|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day** | **Energy Out (-1 to -10)** | **Energy In (+1 to +10)** | **Difference** | **Running Balance** |
| Monday | e.g.  Morning routine  Journey to School  Walking about school  Transitions between classes  Walking home from school  Working in classes (specifically…)  People asking me to do things  Talking to friends and peers  Talking to teachers  Arguing with mum / dad / peers / staff  Arguing with staff  Too much ICT / Social Media  P.E.  Staying up too late  Worrying about things like school work, homework, life, mistakes, what other people think | e.g.  Eating  Sleeping  Walking  Music  Exercise  ICT for short amounts of time  Relaxation strategies  Breathing exercises  Reading  Mindfulness  Time Out  Art  Sculpture  Pet therapy  Cooking / baking  Time with friends  Extra-curricular activity / club  Meeting Key Person |  |  |
| Total |  |  |  |  |
| Tuesday |  |  |  |  |
| Total |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Wednesday |  |  |  |  |
| Total |  |  |  |  |
| Thursday |  |  |  |  |
| Total |  |  |  |  |
| Friday |  |  |  |  |
| Total |  |  |  |  |
|  |  |  |  |  |