the world, but archetypal images of the journey of the soul. Ruth suggests that traditional and contemporary games can offer archetypal forms which are equally valuable in supporting healthy development.

Please, Can We Play Games? offers many useful, practical hints for engaging young children in these offerings. Ideas include how to work with mixed ages and how to include music, speech, and movement in the rhythm of the kindergarten.

The book is well laid out, with the text, music, and descriptions of games and songs clearly included. Ruth has a strong interest in meeting the needs of the older children in the kindergarten who are trying to

tame their new six-year-old capacities. To this end she includes beanbag and rope-skipping games in addition to helpful sections about tidy up time and transitions in general.

I can wholeheartedly recommend this new resource book as inspiration to adults in kindergartens, schools and homes to share music and games with young children. Ruth quotes the saviors of street and playground lore, Peter and Iona Opie: “A true game is one that frees the spirit.” This lends support to her belief that playing these games together connects us and the children to all our positive potential.

Same Light, Many Candles

by Carol Cole
Reviewed by Susan Howard

The needs of children and families threatened by homelessness in the San Francisco Bay area moved Carol Cole to found the Sophia Project. The challenges of homelessness and its accompanying trials, without the outer supports provided by a more conventional Waldorf setting, led Carol to embark on a journey of exploration and service that took her far beyond her decades of experience as a Waldorf early childhood educator. Guided by the image of Sophia, her journey was a process of learning to perceive and practice what it means to be truly human in our troubled times, working on behalf of young children and their mothers. A healing oasis for children and mothers, the Sophia Project was the result of this journey, a product of inner conviction, courage, imagination, and love.

The Sophia Project is action research of the highest order, demanding tremendous inner and outer effort on the part of Carol and her husband David. Their efforts were backed up by significant spiritual and financial support from the wider anthroposophical, Waldorf, and Camphill communities. The fruit of their work is astonishing—families have become healthier and stayed intact. A significant number of Sophia Project children are now in college. No Sophia Project family has ever returned to homelessness. All this is a result of the intensive therapeutic early childhood programs, respite care, art projects, and family support the Sophia Project offered.

Waldorf early childhood education is being called upon to articulate what is essential and unique in our Waldorf approach. Carol Cole’s book provides an inspiring articulation of this. Her wonderful account of the Sophia Project provides us with insights into both the invisible essentials as well as the concrete resources necessary for that work.

Today many of us long to find ways to reach out beyond privileged communities to work directly with what Carol calls “vulnerable children and mothers within toxically stressed communities.” Childhood itself is vulnerable today; all families and communities suffer from some degree of “toxic stress.” Each of us can find inspiration for both our inner and outer work through Same Light, Many Candles. WECAN is honored to add this treasure to our collection of publications.

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