



**GRADALIS  
WALDORF CONSULTING & SERVICES LLC  
TEACHER TRAINING**

**BOOK LIST FOR GRADALIS TRAINING**

REVISED MAY 2, 2021

**PROGRAM GOALS:**

1. Candidate acquires a working knowledge of Anthroposophy and integrates the underlying theory of human development (cognitive, soul, and physical) into his/her working in the various positions he/she assumes in his/her school setting. (FACTUAL)
2. Candidate investigates his/her own preset worldview and identifies how he/she has transformed this worldview as a result of activities within the program. (CONCEPTUAL)
3. Candidate formulates lessons within his/her setting that illustrate an understanding of and application of Waldorf teaching methods inclusive of temporal and visual arts. (PROCEDURAL)
4. Candidate actualizes self-knowledge through revision of daily practices that include rhythmic, conscientious inner-development and personal transformation. (META-COGNITIVE)

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***Required Texts: All Students***  
*(used and new prices listed)*

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**Semester 1:**

**Books:**

- Steiner, R. (1964 or 2013). *Philosophy of Freedom: The Basis for a Modern World Conception* (translation by Michael Wilson—digital print out okay or book). Rudolf Steiner Press. Forest Row, UK. (\$14-\$29)
- Amrine, F. (2018). *Kicking Away the Ladder: The Philosophical Roots of Waldorf Education*. Waldorf Publications. Hudson, NY. (\$8-\$27)
- Lipson, M. (2002). *Stairway of Surprise*. Hudson N.Y: Anthroposophic Press. (\$12-\$31)
- Steiner, R. edited & introduced by Christopher Bamford (2004). *Start Now: A Book of Soul & Spiritual Exercises*. Great Barrington, MA: Steiner Books. (\$8-\$29)
- Steiner, R. (1994). *How to Know Higher Worlds: a modern path of initiation*. Translated by Christopher Bamford. Hudson N.Y: Anthroposophic Press. (\$7-\$20)
- Sturgeon-Day, L. (1997). *Biography Workbook and Life Cycles*. Fair Oaks, CA: (\$12.00 on Amazon)
- Petrash, J. (2002). *Understanding Waldorf Education: Teaching from the Inside Out*. Beltsville, MD. Gryphon House Inc. (ISBN-13:978-0-87659-246-5) and (ISBN-10:0-87659-246-9) (\$7-\$16)

### **(ECE ONLY)**

Foster, N. (2013). *Mood of the Fifth: A Musical Approach to Early Childhood*. Waldorf Early Childhood Association of North America. Spring Valley, NY. (ISBN:10-1936849216) (\$15.93-\$23 on Amazon).

Von Gugelgen, H. (1994). *Understanding Young Children: Excerpts from Lectures by Rudolf Steiner* Compiled for the Use of Kindergarten Teachers. Waldorf Early Childhood Association of North America. Spring Valley, NY. (ISBN: 10-1936849151) (free online)

### **(GRADES 1-8 ONLY)**

Frongillo, C. *The Importance of Being Musical: The Development & Practice of a Waldorf Music Curriculum*. Longmont, CO. AWSNA Publications. (ISBN: 13-978-1888365177) (\$4.99-\$12.00 on Amazon)

### **Semester 2:**

#### **Books:**

Steiner, R. (1964 or 2013). *Philosophy of Freedom: The Basis for a Modern World Conception* (translation by Michael Wilson—digital print out okay or book). Rudolf Steiner Press. Forest Row, UK: Lectures 1-7

Amrine, F. (2018). *Kicking Away the Ladder: The Philosophical Roots of Waldorf Education*. Waldorf Publications. Hudson, NY.

Lipson, M. (2002). *Stairway of Surprise*. Hudson N.Y: Anthroposophic Press.

Steiner, R. edited & introduced by Christopher Bamford (2004). *Start Now: A Book of Soul & Spiritual Exercises*. Great Barrington, MA: Steiner Books.

### **Semester 3:**

#### **Books:**

Steiner, R. (1964 or 2013). *Philosophy of Freedom: The Basis for a Modern World Conception* (translation by Michael Wilson—digital print out okay or book). Rudolf Steiner Press. Forest Row, UK.

Amrine, F. (2018). *Kicking Away the Ladder: The Philosophical Roots of Waldorf Education*. Waldorf Publications. Hudson, NY,

Lipson, M. (2002). *Stairway of Surprise*. Hudson N.Y: Anthroposophic Press.

Steiner, R. edited & introduced by Christopher Bamford (2004). *Start Now: A Book of Soul & Spiritual Exercises*. Great Barrington, MA: Steiner Books.

### **Semester 4:**

#### **Books:**

Steiner, R. (1995). *Foundations of Human Experience*. Hudson, NY: Anthroposophic Press. Lectures 1-5 (\$8-\$30)

Steiner, R. edited & introduced by Christopher Bamford (2004). *Start Now: A Book of Soul & Spiritual Exercises*. Great Barrington, MA: Steiner Books.

## **Semester 5:**

### **Books:**

- Steiner, R. (1995). *Foundations of Human Experience*. Hudson, NY: Anthroposophic Press. Lectures 6-10
- Steiner, R. edited & introduced by Christopher Bamford (2004). *Start Now: A Book of Soul & Spiritual Exercises*. Great Barrington, MA: Steiner Books.

## **Semester 6:**

- Steiner, R. (1995). *Foundations of Human Experience*. Hudson, NY: Anthroposophic Press. (Lectures 9-14).
- Steiner, R. edited & introduced by Christopher Bamford (2004). *Start Now: A Book of Soul & Spiritual Exercises*. Great Barrington, MA: Steiner Books.
- Steiner, R. (2007). *Balance in Teaching*. Great Barrington, MA: Steiner Books/The Anthroposophic Press. (\$9-\$18)

## **Semester 7:**

### **Books:**

- Steiner, R. (2007). *Balance in Teaching*. Great Barrington, MA: Steiner Books/The Anthroposophic Press. Lectures 1-4
- Steiner, R. (1996) *The Child's Changing Consciousness*. Great Barrington, MA; Steiner Books. Lectures 1-8 (\$8-\$25)
- Steiner, R. (1995). *Knowledge of the Higher Worlds and its Attainment* Hudson N.Y: Anthroposophic Press.
- Lipson, M. (2002). *Stairway of Surprise*. Hudson N.Y: Anthroposophic Press.
- Steiner, R. edited & introduced by Christopher Bamford (2004). *Start Now: A Book of Soul & Spiritual Exercises*. Great Barrington, MA: Steiner Books.

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### *Recommended Texts: ECE Students*

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- Jaffke, Freya. (1996) *Work and Play in Early Childhood*. (\$7-\$16)
- Jenkinson, S. (1996) *The Genius of Play*. (\$5-\$35)
- Schoorel, E. (1996) *The First Seven Years*. (\$16-\$25)
- Brothers Grimm. (1996) *The Complete Grimm's Fairy Tales*. (\$2-\$17)

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## *Recommended Texts: Grades 1-8 Students*

*(many available for free download from Rudolf Steiner Archives or  
the Online Waldorf Library)*

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Schmitt-Stegmann, A. (2015). *The Uniqueness of Waldorf Education*. Fair Oaks, CA: Rudolf Steiner College Press (ISBN: 978-0-9818095-5-7) (\$23)

Steiner, R. (1967). *Discussions with Teachers*. London, Rudolf Steiner Press. (\$5 or online free)

Steiner, R. (1976). *Practical Advice to Teachers*. London, Rudolf Steiner Press. (\$10-\$25 or online free)

Steiner, R. (1995). *The Kingdom of Childhood*. London, Anthroposophic Press. Hudson, New York. (\$1-\$15 or online free)

Harwood, A.C. (1958). *The Recovery of Man in Childhood*. London, Anthroposophic Press. Spring Valley New York. (\$4-\$64 or online free)

Niederhauser, G. and Frohlich, M. (1984) *Form Drawing: A Practical Guide to Form Drawing in Waldorf Schools*. Spring Valley, NY: Mercury Press (ISBN: 0-936132-42-6) (\$19-\$57)

Embry, L. ( ). *Form Drawing Grades One through Four*. (\$10-\$50)

James, V. (2013). *Drawing with Hand, Head, and Heart*. Great Barrington, MA: Steiner Books. (ISBN: 978-1-62148-010-5) (\$21-\$25)

James, V. (2020). *Painting with Hand, Head, and Heart*. Great Barrington, MA: Steiner Books. (ISBN: 978-164786858-1) (\$37-\$47)

Trostli, R. (1998). *Rhythms of Learning: Selected Lectures by Rudolf Steiner*. Great Barrington, MA: Anthroposophic Press. (ISBN: 0-88010-451-1) (\$27-\$43)

Rawson, M. and Richter, T. (reprinted 2010). *The Educational Tasks and Content of the Steiner Waldorf Curriculum*. Forest Rowe, UK: Steiner Schools Fellowship Publications. (ISBN: 1-900169-07-X) (\$24-\$40)

Ramsdan, A. ( ). *The Storytellers Way*. (\$24-\$30)

Selg, P. ( ). *The Essence of Waldorf Education*. (\$12-\$14)