saying a verse that offers gratitude, and using beautiful plates with proper child-sized utensils opens the way to a successful snack. Practicing using forks and butter knives to cut pancakes is a wonderful opportunity to develop fine motor skills with the hands.

The sense of smell is interwoven with the sense of taste. When I make pancakes for the children, there are many teachers who come in as the smell permeates the hallway. I always make extra pancakes for the hungry visitors who are pulled into the classroom through the enticing aroma. The children also smell the pancakes cooking and come into the room excited for the delicious pancake day.

Taste and smell are also connected to memory. In the fall we pick the raspberries and make many jars of jam. When we eat it on our pancakes there is often a remark from a child about the day we spent picking (and eating) the raspberries that now are on top of our pancakes making them extra delicious. The food that is served at festivals often holds the heart of the memory of the celebration, and when that particular food is eaten a remembering of the event is stirred.

The following circle about the activity of the honeybees was my first attempt to bring the sense of taste into our movement activities. The honey-bear hides in a basket covered with a silk cloth, and at the very end of the circle the work of the bees with the flowers culminates in a taste experience when a drop of honey is given to each child. A little honey in the tea and a taste of it after creating the life of the honeybee is a lovely experience for the children.

If any children come in sad, I sometimes offer a drop of honey on their finger so that they can have a “sweet” day. This almost always is a cure for the situation and brings a smile.

Rudolf Steiner advises not to give honey to babies, but says this about consuming honey in the prelude to his lectures on bees, given on February 3, 1923:

At the moment when you eat honey, it creates the proper connection and relationship between the airy and fluid elements in the human being. There is nothing better for a human being than to add a little honey in the right quantity to food (Bees, Anthroposophic Press, 1998, p. 3).

The process of rethinking nutrition and the food we serve the children requires innovation and creativity of the teacher. To bring joy and surprise to the taste buds is a wonderful way to invite the life of the child to integrate in a healthy way within the world.

A Spring Circle: The Honeybees’ Waggle Dance

The honeybees are buzzing their song on this fine day. They are looking for a new home. How will they find their way?
The woodpecker bird is pecking a hole in the tree.
This will make a fine home for the bees.

He hears the buzz, buzz, buzzing of the bees’ song. He says, “I will peck, peck, peck and help you along.”
Into the cozy hollow of the tree goes the swarming family of bees.
They buzz, “Thank you, dear woodpecker, for our new home in the tree.”

**SONG**

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G D’ G G G D  
Buzz, buzz, zoom zoom zee
G G A A B G B A  
We will make a home in the tree
G D’ G G G D  
Buzz, buzz, zoom zoom zee
D D D’ G–G G G  
We will make honey so sweet.
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*Make buzzing sound*

*Stand on chair. Left hand up, right hand shaped like beak—make pecking motion*

*Clap lightly in rhythm: Center, center, left-right-left.*

*Encircling gesture with arms*

*Repeat movements of first line*

*Gesture of tasting honey*

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A golden palace of rooms the bees will make for each other.
In the hollow tree they hang on to one another.
Each bee holds on to a sister or a brother,
As they build their house together.

Under their tummies the bees have little pockets of wax so fine.
They chew the wax, then build with it a room in a wonderful design.
They build with their feet, knees, backs, heads, and their wings,
Scraping and smoothing the golden walls of the palace as they buzz and sing:

REPEAT SONG

Now, the golden palace is the honeycomb where the honey shall be stored,
All the way from the roof so high, way down to the floor.
In the golden rooms the baby bees will abide.
The royal queen bee is the mother to the baby bees;
In the golden rooms, they lay side by side.

Then out of the palace the scout bees fly,
In bigger and bigger circles they go around outside.
They look for flowers in meadows, orchards, and gardens all around,
Then bring back to the palace a taste of all that they’ve found.

With their antennae, the family of bees tastes the nectar from the flowers.
The scout bees have looked for them for hours and hours.
The scout bee does the Waggle Dance to show the bees the way to go;
She sometimes turns fast and sometimes very slow.

The scout bee turns first to the left
Waggle and waggle showing the way
Waggle and waggle to the right
The scout bee points to where the flower treasure is glowing in sunlight.

All reach out and rub each others’ backs while sitting down in a circle
Reach under tummy
Hand to mouth, pretend to chew
Touch ground with designated body parts

Reach up on toes then down to floor
Gesture of beds side by side
Sing “Rock-a-bye Baby Bees” to the tune of “Rock-a-bye Baby.” Rock to rhythm of song by holding knees and rocking onto back, then sitting back up.

Lead a spiral, all holding hands
Children look around room
Children bring back “nectar” to the circle
Pretend tasting

To waggle: feet together, moving sideways, alternate moving toes, then heels in the direction indicated and repeat.
Waggle and move to the left, then right.
Point with “antennae,” indicating direction
The bees each eat a bit of honey so they can travel fast
To the place where the flowers are—at last!
They suck up the nectar, the juice of the flower.
They fill up with nectar for hours and hours.

REPEAT SONG

Then they roll around and around in the flower bed.
They pick up golden pollen dust—it sticks on them
from foot to head,
Then they put it their pollen baskets that they carry on
their legs
And share it with other flowers as they fly from place
to place.

The bees bring back to the golden palace all they have
found;
A bee line they do make back home to keep it safe and
sound.
Nectar is made into honey after it arrives.
It is stored in the golden rooms in the palace of the
beehive.

REPEAT SONG

The bee’s antennae reach out and touch each other—
This is how they talk to their sisters and brothers.
Then they eat pollen bee bread and sweet nectar tea.
Here is some for you and some for me.

We say “Thank you, dear bees, for all the work that
you do,
For the beeswax we play with, and beeswax candles
that shine, too,
For the gift of your honey that we put into our tea,
So sweet and good, for you and for me.”

Now we shall lie down to rest
After our adventure with the honeybees.
It has been one of the very, very best.

Note
This circle was inspired by a story in Arthur Auer’s
book, Learning About the World Through Modeling
(AWSNA, 2001).

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