



## Morning Circle Guideline

1. Choose a seasonal or nature theme to compose a story, with enough events and details for the length of the morning circle play that you are going to create. Choose the age group that you want to create the circle for, roughly:
  - 2-3 years: 5-7 minutes long
  - 3-4 years: 7-15 minutes
  - 4-6 years: 15-25 minutes
2. Write the story in a few verses – verses should best be between 2 to 6 lines. Some of these 'verses' can be proses (unrhymed and not in separate lines). In this case, the prose should have a cadence to it with sounds which are rhythmical when spoken.

Take one of these verses, set music to it and use it as a linking song. This song can be repeated more than once or a few times as the linking element. In this case, there will be more verses than songs – 1, 2 or 3 linking songs, depending on the length of circle.

Alternatively, use one of the verses or proses as linking element, connecting the songs and other verses. In this case there might be more songs, only 1,2 or 3 linking verses, again depending on the length of the whole circle.

Compose the tunes to 2 or 3 of the verses to make 2 or 3 songs. One song will serve as “linking song”. You can also compose the tunes first then write the words to fit the music. To facilitate the process, use a pentatonic lyre or zylaphone or flute (recorder), or any other musical instruments, to compose the songs. **You are required to create at least one song of your own in the mood of the 5th for the circle.**

Write down your circle play as a sequence:

Song – verse – song – verse – song – verse – song....

or: Verse – song – verse – song – verse - song – verse....



HONG KONG WALDORF EDUCATION TRAINING CENTRE  
香港華德福教育培訓中心

3. Choose your movements and gestures, paying attention to the use of polarities:

- moving-standing still
- walking-dancing (or running, skipping, hopping, jumping...)
- stamping-tiptoeing
- standing-sitting
- up-down; left-right; back-front
- whole arm - finger tip
- whole body movement - one part of body (e.g. hand)
- loud-soft (whisper...)
- slow-fast
- cheerful-sad

Etc.