

Energy Measure Instructions

The energy needed to complete an activity is different depending on the type of activity. We also get different amounts of enjoyment or satisfaction out of the activities we do every day. For example, you may really enjoy having a bath but not enjoy brushing your hair.

On the next page is an activity you can complete to help you decide which activities use a lot of energy and which ones use less energy. The activities will also be split into the activities you enjoy and do not enjoy.

A traffic light system has been used to help you think about energy levels. Green means it uses a small amount of energy and red means it uses a lot of energy.

Below is an example to help you see what the finished table might look like. You might find it useful to complete the activity with an adult so they can help you decide which box activities go in.

Example:

	Energy needed to complete the activity		
	Low (green)	Medium (amber)	High (red)
I enjoy/get satisfaction from	Reading	Bath Watching a film	PE Swimming lessons
I do not enjoy/do not get satisfaction from	Brushing my teeth	Maths Making my breakfast	Getting dressed

Once you have completed the table you can use it to help you plan how your energy will be used throughout the day. Activities that you need to do each day might go into the high energy and do not enjoy box, make sure you balance these with activities from the low energy and enjoy box to ensure you are both doing something you enjoy but also maintaining your energy throughout the day.

Energy Measure

	Energy Needed to Complete Activity		
	Low (Green)	Medium (Amber)	High (Red)
I enjoy/get satisfaction from			
I do not enjoy/do not get satisfaction from			