



Episode 5 Resources: Flow

Article: Finding Flow

<https://www.psychologytoday.com/ca/articles/199707/finding-flow>

Article: Can You Access the Joy and Benefits of Flow in Lockdown?

<https://www.psychologytoday.com/ca/blog/creating-in-flow/202005/can-you-access-the-joy-and-benefits-flow-in-lockdown>

Article: What Parents Need to Know About “Flow”

<https://www.parentcorticalmass.com/2011/06/what-is-flow.html>

Book: Flow: The Psychology of Optimal Experience

https://www.amazon.ca/Flow-Psychology-Experience-Mihaly-Csikszentmihalyi/dp/0061339202/ref=sr_1_1?dchild=1&keywords=flow&qid=1618257281&sr=8-1

Book: From Teaching to Thinking

<https://www.childcareexchange.com/catalog/product/from-teaching-to-thinking/3600573/>