



Quality in Life

Eurythmy Newsletter



Issue 1, June 2020

Hi everyone!

I hope you're all keeping well and staying positive. I miss seeing you all for Eurythmy every week, but I hope we'll be able to see each other before long.

I've been practising Eurythmy myself and made some videos of some of the exercises we use a lot. I also have some Zoom Eurythmy sessions available for people who have done Eurythmy with me before. If you would like a session please speak to your key worker about it.



When we do Eurythmy we listen to the sound of the word and ignore how it is spelled, and we also use verses and poems to give a sense of rhythm. So I made some word games with sounds and rhymes, and a Eurythmy word search too.

I had a lot of fun making this newsletter, I hope you enjoy the games and exercises too. You can send your responses or answers to me on:

saraphirqaa-rishi@garvaldedinburgh.org.uk

FIND THE SOUNDS

In this exercise I want you to find all the words that have the sound "Ah" as in "father" in them - remember to listen to the sound of the word and not to look at the way it is spelled. You can draw a line underneath the word when you have found it. If you want to you can write it on the lines underneath.

star lead fall near heart

come truth jar laugh cat

pray moon cloud far dark

man car peace plant warm

FIND THE RHYMES

In this exercise I want you to pair up the words that rhyme. You can do this by drawing a line between them with a coloured pencil or pen.

star

rose

heart

say

face

moon

day

far

me

dove

breeze

truth

love

see

close

grace

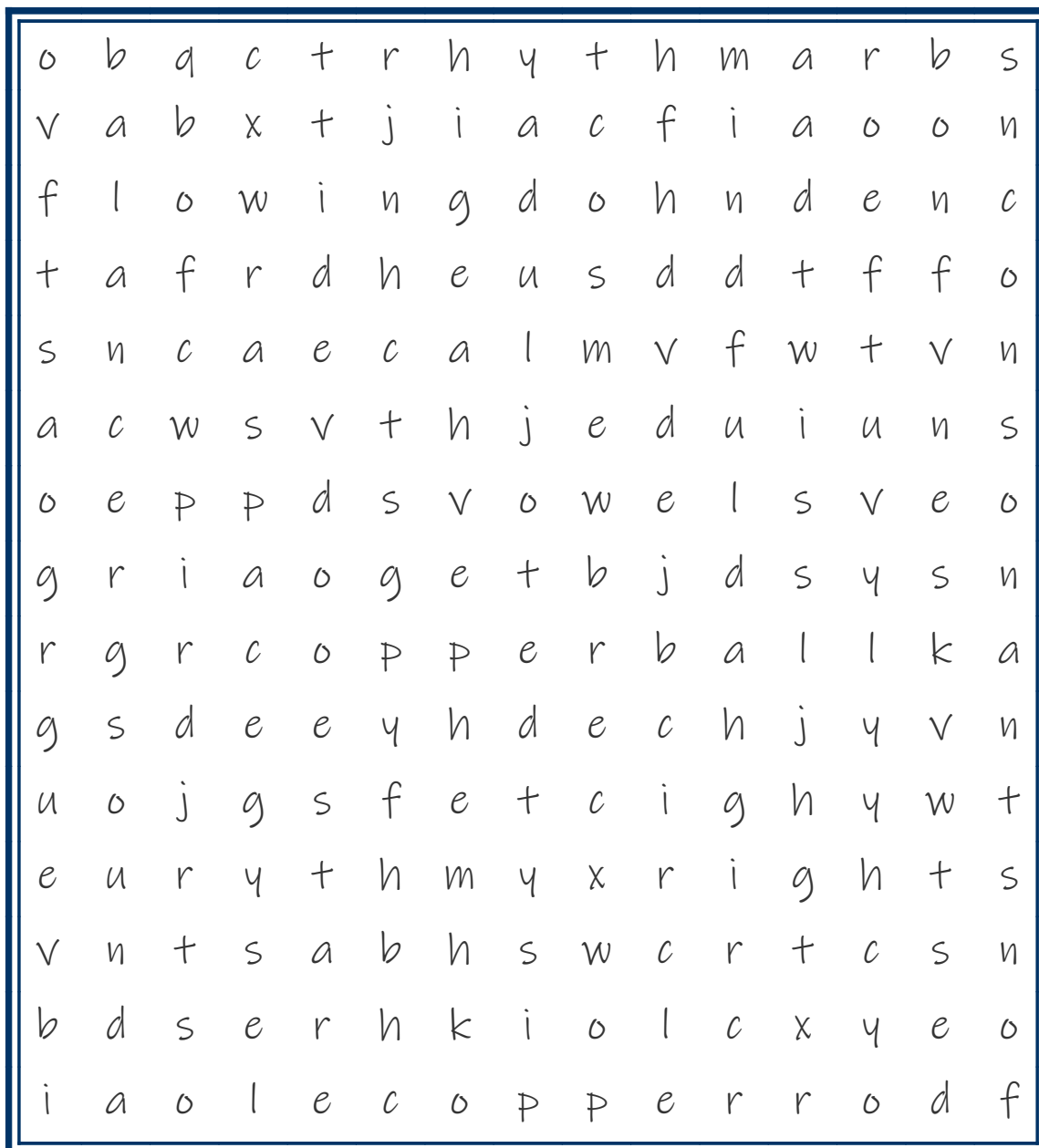
youth

sneeze

soon

art

EURYTHMY WORD SEARCH



Can you find the following words:

Balance

Calm

Circle

Consonants

Copperball

Copperrod

Eurythmy

Flowing

Left

Mindful

Right

Rhythm

Sounds

Space

Star

Vowels

There is also the name of an exercise that we often do in the Eurythmy sessions hidden in the word search. The name consists of 3 sounds / letters and it is there 3 times. Can you find all 3 ? If you find them you can ask someone to help you email the answer to me on:

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REMEMBER TO STRETCH

Do you remember how we often start the Eurythmy sessions? We start with the "shake, rattle and roll"! Shaking our arms, rattling our hands, and rolling our shoulders to make them relax. There is a video on the website under health and wellbeing where I show the exercises. You can follow the movements from the video to help you relax and move your arms, shoulders and neck.



Remember to be gentle with your movements, especially when stretching your neck.

THE STAR IN US

Do you remember how we often end the sessions? With the 5-pointed star. When we stand with our legs apart and our arms reaching to the side we become a star. There is a video on the website that shows the ending star exercise we do. Here is the verse by Rudolf Steiner that we use:



Steadfast I stand in the world;	(left foot out)
With certainty I tread the path of life;	(right foot out)
Love I cherish in the depth of my being,	(left arm out)
Hope shall be in all my deeds,	(right arm out)
Confidence I impress into my thinking.	(touch head)
These five lead me to my goal;	(cross arms over
These five give me my existence.	chest)

You can either follow my movements on the video or you can get someone to read the verse for you. Remember when you watch the video that you have to move the opposite foot/arm to me!

To end here is poem about two rats. You can listen to it in the Eurythmy section on the website. What do you think happened?? Maybe you can draw or make up a story about the ending.

What Became of Them?

He was a rat, and she was a rat,
And down in one hole they did dwell,
And both were as black as a witch's cat,
And they loved one another well.

He had a tail, and she had a tail,
Both long and curling and fine;
And each said, "Yours is the finest tail
In the world, excepting mine."

He smelt the cheese, and she smelt the cheese,
And they both pronounced it good;
And both remarked it would greatly add
To the charms of their daily food.

So he ventured out, and she ventured out,
And I saw them go with pain;
But what befell them I never can tell,
For they never came back again.

Take care till we see each other again!

All the best, Saraphir