

# Flow Learning Activity Chart

## **Stage 1: Awaken Enthusiasm**

### *Sharing Nature: Nature Awareness Activities for All Ages*

Getting Acquainted (55), Noses (56), Wild Animal Scramble (58), Build a Tree (60), Natural Processes (66), Owls and Crows (68), Bat and Moth (70), Predator-Prey (72), Pyramid of Life (74), Sled Dogs (77), Animal Parts (80), Animal Clue Game (81), Animal Clue Relay (84), Noah's Ark (86), Guess and Run! (88)

### *Flow Learning: Opening Heart and Spirit Through Nature*

Molecule Game (76)

## **Stage 2: Focus Attention**

### *Sharing Nature: Nature Awareness Activities for All Ages*

I Am Curious About (95), Sounds (98), Colors (99), I Can See (100), How Close? (102), Sound Map (106), Camouflage Trail (108), Animals, Animals! (110), Micro-Hike (112), Duplication (113), Sleeping Miser (114), Watcher of the Road (116)

### *The Sky and Earth Touched Me*

Nature and Me (29), Watching the Breath Meditation (66), A Lake is Like the Mind (68),

## **Stage 3: Offer Direct Experience**

### *Sharing Nature: Nature Awareness Activities for All Ages*

Interview with Nature (121), Observe Nature Like John Muir (123), Camera (125), Bird Calling (129), Mystery Animal (131), Meet a Tree (137), Caterpillar Walk (139), Journey to the Heart of Nature (140), Vertical Poem (144), Sunset Watch (146), Blind Walk (151), Back Home (152), Blind Trail (153), Guided Imagery (155), Tree Imagery (157)

### *The Sky and Earth Touched Me*

Forest Bathing (23), The Sky and Earth Touched Me (33), Expanding Circles (37), The Vibrant Peace Walk (45), I am the Mountain (51), Flow with Life (60), Vertical Poem (103)

### *Listening to Nature*

Sitting Still (27), With Beauty Before Me (34), Lake Visualization (44), Stillness Meditation (43), Bird Calling (49), Flower Meditation (59), Walking and Feeling Yourself in All (60), Earth Mother Walk (63), The Silence of Nature (67), Chanting Om (71), Prayer of St. Francis (75), Let Nature Be Your Teacher (76)

### *Flow Learning: Opening Heart and Spirit Through Nature*

Ranger Roy's Eyes (40), Smile with your Whole Body (108)

## **Stage 4: Share Inspiration**

### **Sharing Nature: Nature Awareness Activities for All Ages**

Special Moments (167), Nature Reflections (168), Folding Poem (171), Silent Sharing Walk (173), With Beauty Before Me (175), Recipe for a Forest (176), A Letter to Myself (177), Storytelling to Share Inspiration (180), The Birds of the Air (184)

### **The Sky and Earth Touched Me**

The Trail of Beauty (91)