

Subtopic 2: Elements of Flow

Ask and discuss:

Think about how you felt during these activities.

- Were you aware of what was going on around you?
- Did you lose track of time?
- Did you have a high level of “want to” motivation?
- Did you feel as though you had a good skill level to do the activity?

How did these feelings differ between doing things on the top rungs vs. the bottom rungs?

Often when we do activities on the bottom rungs of the pyramid, we tend to “get in the zone” or experience “flow.” Flow is a concept to describe what we feel when we are very immersed in what we are doing and are having a very positive and enjoyable experience. Flow activities contribute to our overall health and wellbeing.

Discuss the elements of flow (transparency 11).

