

## TEACHING AND LEARNING STYLE

### Intentional Programming/Flow Learning Techniques

All lesson plans, topics, and themes in Children in the Wilderness education resources have been divided into four stages in accordance with the “Flow Learning” technique. These stages are further explained below:

#### **Stage 1:**

This entails awakening the Enthusiasm. A light, fun, usually physical activity-ice breaker/energiser will work well.

#### **Stage 2:**

Focus Attention - once the participants’ enthusiasm has been awakened, the theoretical lesson can now be presented.

#### **Stage 3:**

Direct Experience – Once the theoretical lesson has been conducted, where relevant and important aspects of the topic have been shared with the participants, then main practical activity can now be undertaken. These can be assignments, investigations, experiments, etc. and will usually be presented in the curriculum.

#### **Stage 4:**

Share Inspiration or gauging – this stage allows the mentor to review all activities in the lesson plan in order to gauge the children’s understanding of the subject or topic being taught. This stage also allows the Eco-Mentor to reinforce the key issues covered in the lesson and for the Mentor to gauge the children’s understanding of the subject as well as to allow you to reinforce key issues and actions the children should take going forward.

#### **In summary:**

Begin all lessons by performing a relevant energizer/ice-breaker, followed by a brief theoretical session that explains the topic in question as well as giving brief and relevant information pertinent to the topic. This should be followed by the main practical activity and the debriefing session wrapping up your lesson. The debriefing session is as important as other stages of the lesson plans.