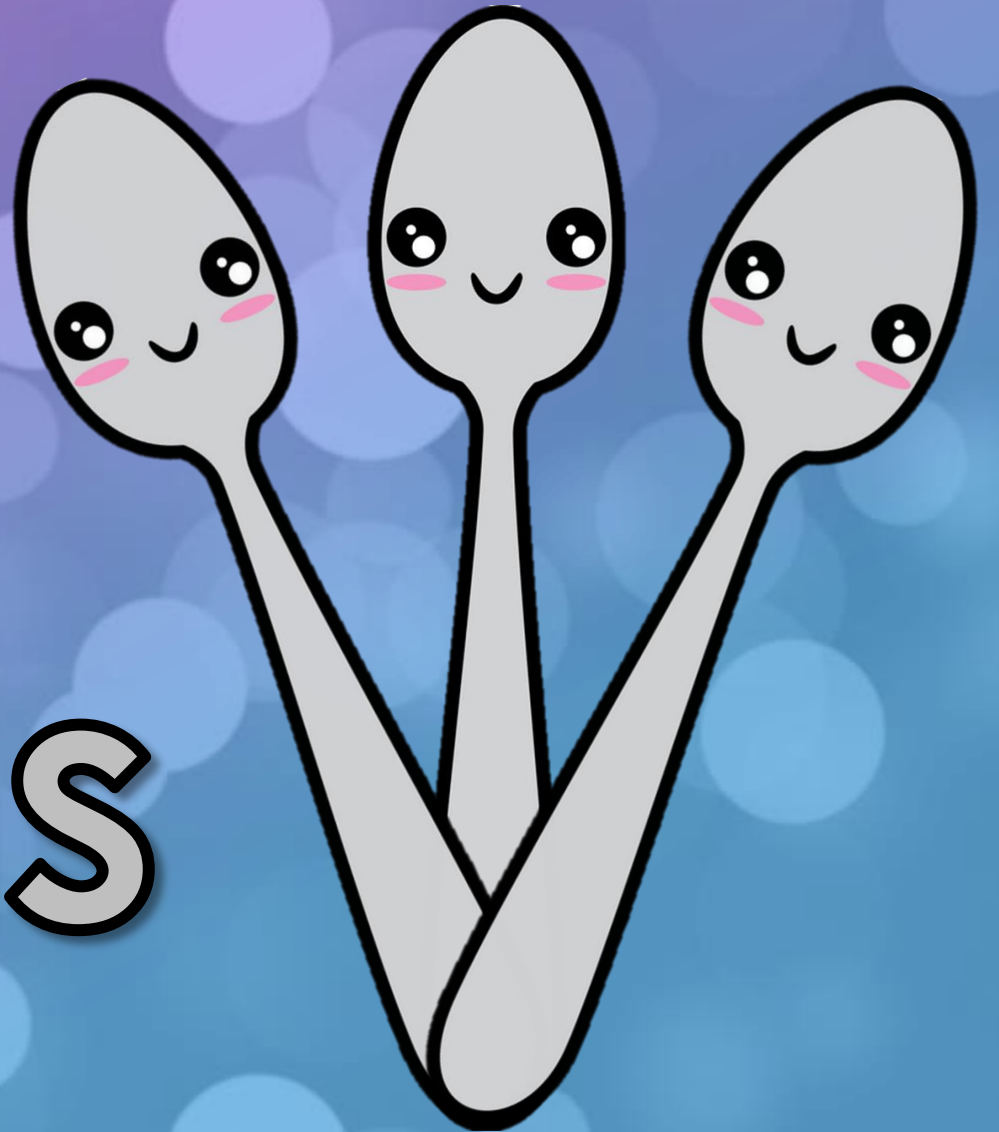


Spoons



Why Spoons?

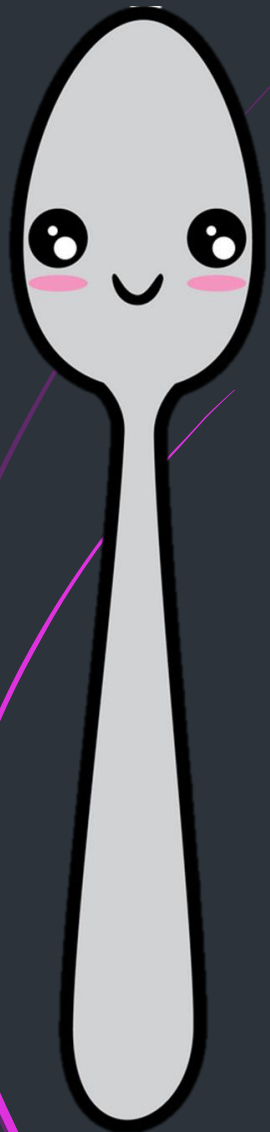
Imagine that the energy we have for managing challenges each day can be measured in spoons.

By 'challenges' we mean stressful or energy using activities or places such as tricky lessons, busy corridors or playtime.

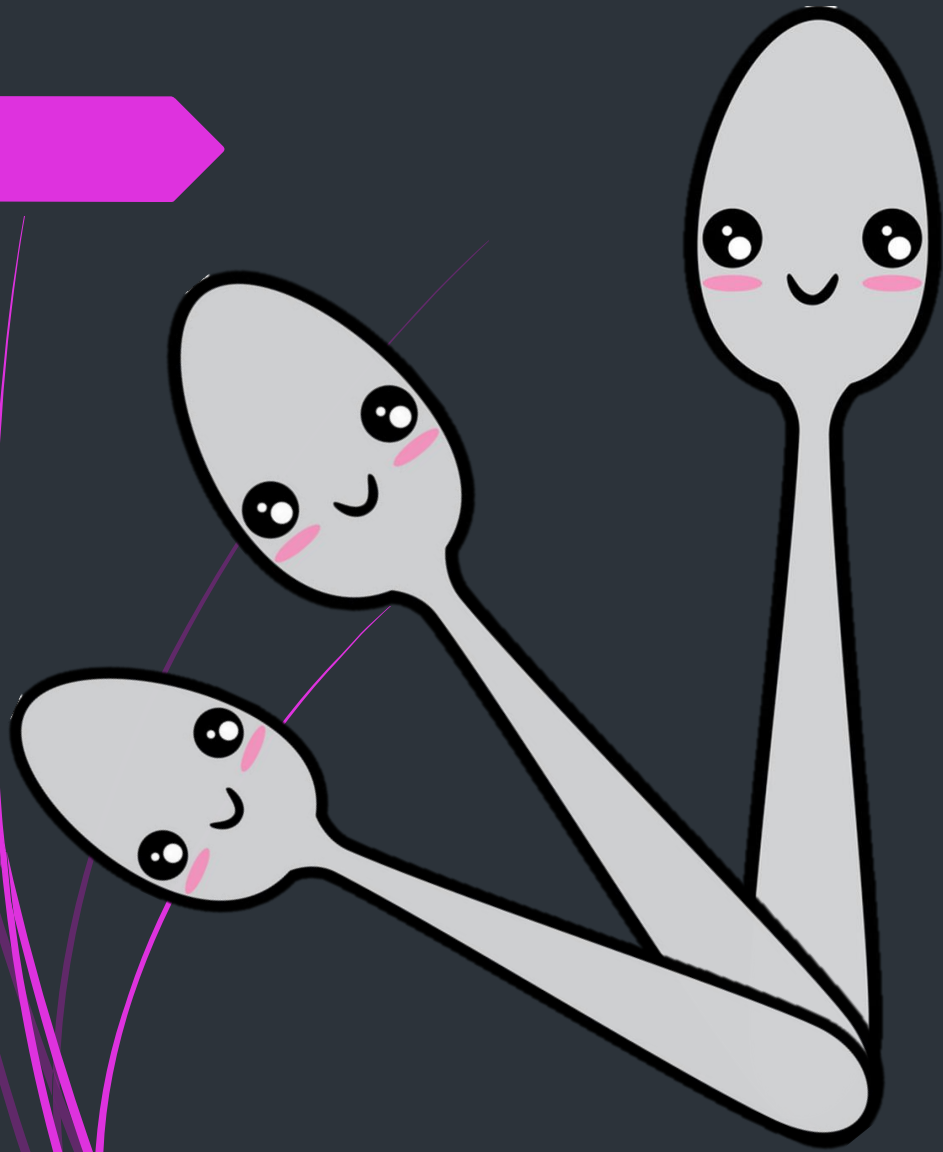
We are going to imagine that we start the day with 20 spoons to use throughout the day.

Some days we may have more or less than this though- for example we may only have 10 spoons if we are having a difficult time, or had a bad night's sleep. After a calm and happy time, may have 25.





What might cause
you to wake up
with more or less
spoons?



Every stress and challenge takes spoons.

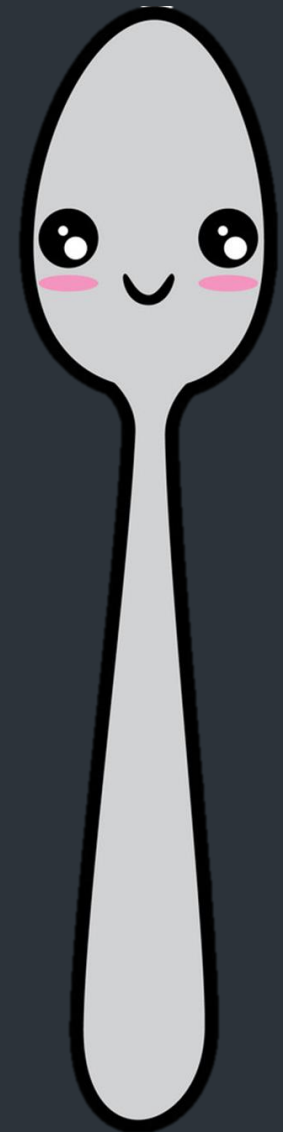
This can include 'fun' activities (playing with our friends can be fun but dealing with friendship issues is hard).

In school, taking part in a challenging maths lesson, dealing with a loud corridor or coping with the friendships at playtime, may each take a spoon (3 spoons in total).

It is easy to see how the school day uses up our spoons quickly!

This is a problem, because when we run out of spoons, we run out of the ability to cope.

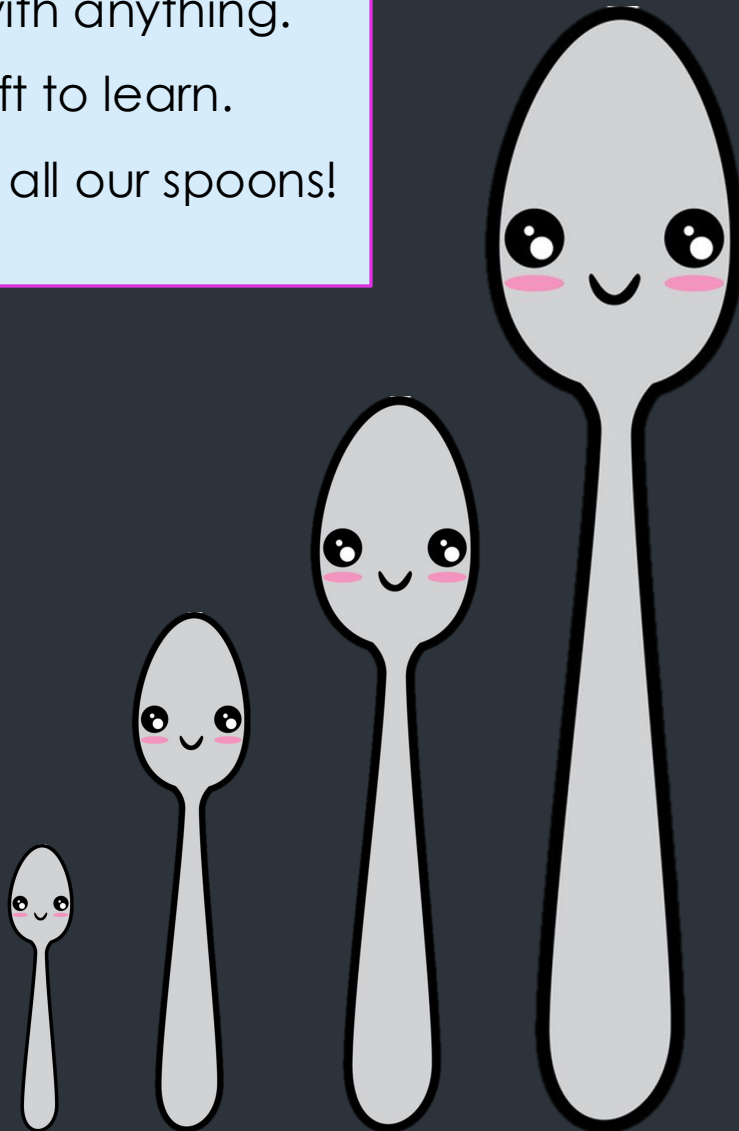
What might use up
your spoons?



When we 'lose' all our spoons, we have no energy left to cope with anything.

We have no resilience left to learn.

We need to avoid losing all our spoons!

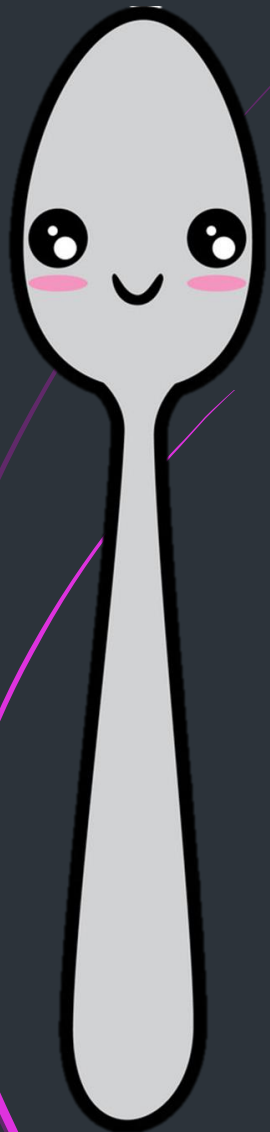


The good news is that we can also fill our spoons. For example, we might gain spoons with time spent on:

- Our special interests such as reading or Lego
- Being outdoors/having some time to ourselves
- Drawing/being creative
- Baking
- A favourite sport/exercise

This will be very individual as we all enjoy different things.

Filling our spoons is always a good investment for the rest of the day, or even the next day as it means we can cope better.



What might fill your
spoons?

When I have...	I can tell because I...
20 spoons	
15 spoons	
10 spoons	
5 spoons	
0 spoons	