Nature-centric models
Natural Cycles and Flow Learning
Learning Outcomes

Unit 4
3.1. Explain how experiencing nature, supports holistic education.
3.2 Analyse how flow learning as part of the nature-centric model can support (a) practitioner and (b) learner development. Including appropriate risk-taking, social, cultural and personal development.
3.3 Draw conclusions as to how flow learning approach can support holistic development and learning.

Unit 5
1.1 Explain how a nature-centric model can support (a) practitioner and learner development (b) restore the bond between people and nature.
1.2 Analyse how the nature-centric approach can support holistic development and learning.
Joseph Cornell’s

- The four stages of Flow Learning are:

  1. Awaken Enthusiasm – energetic & playful
  2. Focus Attention – observation, be alert, get attention, be receptive
  3. Experience Directly - be curious, more sensitive and experiential, get absorbed
  4. Share Inspiration – gather and work together
Joseph Cornell bases his teaching on five tenets that have helped him work with energetic, lively children:

- teach less and share more
- be receptive
- focus the children's attention without delay
- look and experience first; talk later
- ensure that a sense of joy permeates the experience.
A example session – use of games

1. Enthusiasm – mystery guess, Noses, web of life
2. Focus – how many sounds or colours, unnatural trail, duplication, micro-hike
3. Experience – Earth window, blind walk, meet a tree, become an animal (role play)
4. Share inspiration – show and tell, story of the day, project together.
Life cycle of a plant

1. **Germination** - Late winter
2. **Sprouting** - Late winter
3. **Rapid External Growth** - Late spring
4. **Flowering** - Mid morning
5. **Fruiting** - Late summer
6. **Internal Growth** - Autumn
7. **Decay** - Late Autumn
8. **Seeds** - Winter

Seasons:
- **Winter**
- **Spring**
- **Summer**
- **Autumn**

Times of Day:
- **Morning**
- **Noon**
- **Evening**
- **Midnight**

Directions:
- **N** (North)
- **NE** (Northeast)
- **E** (East)
- **SE** (Southeast)
- **S** (South)
- **SW** (Southwest)
- **W** (West)
- **NW** (Northeast)

Late afternoon:
- Late summer

Mid morning:
- Late spring
Human Life cycle

- **Midnight**
  - Winter
  - Seeds

- **Predawn**
  - Late winter
  - Germination

- **Sunrise**
  - Spring
  - Sprouting

- **Mid morning**
  - Late spring
  - Internal Growth

- **Noon**
  - Summer
  - Flowering

- **Late afternoon**
  - Late summer
  - Internal Growth

- **Sunset**
  - Autumn
  - Fruiting

- **Evening**
  - Late Autumn
  - Decay

- **Childhood**
  - Rapid external growth

- **Adolescence**

- **Adulthood**

- **Late Adulthood**

- **Early Adulthood**

- **Midlife**
  - Elderhood

- **Birth**

- **Death/Conception**
Natural Learning Cycle – Jon Young

- Midnight
- Winter
- Seeds
- Elderhood
- Integrate
- Mid morning
- Late spring
- Germination
- Death/Conception
- Sunrise
- Spring
- Sprouting
- Birth
- Noon
- Summer
- Flowering
- Adolescence
- Early Adulthood
- Internal Growth
- Rapid external growth
- Childhood
- Late afternoon
- Late summer
- Fruiting
- Adulthood
- Sunset
- Autumn
- Fruit
- Adulthood
- Evening
- Late Autumn
- Decay
- Late Adulthood

- Open & close
- What’s next
- Inspire
- Orientation and Motivation
- Reflect
- Gather & Share
- Take a break
- Integrate
- Focus

- NW
- NE
- S
- W
- SW
- SE
A session in nature

**Integrate** — nuggets of wisdom, application of lesson, announcements, offer a question, challenge

**Open & Close,**
what’s next – thanksgiving

**Sense meditation**

**Inspire** -
Personal story on theme of day, overview, demo.

**Activate** — getting into your body, ground rules, crow call, duplication, scavenger hunt

**Reflect** — inner tracking, telling family, share trends, what you notice, highs and Lows, magic moments

**Gather & Share**
Celebrate, favourite moments, map, sing

**Take a break** — no agenda, fun games, eagle eye.
Snack, water, sitspot

**Focus** — first hand experience, main activity, game, draw....
Nature models as an evaluation tool – Jon Young’s indicators of awareness/learning goals, indicators of success.

- Do they have a quiet mind?
- Do they have common sense?
- Do they have aliveness & agility?
- Are they inquisitive & have focus?
- Are they self-sufficient?
- Are they willing to help others?
- Do they feel awe & reverence?
- Do they care take and tend to others & themselves?
- Are they willing to help others?
Reflection questions for each direction.

- NW: Do we acknowledge where heritage & knowledge has come from?
- W: Are we acknowledging moments of celebration/achievements. Are we supporting each other?
- SW: Are we tending to ourselves well? Enough water?
- S: Are we on track – are we using our time efficiently? Are we keeping agreements?
- SE: Are we too serious? Any play needed?
- E: Is everyone feeling welcomed & included?
- NE: Are we including moments of creativity? What can we give thanks for?
- N: Are we making space for leadership qualities to shine?
References

• This model is taken from teachings evolved at Wilderness Awareness School, pioneered by Jon Young. It was inspired by Joseph Cornell’s flow-learning.

• Wilderness Awareness School handout (Jul 2008)


Can you have holistic education within a school?

A holistic education relies on all the generations supporting each other and offering different things and sharing different qualities with each other.
Cycle of a year – what does the season make you feel like?

- **Winter**
  - Late winter
  - Spring
  - Late spring
  - Summer
  - Late summer
  - Autumn
  - Late autumn
  - Evening

- **Midnight**
  - Predawn
  - Sunrise
  - Mid morning
  - Sunset
  - Late afternoon
  - Noon
Cycle of a day

- Predawn
- Sunrise
- Mid morning
- Noon
- Late afternoon
- Sunset
- Evening
- Midnight
Book of nature in their 8 directions

Heritage species – wisdom of the ancestors

Ecological indicators – how it works together

Plants – nature’s market & medicines

Mammals – hard to see but trackable

Trees – tools of human survival

Birds – the messengers

Hazards – a call to be alert, use common sense

Motivating species – things to catch, eat, climb, tend

Heritage species – wisdom of the ancestors

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Hazards – a call to be alert, use common sense

Motivating species – things to catch, eat, climb, tend
Jon Youngs – Natural Cycle of Learning – he added 8 stages to Joseph’s 4.