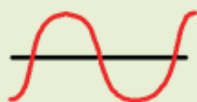


# Energy Levels



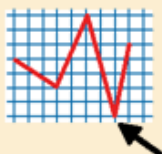
Everyone has different energy levels.



Different things use up our energy.



Different activities use up different levels of energy.



When our energy levels drop we become tired.



When we become tired, we can't do the same things we can do when our energy levels are high.



Things may annoy, irritate or upset us more when our energy levels are low.



To help us stay healthy, we need to be aware of our energy levels.



By being aware of our energy levels, we can recognise what when we need to do something to give us more



This helps us to become more self aware which helps us with all aspects of our life.





# The Spoon Theory



Cut out and stick on the activities to show how much energy levels daily tasks cost you.



spoon



spoon



spoon



