

# Eurythmy Week 2

1.

Dear Class Five,

★ This week I would like you to write our verse into your book:

When days are darkest  
The earth enshrines  
The seeds of Summer's birth.  
The Spirit of Humanity  
Is a light that shines  
Deep in the darkness of earth.

★ Then I would like you to stand, holding your written verse out in front of you, and speak it out loud three times.

★ Now try to remember the eurythmy sound gestures we did with the verse last term. Put your book on the table, stand tall and see if your arms remember the gestures. Don't worry if you don't remember, but you might be pleasantly surprised!

★ Next on a large piece of paper practise a border pattern (you can refer to last weeks task sheet). Try to really move inwardly the form you are drawing on the large page. Draw the form many times and then on a much smaller scale, draw this pattern as a border

on the page around your verse.

2.

★ Then stand up and shake your whole body vigorously. Reach up and out as far as you can, then crouch and curl yourself into a small tight ball. Do this at least three times.

★ To finish do our vowel jumping exercise. Ah together, Ah A together... (refer to last week's task sheet). Remember to land on the balls of your feet when you jump. Please cut out my stick figure drawing of this exercise and paste it in your book. Or if you have time draw your own figures - that would be wonderful!

★ I hope you are managing to go for beautiful walks in the autumn sunshine.

Much love,

Beth