



## **Mind: keep learning**

Have you ever been so involved in an activity that you've completely lost track of time? Maybe you've been playing a game or musical instrument, or doing a hobby? That's what psychologists call 'flow' – when you're completely focussed on doing something that requires effort and attention and makes you feel great afterwards. Incorporate one or two 'flow' activities into your life because more flow = more happiness!

## **Get in the flow!**

What's your favourite  
'flow' pastime?

Use the pots of play-dough to  
create a model of your  
flow activity  
and add it to the collection!