

This **document** has been **rewritten**.

The **original text** can be **found** on the **slinkystuffiefam website**.

The **page** on the **website** is named **Slinky Flow**.

This is to be **more accessible** to those of **different reading levels**.

The **rewritten text** is **below**.

**Flow** means being **aware** of **things** around them.

It also means living in the moment.

There are many ways to achieve **flow**.

This can be **done** with a **slinky**.

**Flow** with a **slinky** is called **slinky manipulation**.

**Slinky manipulation** is a way to **play** with the **slinky** in a **cool** way.

**Slinky manipulators** perform **tricks** to **entertain** and **amaze** others.

**Slinky tricks** include **twisting**, **pulling**, **bouncing** and **flipping** a **slinky**.

**Skilled slinky manipulators** often find themselves in a state of **flow**.

**Skilled slinky manipulators** can move the **slinky well**.

When **starting** it might be **hard** to get into a **flow** state while playing with a **slinky**.

It can feel **overwhelming**.

Don't worry!

With **practice** and **consistency**.

You can **improve** your abilities and **achieve** a **flow** state.

We can **practice** to become **better** at **slinky flow**.

If you ever **feel** like **giving up**.

**Remember** it takes **practice**.

**Sometimes**, all you need is a **break**.

Or **comfort** from a **stuffed animal**.

It should then be **easier** to continue **practicing**.