



Creativity & Flow

Upper-intermediate (B2-C1)

Part 1. Look at the phrases below. Choose three that feel true for you right now and explain why.

I've been putting something off

I've been feeling quite inspired lately

I can't remember the last time I made something

I do my best thinking when I'm moving

I've lost touch with a creative hobby

I get my best ideas in the shower

I overthink things before I even start

I find it easier to create under a deadline

I don't really think of myself as creative



Part 2. Choose one option in each pair. Give a reason or example.

Creating something alone	or	creating with others?
A flash of inspiration	or	slow, patient work?
Starting many things	or	finishing one thing properly?
Making something with your hands	or	making something with words or ideas?
Having total freedom	or	working within constraints?
Creating for yourself	or	creating for an audience?

Part 3. Discuss the following questions.

- When did you last feel genuinely absorbed in something – so much so that you lost track of time? What were you doing?
- Do you think of yourself as a creative person? Does the label even feel useful?
- Is there something creative you used to do but drifted away from? What happened?
- Where do your best ideas tend to come from – pressure, boredom, conversation, or something else entirely?



Part 4. Read the context sentences below. Discuss what you think the bold expression means, then check against the table. Which of these have you experienced?

- 'I was completely **in the zone**— nothing else existed for about two hours.'
- 'She has **a real knack for** turning ordinary moments into something worth noticing.'
- 'The **blank page paralysis** is the worst part — once I start, I'm fine.'
- 'He tends to **tinker** endlessly rather than committing to a finished version.'
- 'I **hit a wall** halfway through and couldn't figure out whether to push through or step away.'
- 'She's one of those people who can **riff on any idea** — nothing seems to block her.'
- 'There's something deeply fulfilling about making something **from scratch**, even if it's imperfect.'
- 'I've been in a **creative rut** for months — I know what I want to do, I just can't get started.'

Part 5. Read the statements. Say which ones you agree with, which ones you'd push back on, and which ones you're genuinely not sure about. Explain your thinking.

- Creativity isn't a personality trait — it's a habit.
- Most people are more creative when they're slightly bored.
- The idea of 'waiting for inspiration' is just a form of procrastination.
- Perfectionism and creativity can't comfortably coexist.
- Children are more creative than adults, and school slowly trains it out of them.
- There's no such thing as a truly original idea — everything is built on something else.

Part 6. Have you ever experienced what psychologists call a 'flow state' — where time seems to distort, self-consciousness disappears, and the work feels almost effortless? Discuss the questions below.

- Can you describe a time when you felt something like this? What were you doing?
- What conditions seem to make it more likely for you — or less likely?
- Do you think flow is something you can deliberately create, or does it just happen?
- Can flow become a way of avoiding other parts of life? Is that a problem?

Part 7. Look at the conditions below. Rank them from most important (1) to least important (9) for your own creativity. Explain your choices.

- Silence and solitude
- A deadline or sense of urgency
- Physical movement (walking, exercise)
- Other people to bounce ideas off
- A change of environment
- Unstructured free time
- A clear brief or set of constraints
- Being well rested
- Low-level background noise (a café, music)

Part 8. Read the situations below. Discuss what you'd do.

- You sit down to work on a creative project. Twenty minutes in, you hit a wall. Do you push through, step away, or something else?
- A close friend says they've always wanted to write / paint / make music, but they're not talented enough to bother. How do you respond?
- You have a completely free Saturday with no obligations. How likely are you to do something creative? What would it be?
- Someone offers you a creative project that genuinely excites you, but it's well outside your comfort zone. What do you do?

Part 9. Look at the pairs below. Both reflect things people genuinely believe about creativity. Which do you find more convincing – and why? Are they really opposites, or can both be true?

Creativity thrives on total freedom	or	creativity thrives on constraints?
You have to be in the right mood to create	or	you have to create to get into the right mood?
Talent is the deciding factor	or	persistence is the deciding factor?
Solitude is essential for deep creative work	or	collaboration is where the best ideas happen?

Part 10. Choose two questions from the list and explore them in depth. Try to use some of the expressions from Part 4.

- What's the most creative thing you've ever done? Do you look back on it with pride, embarrassment, or something more complicated?
- Is there a creative block you keep returning to? What do you think is really underneath it?
- Who in your life do you consider genuinely creative? What is it about them that strikes you?
- If you could spend a year learning any creative skill with no pressure to be good at it, what would you choose?
- Do you think modern life makes it harder or easier to be creative than it was twenty years ago?
- Have you ever surprised yourself with something you made or came up with? What happened?

REFLECTION

Complete the sentences in your own words.

- The last time I felt genuinely in the zone was...
- Something that tends to block my creativity is...
- A creative habit I'd like to build is...
- One thing I've realised about myself from this conversation is...