

Sharing Nature Worldwide

Sharing the joy of nature since 1979

Celebrating 30 years of sharing nature with the world!



Sharing Nature is dedicated to helping people of all ages experience their oneness and harmony with all life.

Established in 1979 by naturalist and author Joseph Cornell, Sharing Nature uses creative activities to give people joyful and inspiring experiences of nature. We believe that by uplifting people's consciousness we can change the way they relate to the world around them. The method we use to accomplish this transformation is Flow Learning, a playful and inspirational teaching strategy that takes people where they are and gently brings them to a more profound experience of nature.



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“Sharing Nature sparked a worldwide revolution in nature education. Cornell is one of the most highly regarded nature educators in the world today.”

– National Association for Interpretation

Sharing Nature in Many Countries

Europe. “Joseph Cornell has had a towering, phenomenal influence on the development of environmental education in Central Europe.” —*F. W. Georg, founding director of the Nature Conservancy Academy, Hessen, Germany*

Brazil. Rita Mendonça, national Sharing Nature coordinator, gave a workshop in the Amazon for professional ecotourism guides, some of whom had worked in the area for 40 years. Their attitude at first was that she had little to teach them. But after several Sharing Nature activities, a woman approached Rita and said with deep emotion, “You are helping me find the forest inside of me! We don’t know the forest in this way!”

New Zealand. “Throughout New Zealand, children are growing up with the consciousness and experience of the Sharing Nature activities.” —*Kate Akers, Education Officer, New Zealand Department of Conservation*

Japan. In Japan, more than 30,000 leaders have learned the Sharing Nature methods, and more than 200 regional groups are spreading Sharing Nature throughout Japan. Twenty-five Japanese universities offer Sharing Nature semester courses, and the Japanese Ministry of Education has endorsed the use of Sharing Nature activities in the elementary science curriculum.

China. China’s most influential environmental organization, Friends of Nature, reports that when *Sharing Nature with Children* was translated into Chinese, it was the first time that effective methods for teaching environmentalism had ever been introduced in the country.

United States. “In the late 1970s, Cornell’s book introduced ‘nature games’ in which nature is the teacher—games that inform, inspire, and are just plain fun. Almost two decades later, with 500,000 copies of *Sharing Nature with Children* in 20 languages, Sharing Nature has become not just a book but a worldwide approach to nature education.” —*Planet Patriot Books*

Sharing Nature Around the World

In countless lands and cultures, people are discovering the joy of nature through the innovative methods of naturalist Joseph Cornell. Sharing Nature activities give people their own inspiring experiences of the natural world—this simple key lies at the heart of Sharing Nature and is the secret of its amazing growth.

Joseph’s *Sharing Nature* books have been translated into 20 languages. They are used in virtually every corner of the earth. Joseph has personally presented his nature-awareness programs in 30 countries to tens of thousands of adults and children.

“Joseph Cornell has quietly influenced generations of teachers in the UK. His philosophy and activities have also become a key component for our country’s Religious Education Environment Program.” —*Professor Alan Dyer, University of Plymouth, UK*

Sharing Nature is for adults, too...

Sharing Nature activities are helping adults rediscover their inner connection with nature. The Swedish adult education association “SV,” through its *Natural Recharging* program, is helping adults relieve the stresses of modern life and find joy and serenity in natural surroundings, through reflective Sharing Nature experiences.

Medical and mental health professionals and religious leaders have discovered that the Sharing Nature activities provide a way to promote inner harmony with the environment, and with God.

How Sharing Nature Began

When Joseph Cornell’s first book, *Sharing Nature with Children* was published in 1979, it was greeted with universal acclaim. Renowned conservationist Sir Peter Scott said, “I found *Sharing Nature with Children* a most original and imaginative concept in a field which is vital for the welfare of the planet.” J. Baldwin, editor of *Whole Earth Review*, wrote, “This is absolutely the best awareness-of-nature book I’ve ever seen. *Sharing Nature with Children* has become justly famous because it works.”

Adults responded as enthusiastically as children, prompting Joseph to write *Listening to Nature*, a guide for grown-ups to find inner peace and harmony with nature. About this second book, Vance Martin, executive director of World Wilderness Congress, said, “We too seldom take time to appreciate the essence of nature itself—its beauty, wonder, and inspiration. *Listening to Nature* takes us back to this essence, showing us a pathway to becoming a better person and ultimately a more effective conservationist.”



A Sharing Nature Story

“When a copy of *Sharing Nature with Children* landed in our midst, the teacher/naturalists were like vultures competing for the kill. Most of us were new to environmental education. We had ecology textbooks and field guides, but little else besides what our hearts were guiding us to do. Here in this book, we found everything—philosophy, activities, and ways to lead children to meaningful environmental education experiences. It was hugely significant to us—it was our guide and our compass.”

—Lucy Gertz, Environmental Educator, New England, USA

Flow Learning & The Nature Activities

Created by Joseph Cornell, educator and author of the *Sharing Nature* series of books, Flow Learning has been praised by educators and facilitators worldwide for its ease of use, effectiveness, and power to uplift and inspire.

Flow Learning gives teachers and youth leaders a simple, structured way to guide students into their own, direct experiences of nature. Through playful games that awaken the students' curiosity and enthusiasm, learning becomes fun, immediate, and dynamic, instead of static and secondhand. The students emerge with a living, fresh understanding and reverence for the natural world.



Unnature Trail: *Placing difficult-to-spot objects along a trail challenges children to become more attentive in the outdoors. One child said after playing this activity, "I saw a lizard blink thirteen feet away!"*

Awaken Enthusiasm

Total Participation Makes Learning Fun



Making a Rainbow. In the Natural Processes game, players discuss the principles of a natural phenomenon, and act it out as a group.



In Sound Map, children listen to natural sounds and record them on a map. Cupping their hands around the ears gives the children "fox" or "rabbit" ears and helps them hear better.

Focus Attention

Calmness Receptivity

Flow Learning is based on universal principles of how people learn. It provides a simple, natural framework that sequence nature activities for maximum effect.

The four stages of Flow Learning are:

1. Awaken Enthusiasm
2. Focus Attention
3. Experience Directly
4. Share Inspiration.

"Flow Learning involves all of my students and keeps discipline problems to a minimum." —Carol Malnor, Educator and Curriculum Developer



"What never ceases to amaze me is that people so easily engage with Sharing Nature games and the inspired Flow Learning strategy. Flow Learning is so potent, so gentle, that it seems the most natural and obvious way to communicate nature education to children and adults." —Kate Akers, Outdoor Educator, New Zealand

To learn more about Flow Learning and Sharing Nature Activities:
Order *Sharing Nature with Children Volumes I & II*
Visit www.sharingnature.com



In Tree Imagery, players “become” a tree and feel what its life is like throughout the course of the year.

Share Inspiration

Celebration of Nature Idealism

Experience Directly

Absorption in Nature Empathy

A Flow Learning session begins with lively, playful activities that awaken the students’ energy and enthusiasm. The second series of activities challenge the students to focus their attention through their senses of touch, hearing, and sight. The third stage offers activities that immerse the students in their own direct experiences of the natural surroundings. By becoming absorbed in an aspect of nature, the players experience what it is like to be part of the natural world. Finally, the students gather and share the inspiration of their experiences.

“Flow Learning takes us beyond the intellect, and into the heart where true understanding and appreciation can take place.” —Michael Smithson, Chief of Resource Education, Olympic National Park

Above:
Sitting Quietly, Reflecting: Writing poetry and drawing one’s “best view” are among the Journey to the Heart of Nature exercises that help people bond with a “special place” in nature.

Bird Calling: In North America, you can call small birds to come close by making a “pssh-pssh” sound (a method used by birdwatchers). Here, a Brazilian girl in the Mata Atlântica rainforest uses a wooden call to attract birds.

In Heartbeat of a Tree, children of any age use stethoscopes to listen to the circulatory system of a tree. (Thin-barked trees work best.)

Right:
Share Inspiration: Reflecting on our personal experiences in nature, and sharing them with others, clarifies and strengthens them.





Sharing Nature Country Profiles:

Japan, Central Europe, Brazil & Latin American, South Korea, Sweden, and New Zealand

“People frequently ask me if I’ve had to adapt the Sharing Nature games for foreign cultures. Actually, I’ve found that very little adaptation is required. When I first taught Sharing Nature workshops in Japan in 1986, people there said the activities were ‘very Japanese.’ And in Greece I was told, ‘They’re very Greek.’

“What makes the Sharing Nature activities so popular? I believe it’s because in addition to teaching ecology creatively, these games help people experience a profound sense of joy, serenity, and belonging to the natural world.”

—Joseph Cornell

Japan

In 1997, the Japanese Ministry of Education officially recognized the Sharing Nature organization (Japanese Nature Games Association – JNGA) as a “public service corporation” – a rare designation given only to a few widely recognized service groups, such as the Boy Scouts and YMCA.

Over 30,000 Japanese have now taken the three-day JNGA training course, and 11,000 members are active in 224 JNGA chapters.

Founder Dr. Shin-ichi Furihata explains JNGA’s goals:

- Open people’s hearts to feel their oneness with nature by playing Sharing Nature games.
- Foster people’s desire to become stewards for nature conservation.
- Build warm relationships between people.
- Encourage people to play and learn in nature and share the joy of being inspired by the natural world.
- Create a culture where people and nature can coexist in happy symbiosis.

A larger goal of JNGA is to increase awareness throughout Japanese society of the value of conservation. In schools, youth groups, businesses, and government, JNGA is giving children and adults joyful experiences of nature as a vital first step toward promoting attitudes of caring for the planet.



Dr. Furihata, Joseph Cornell, and Professor Hioki

Japan’s new elementary science curriculum includes Sharing Nature experiences aimed at helping students “get close to nature” and “love nature.” (Left to right) Dr. Furihata, the founder of Nature Games, Joseph Cornell, and Professor Hioki of the Japan Ministry of Education.

News from Other Countries

Sang Ook Chang, director of **Sharing Nature Korea**, estimates that 50,000 South Korean children and parents have experienced Sharing Nature games. Five Sharing Nature books have been translated and published in South Korea. *Sharing Nature with Children I and II* and *John Muir: My Life with Nature* won the Korean Ministry of Environment's Best Book Award. Kate Akers of **Sharing Nature New Zealand** reports that children throughout the country are growing up with the consciousness and experience of the Sharing Nature games. Sharing Nature is taught in preschools, kindergartens, high schools, colleges, Guides and Scouts, and public workshops. Kate says, "One of my favorite aspects of these workshops is watching a group of strangers become physically and mentally attuned to one another and their natural environment within minutes of beginning the program." In **Sweden**, country coordinator Peter Wiborn and educators at Swedish Nature Schools have inspired thousands of children and adults with Sharing Nature activities.



Germany & Central Europe

In the 1970s and 1980s, nature education in Germany and Central Europe was focused on the severe environmental issues facing the region. But educators began to notice that children were shying away from nature, because they felt overwhelmed by the problems.

When *Sharing Nature with Children* was published in Germany in 1981, it offered young people positive experiences of nature through joyful, uplifting games. Soon after Joseph shared his message at a major European environmental education conference, Sharing Nature began to spread rapidly throughout Europe. Today, Sharing Nature books have been published in 13 European countries.

In Central Europe, the Hessian Nature Conservancy Academy sponsors yearly Sharing Nature workshop tours, organized by Bernhard Neugirg. Joseph has taught 60 all-day seminars in German-speaking countries for 2,500 influential educators.

To help adults experience nature more deeply, in 2003 Joseph and the Academy began offering *Inner Nature* workshops that blend nature activities with meditation. Also in 2003, Joseph received the prestigious German "Ways of Nature Education" prize, presented by Count and Countess Bernadotte.



Countess Bernadotte and Joseph Cornell

In 2003, Joseph Cornell received the Countess Bernadotte Prize awarded by the German Horticulture Association for his tremendous influence on nature education in Central Europe.

Brazil

In Brazil, an organization of 200 Sharing Nature educators offers training for ecotourism guides, teachers, corporations, and urban youth. The "Instituto Roma" also offers rainforest treks and programs for orphans—helping them feel a sense of intimacy and closeness with the Earth.

In 2006 Instituto Roma co-sponsored a *Nature and Unity* conference with Joseph Cornell. The sessions drew 300 participants and were telecast to environmental educators and ecotourism guides throughout Brazil. Instituto Roma also hosts a lively Internet group for Sharing Nature educators across South America. The Instituto actively supports Sharing Nature groups in Venezuela, Uruguay, and Colombia.



Sharing Nature Brazil Staff (Instituto Roma).

Instituto Roma director Rita Mendonça says, "Most Brazilian environmental educators have traditionally adopted a rational and scientific approach, but when they experience Sharing Nature games, they see how they can achieve better results with experiential methods."



**Would you like to experience
Flow Learning and our nature activities?
Or share them with others?**

A Sharing Nature trainer will be happy to speak to your group or organization. Our trainers are exceptional individuals who love nature and people, and can bring them beautifully together. Many have led workshops for 20 years or longer.

I hope you'll take this opportunity to discover the closeness to nature that Sharing Nature activities can bring. If you can attend or sponsor a Sharing Nature event, we'd very much enjoy meeting you.



May you always feel
Nature's joy.

—Joseph Cornell

Sharing Nature programs are for:

Educators | Naturalists | Community Leaders

Religious Leaders | Families | Businesses

Anyone who wants to feel closer to nature, to others, and to an uplifting and renewing way of life.

Sharing Nature Programs & Presenters



*Dr. Shin-ichi Furihata,
Japan*



*Rita Mendonça,
Brazil*



*Greg Traymar,
North America*



*Sang Ook Chang,
South Korea*



*Bernhard Neugirg,
Germany*

For programs in Asia, Europe, New Zealand, and Latin America, you can get in touch with a Sharing Nature representative or organization by visiting www.sharingnature.com/training

For detailed information about Sharing Nature programs in the US and Canada, email or phone Greg Traymar, Sharing Nature USA, info@sharingnature.com, (530) 478-7650, or Janet Barlow, Sharing Nature Canada, j.barlow@ns.sympatico.ca, (1) 902-494-7644.

Listen to participants talk about our programs:

“A million great ideas”... “They will put life into our programs”... “This was the most practical (and certainly the most enjoyable) inservice course I’ve ever attended”... “The activities have given me confidence to be more adventuresome in my teaching”... “From the powerful effect of the workshop on me, I know that if I can touch people this deeply, I can make a huge difference in the world.”



“I have always had a sincere love for nature. Your workshop brought that love to a level I never dreamed possible. I wish I could have experienced a Sharing Nature Workshop earlier in my career.”

—Joseph T. Emerick, Environmental Education Coordinator, Cambria Co. Conservation District, Pennsylvania

This booklet is available in PDF format: www.sharingnature.com

In North America Sharing Nature offers the following programs:

Sharing Nature Training | Family Programs

Joy in Nature Retreats for feeling your own joyous connection with nature

How to Deepen Your Experience of Nature

Sharing Nature Training & Retreat Week with Joseph Cornell in Northern California



Programs with Joseph Cornell

Joseph Cornell has delivered keynote speeches to hundreds of organizations, including John Denver's Windstar Symposium, the International Camping Congress, the Japan Environmental Education Forum, and the Ecotourism Guide Association of Brazil.

Joseph also leads Sharing Nature Training and Retreat Weeks in northern California, for those desiring in-depth instruction in the Sharing Nature methods. Joseph has received many international awards for his "vast contribution to the field of natural science education" and his "service as a role model for educators worldwide."

"Joseph Cornell is one of the most inspiring, authentic, visionary and grounded people I know. We first met close to 30 years ago, at a time when his landmark book, *Sharing Nature with Children*, was beginning to resonate with people throughout the world. His longstanding work and vision have nourished the roots of the emerging worldwide movement to reconnect children and nature. Joseph moves with a light step, warm laugh, and open heart to bring wonder, respect, and love of nature to learners throughout the world. I am among the many who are grateful for Joseph Cornell and his gentle, natural leadership." —Cheryl Charles, Ph.D., President and Co-Founder Children & Nature Network, Founding National Director, Project Learning Tree and Project WILD

Besides the Sharing Nature programs in this guide, Joseph and others welcome invitations to give the following presentations:

Balancing Science with Love

Inner Nature Workshop: The Art of Receptivity. A seminar that powerfully combines meditation instruction and practice with reflective nature experiences.

Experiencing the Divine in Nature. This seminar introduces Sharing Nature activities that enable us to feel God's love, stillness, and grandeur while outdoors. These exercises, stories, and meditations expand our sense of self and help us feel greater love and empathy for our world and its inhabitants.

We can also arrange Simulcast and Webinar presentations for your group.

To ask about Joseph Cornell's availability for conferences and major events, please email or call the Sharing Nature Foundation at **(530) 478-7650** or **info@sharingnature.com**.



The Cornells at Home

Joseph Cornell and his wife, Anandi, live in northern California at Ananda Village, a successful intentional community based on the teachings of Paramhansa Yogananda and his disciple, Swami Kriyananda, one of the foremost teachers of meditation in the world today. Joseph and Anandi have been his students and friends for more than 35 years.

Joseph's service at Ananda includes teaching and writing on meditation, Kriya Yoga, and other inspirational topics. He directs Ananda Meditation Support, a free online ministry offering meditation instruction and inspiration to more than 5000 people. Joseph recently created the beautiful film, *The Gift of Inner Peace*, to introduce the joys and benefits of meditation: **www.giftofpeace.org**



Sharing Nature Resources

www.dawnpub.com
www.innerpath.com



Man is not himself only...
He is all that he sees;
all that flows to him from a
thousand sources..."
—Mary Austin

Feel the Joy and Unity of Nature

Attend a Sharing Nature program

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