

Flow Learning™

created by Joseph Bharat Cornell



FLOW LEARNING™ CHART



1 AWAKEN ENTHUSIASM

Quality: **PLAYFULNESS AND ALERTNESS**

- Builds on people's love of play.
- Creates an atmosphere of enthusiasm.
- A dynamic beginning gets everyone saying, "Yes, I like this!"
- Develops alertness and overcomes passivity.
- Creates involvement.
- Minimizes discipline problems.
- Develops rapport between participants, leader, and subject.
- Fosters positive group bonding.
- Provides direction and structure.
- Prepares for later, more sensitive activities.

2 FOCUS ATTENTION

Quality: **RECEPTIVITY**

- Increases attention span and concentration.
- Deepens awareness by focusing attention.
- Positively channels enthusiasm generated in Stage One.
- Develops observational skills.
- Calms the mind.
- Develops receptivity for more sensitive nature experiences.

3 OFFER DIRECT EXPERIENCES

Quality: **COMMUNING WITH NATURE**

- Fosters deeper learning and intuitive understanding.
- Inspires wonder, empathy, and love.
- Promotes personal revelation and artistic inspiration.
- Awakens an enduring connection with some part of nature.
- Conveys a sense of wholeness and harmony.

4 SHARE INSPIRATION

Quality: **CLARITY AND IDEALISM**

- Clarifies and strengthens personal experience.
- Increases learning.
- Builds on uplifted mood.
- Promotes positive peer reinforcement.
- Fosters group bonding.
- Encourages idealism and altruistic behavior.
- Provides feedback for the leader.

From *Sharing Nature: Nature Awareness Activities for All Ages*
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STAGE 1:

Awaken Enthusiasm



QUALITY:

ALERTNESS





*Awaken Enthusiasm games
make learning fun, instructive,
and experiential—and establish
a **rapport** between teacher,
student, and subject.*

STAGE 2:

Focus Attention



Quality: **CONCENTRATION**

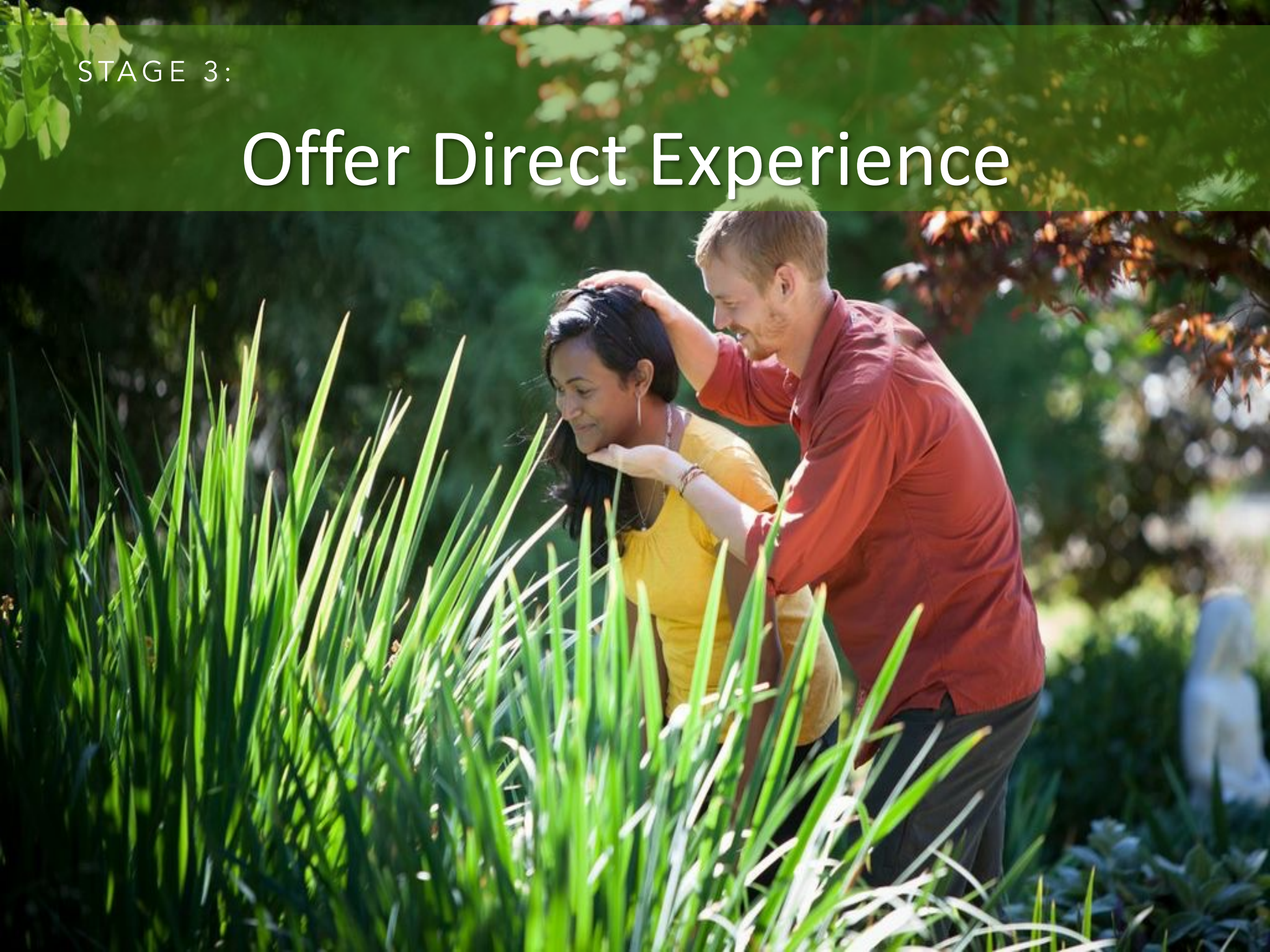




Focus Attention
activities help
students become
attentive and
receptive

STAGE 3:

Offer Direct Experience



QUALITY: ABSORPTION



By bringing us face to face with a
bird, a wooded hill, or any natural
subject, Offer Direct Experience
activities give us **intuitive**
experiences of nature.



STAGE 4:

Share Inspiration



Quality: Clarity & Idealism



Share Inspiration activities
create a sense of completion
and an uplifting atmosphere
conducive to embracing
noble ideals.



"FLOW LEARNING IS DESIGNED TO BE FLUID AND RESPONSIVE. DURING A SESSION, ONE GENERALLY MOVES THROUGH ITS BASIC PROGRESSION (1-2-3-4), BUT IN PRACTICE, ONE CAN ALTER THE SEQUENCE TO ADDRESS THE IMMEDIATE NEEDS OF THE GROUP."

"THE LEADER, ALWAYS CLOSELY MONITORING THE INTEREST AND ATTENTIVENESS LEVEL, USES THE ACTIVITY APPROPRIATE TO KEEPING THE ENERGY FLOWING HAPPILY AND PRODUCTIVELY."



WHILE LEADING A GROUP, IT IS BENEFICIAL TO ASK YOURSELF THE FOLLOWING QUESTIONS:

- IF THE GROUP IS TIRED AND LETHARGIC: "WHAT CAN I DO TO ENERGIZE AND LIFT THEIR SPIRITS?"
- IF THE CHILDREN ARE OVERLY EXCITED: "WHAT ACTIVITY WOULD HELP FOCUS AND CALM THEM?"
- "HOW CAN I VARY MY ACTIVITIES AND TO KEEP MY STUDENTS FRESH AND FULLY ENGAGED?"
- "HOW CAN I GIVE MY STUDENTS AN EXPERIENCE OF NATURE THAT WILL BE DEEPLY MEANINGFUL

