

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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