

### **Who is this Course for?**

This Course is primarily intended for homeschooling parents who use Christopherus. Teachers and parents at Waldorf schools could also reap many benefits from working their way through this Course. Both those who are new to Christopherus (and/or Waldorf education and/or homeschooling) and those who have worn those hats for many years will find much to challenge, support and deepen their knowledge of their children, their views on education, and themselves.

### **How Long Does it Take to Complete?**

That is a ‘how long is a piece of string’ question....the point of this Course is to be of benefit to its users. As such, each person working with it will need to find their own pace of study as they work through the Course. It is not presented as a series of consecutive lessons. Rather, we give a general guide to how one might best work through the material ( see ‘Starting Your Year ‘and ‘Read This First!’) but leave it up to each parent to decide. We strongly suggest that one take one’s time and does not cram—that would be counter-productive. Instead. Working through the Course over a year or two—and then repeating some of the earlier explorations—could be best.

### **How Much Instruction is There?**

This Course does not represent a full Teacher Training. Indeed, when I did my training (many years ago in London) we were introduced to concepts and to artistic explorations and then left alone. The instructors trusted that through our work with the children, through our study of anthroposophy, and through support from colleagues, we would, over time, deepen our knowledge and experience to be able to rise to what we had to do as teachers. This Course has the same premise: we only introduce you to, for instance, wet on wet painting and trust that through your own efforts, you will reach an adequate level of competency. Or, that you will feel OK with abandoning painting early in your child's education. Homeschooling at essence is about being self directed and autonomous and Waldorf education is about finding the creative and clear thinking needed to act in the world. At Christopherus, we strive to work with all of these ideals.

Having said all that, there is indeed clear instruction in, to take our example from above, the painting videos on how to choose and use the paints, paper, brushes and so on and clear instruction in several techniques. How you use those, however, is of course up to you.

### **Do I have to be an Anthroposophist to Use this Course?**

Absolutely not—no one needs to be an anthroposophist to use this Course or to make Christopherus the bedrock of their homeschooling. However, anthroposophy (*anthropos*—human being and *sophy*, knowledge) as brought by Rudolf Steiner is the foundation of Christopherus’ work as Christopherus is true to Waldorf education. It behooves every parent wishing to work in any way with Waldorf to spend some time exploring its foundations—but the point of anthroposophy is freedom and thus no one must feel in any way compelled to take on what s/he does not resonate with. Anthroposophy is a tool to help shed insights into human development and our shared origins and future as spiritual beings. It is neither a religion nor a dogma though it can seem to be used as both by some individuals.

## **What Else do I Need?**

To complete this Course you need the art supplies you will be getting for your children anyway and you need a copy of *The Kingdom of Childhood* by Rudolf Steiner and *The Care and Development of the Human Senses* by Willi Aeppli. You also need a journal (or possible a few journals) as you work your way through the Course.

If you decide to work more deeply with an anthroposophical path of self development, we suggest you get *Knowledge of the Higher Worlds* (also called *How to Know Higher Worlds*) by Rudolf Steiner. More on that in the section of the Course dealing with self development.

Sprinkled throughout the Course are a number of recommended other resources which you might find helpful. *The Curriculum Overview* and each grade's syllabus also contain many recommendations for furthering your studies.

## **Is There Any Support Offered with This Course?**

It may well be that there are blocks of conference calls with Donna that can help people working with these materials to deepen their understanding and feel a connection with others on the same path. Please contact the Christopherus office for further details.