|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day** | **Energy Out (-1 to -10)** | **Energy In (+1 to +10)** | **Difference** | **Running Balance** |
| Monday | e.g.Morning routineJourney to SchoolWalking about schoolTransitions between classesWalking home from schoolWorking in classes (specifically…)People asking me to do thingsTalking to friends and peersTalking to teachersArguing with mum / dad / peers / staffArguing with staffToo much ICT / Social MediaP.E. Staying up too lateWorrying about things like school work, homework, life, mistakes, what other people think | e.g.EatingSleepingWalkingMusicExerciseICT for short amounts of timeRelaxation strategiesBreathing exercisesReadingMindfulnessTime OutArtSculpturePet therapyCooking / bakingTime with friendsExtra-curricular activity / clubMeeting Key Person |  |  |
| Total |  |  |  |  |
| Tuesday |  |  |  |  |
| Total |  |  |  |  |

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