

Wheel of Well-being

The Puzzling Art of Flow



Overview

This group jigsaw puzzle activity fosters a **sense of flow**, bringing people together through a fun, collaborative, and shared experience. Choose from one of these three takes on the puzzling art of flow!

Why do this?

Jigsaw puzzles are a workout for both the mind and the soul. They calm the mind, ease stress, and spark creativity by engaging both sides of the brain. Each piece found brings a small burst of accomplishment, lifting mood and sharpening focus, memory, and problem-solving skills. And when shared with others, puzzles turn into moments of teamwork, laughter, and connection.

Instructions

1. **One big puzzle:** Place a large puzzle in the centre and let everyone work on it together. This setup encourages natural conversation, collaboration, and a relaxed group atmosphere as everyone contributes toward a shared goal.
2. **Separate and combine:** Split the team into smaller groups and give each one a different section of a large puzzle. Each group completes their portion first, then everyone comes together to connect the sections and reveal the full picture. This promotes both individual focus and teamwork.
3. **The 'imposter' puzzle:** Add a twist! Choose one person to secretly play the 'imposter', whose mission is to subtly slow down or sabotage progress without being caught. The team must complete the puzzle **and** figure out who the imposter is before time runs out.



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