellersiek

Adapted from the forthcoming WECAN publication Gnomes and Giants, Pixies and Elves: Hand Gesture and Movement Games for Young Children.

Text

1. There is a story I must tell,
2. Listen, listen to it well
3. When we journey in the wood
4. we will no longer visit Scoot!
5. For it is empty, under his root.
6. Scoot has slipped
7. into the ground,
8. not alone, he can be found,
9. among the onions
10. and tubers all,
11. and the roots both big and small.
12. He cares for the roots
T I M R P
13. and he makes them strong
T I M R P
14. down below
15. the whole winter long.



Gestures

1. Sitting on a stool or on knees on the floor, invite the children to gather and nod at the word "must."
2. At the word "listen," place hands at ears.
3. At the word "wood" lift arms and hands with fingers spread as trees. Rise to upright kneeling stance.
4. Lay both hands flat on the thighs and shake head once back and forth on "will no longer." At the word, "Scoot," show a pointed hat (see picture) on your head. Move back to sitting on knees.
5. At "empty," show empty hands, right and left, at each side of thighs. Then, at "root," lay forehead on crossed forearms, letting hands hang down.
6. At "Scoot," show a pointed hat on your head once more and gently bend forward, far enough that the point of the hat arrives at your knees.
7. Straighten yourself back up at "ground," and indicate the earth's surface with arms resting on the ground. You can push on the ground.
8. Shake head "no" and point downward with both hands.
9. Now make two fists resting side by side on thighs to represent "onions."
10. For "tubers," lay fists close to each other on knees with thumbs pointed up to form a fat tuber.
11. For the "big roots," cross forearms and rest on knees while letting the hands hang over the knees, with fingers lightly spread. For the "small roots," uncross forearms and lay them on thighs with wrists directly on knees, while each hand hangs down separately.
12. Let the left hand remain hanging and enclose each finger of the left hand with the fingertips of the right hand, slowly caressing downward as if cleaning the little roots, one after the other beginning with the thumb. (T=thumb, I=index finger, M=middle finger, R=ring finger, P=pinky).
13. Make the same gesture as in 12, but switch hands.
14. Now, holding the hands flat, side-by-side with palms down, move them slowly downward until you touch your knees with your finger "roots," indicating the earth's surface.
15. Move hands horizontally, apart and together. This gesture is a gentle, protecting stroke like covering with a blanket.