The four stages of Flow Learning are:
(taken from http://www.sharingnature.com)

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

Stages of Flow Learning

1. **Awaken Enthusiasm** - Children learn if the subject matter is meaningful, useful, fun, or in some way engages their emotions. Time spent in creating an atmosphere of curiosity, amusement, or personal interest is invaluable because once students' enthusiasm is engaged, their energy can be focused on the upcoming lesson or experience.

2. **Focus Attention** - Some students' minds can be compared to a team of wild horses running out of control. Without concentration no true learning can take place. The activities in this stage challenge the players in fun and creative ways. To successfully meet these "challenges" the players have to concentrate on one of their physical senses. In doing so, they become more calm, observant and receptive to their surroundings.

3. **Direct Experience** - Once students' interest and energy is awakened and focused, the stage is set for deeply experiencing nature. These absorbing, experiential activities have a dramatic impact that involves people directly with nature. These games help us discover a deep, inner sense of belonging and understanding. If people are to develop a love and concern for the earth, they need these direct experiences; otherwise, their knowing remains remote and theoretical and never touches them deeply.

4. **Share Inspiration** - This stage provides an interesting way for students to reflect together on what they have learned. In our fast-paced world, students and teachers alike often rush from one activity to another. Yet taking the time to reflect upon an experience can strengthen and deepen that experience. It need not take long. It can be as simple as responding to a few questions, writing a journal entry, or drawing a picture. Goethe said, "A joy shared is a joy doubled." Giving students the opportunity to share their experience increases the learning for the entire class. Sharing also brings everyone together and creates an uplifting atmosphere, making it much easier for the teacher to share inspirational ideas and stories.
Flow Learning Chart

Stage 1

Purpose: Awaken Enthusiasm

Quality: Playfulness & Alertness

Benefits:

• Builds on children's love of play
• Creates an atmosphere of enthusiasm
• A dynamic beginning gets everyone saying "Yes!"
• Develops full alertness, overcomes passivity
• Creates involvement
• Gets attention (minimizes discipline problems)
• Develops rapport with the leader
• Creates good group dynamics
• Provides direction and structure
• Prepares for later, more sensitive activities

Stage 2

Purpose: Focus Attention

Quality: Receptivity

Benefits:

• Increases attention span
• Deepens awareness by focusing attention
• Positively channels enthusiasm generated in Stage 1
• Develops observational skills
• Calms the mind
• Develops receptivity for more sensitive nature experiences

Stage 3

Purpose: Direct Experience

Quality: Absorption

Benefits:

• People learn best by personal discovery
• Gives direct, experiential, intuitive understanding
• Fosters wonder, empathy and love
• Develops personal commitment to ecological ideals
Stage 4

Purpose: Share Inspiration

Quality: Idealism

Benefits:

• Clarifies and strengthens personal experiences
• Builds on uplifted mood
• Introduces inspiring role models
• Creates group bonding
• Increases learning for everyone
• Provides feedback for the leader
• Leader can share inspiration with a receptive audience