

Sacramento Waldorf School

Parent Education Speaker Series

Movement in Childhood: The Role of Sport and Free Play in Healthy Childhood Development

"Come out and play." Remember the days when sports were not everything and children's time was not so overbooked? When you went over to your friend's house, just to play? We sensed something important was going on back then, and we were right. Play rises above other activities. It is the creation of space in which new activities can take place...a world of untold possibilities. But, in today's hectic world, our children are in danger of losing the space of free play. As teachers and parents we are faced with selecting and orienting our children's activities. How do we choose? What do we base our decisions on?

Wednesday, October 25, 7-8:30pm

Sacramento Waldorf School

San Juan Hall

3750 Bannister Road

Fair Oaks, CA 95628

www.sacwaldorf.org



Jaimen McMillan, founder and director of the Spacial Dynamics Institute and developer of the Spacial Dynamics® method, has been directing trainings for movement professionals since 1980. Mr. McMillan conducts Spacial Dynamics® programs worldwide, currently conducting programs in 9 countries, training physical education teachers, coaches, and movement therapy professionals.

