The “Flow Game” is a simple exercise to help demonstrate and experience flow.

Directions:

- ask for a team of five volunteers
- have them sit side-by-side at a table
- give a pad of sticky notes to the first person
- tell them they are in the business of selling sticky notes with the numbers one through five written on them, as well as a happy face
- demonstrate to the first person that they are to take a single sticky note, write the number one, then take a second sticky note, put it on top of the first one, and write the number one, and so on, until they have completed a batch of five sticky notes, all with the number one written on it
- once they are done the pile of sticky notes, they are to pass that batch to the second person, who will follow the same process
- the third person is to write the number three, AND a smiley face
- number four and five follow the same process as one and two
- when the fifth person has finished the last of their sticky notes, the entire team is to stand up, and the timer will be stopped

Once you have given these directions to the team, run through the simulation and record how long it takes. Allow them to pick one (and only one) idea to improve the flow and implement it.

Then run the simulation a second time with the improvement and record that time. Point out that they achieved this improvement without any additional resources — they merely identified a problem and implemented a change to solve it.