

An exercise proposed for children who have a hard time focusing
As retold by Else Gottgens – February 2005

This exercise was offered by Rudolf Steiner to the teachers of the first Waldorf School and was relayed to Else by one of those teachers. It was presented so that teachers could help children who tend to be “scattered” or are easily distracted.

A small dot is drawn on the blackboard, chest high for the child in question. The child is sent to the back of the room with pencil in hand. Facing the black board, arm and hand are raised straight out in front, with eraser end of pencil towards the board. Child then walks briskly forward (perhaps even runs, as proficiency improves) so that without hesitation or slowing down, the eraser will make contact with the board precisely on the small dot. Note: The pencil may be substituted by a piece of chalk...

This is repeated a number of times each day until desired effect (better ability to focus) is obtained.

Related activities:

- Shuffle-board
- Jousting
- Archery
- Darts

Reviewed by Else, Spring 2005

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