



Waldorf Homeschool



The **Step-by-Step Course** to Understanding  
& Creating a Waldorf-Inspired Homeschool

by **Donna Ashton**

*Founder of The International Association  
of Waldorf Homeschooling*



## DONNA'S SAMPLE DAILY RHYTHM

### **Morning:**

Morning Routine (dress, make beds),  
Breakfast  
Laundry

### **Mid-Morning:**

Walk  
Circle Time  
Main Lesson

### **Midday:**

Lunch and clean-up dishes

### **Afternoon:**

Free Play girls  
Donna work

### **Midafternoon:**

Come together for story  
Handwork or craft

### **Late Afternoon:**

Music practice  
Meal prep  
Bath

### **Evening:**

Dinner  
Clean-up dishes and sweep kitchen floor

### **Bedtime:**

(7:30) Get ready (jammies & brush teeth)  
Story with candle  
Tuck-in

### **Late Evening:**

Grown-up time or reading