

Guidance for teachers



This resource is ideal for Key Stage 2 children in Year 5 and Year 6. It is designed as a self-reflection tool to help children become more aware of what they spend a lot of mental and emotional energy thinking about or doing. It also encourages them to consider how they can recharge when they are feeling drained.

More about energy accounting

We've loosely drawn from the principle of **energy accounting** to help put this together - expanding its original scope. This idea was outlined by psychologists Maja Toudal and Dr Tony Attwood to help autistic children, but can be a useful tool for everyone.

Neurodiverse pupils may find the concept of energy accounting something they want to look at in more detail, or more regularly with a trusted adult or professional.

Further reading and resources

Watch Maja Toudal discuss energy accounting:
[youtube.com/watch?v=aGIP-BXncf4](https://www.youtube.com/watch?v=aGIP-BXncf4)

Read the book: Toudal, M and Attwood, T. (2004) *Energy Accounting – Stress Management and Mental Health Monitoring for Autism and Related Conditions*. London: Jessica Kingsley Publishers

A note about anxiety

This resource is **not** intended to be an anxiety screener, but does ask children to reflect on things in their personal life and that they might hear in the world around them.

This may lead to discussions about anxiety and worry. It might be helpful to explain to children that we all get worried about events in the short term (like tests or performances or moving school) and that a small amount of stress helps us perform well. Similarly having concerns about climate change shows that we care about the world around us.

When we start to worry excessively however, it's a good idea to talk to an adult. This might include worries that regularly stop us sleeping, concentrating, or feeling good after activities that would normally recharge our battery.

Charging my mental battery

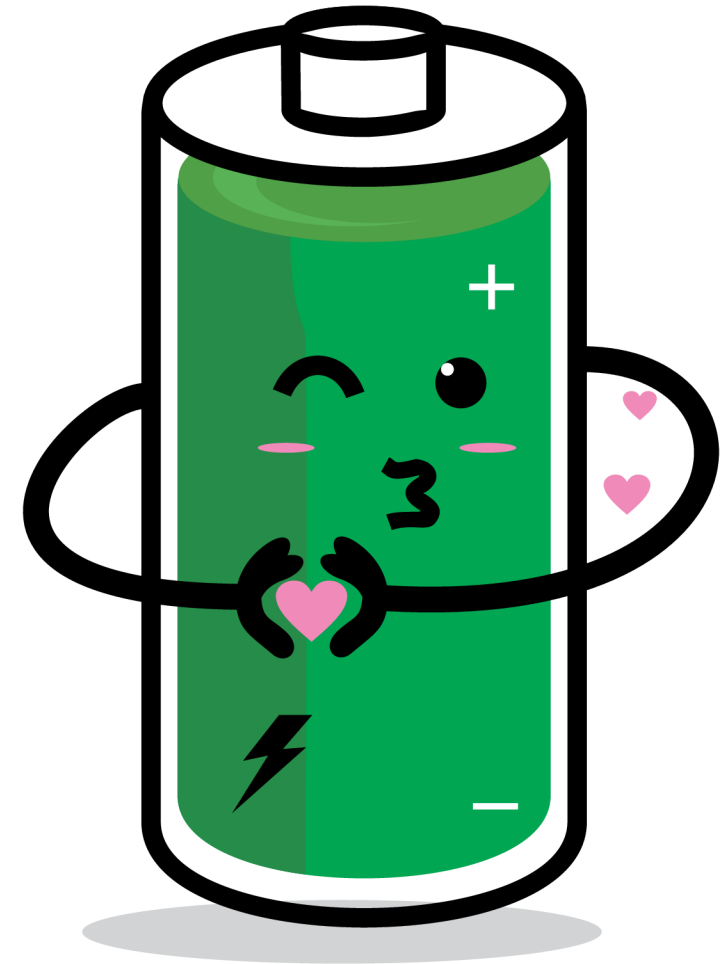


Our brains are unique!

We all have a mental battery that can sometimes get drained by things happening in our everyday lives. Different people find different things emotionally and mentally draining.

Just as when we notice a battery on a smartphone running low we would take steps to charge it, we should also think about charging our mental battery.

If we don't address this, then we can end up feeling overwhelmed. When our battery is very low we can't just push through - we need to take time to rest and refocus.



What does a full/empty battery feel like?

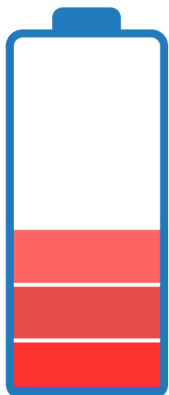


When your battery is fully charged you might feel...



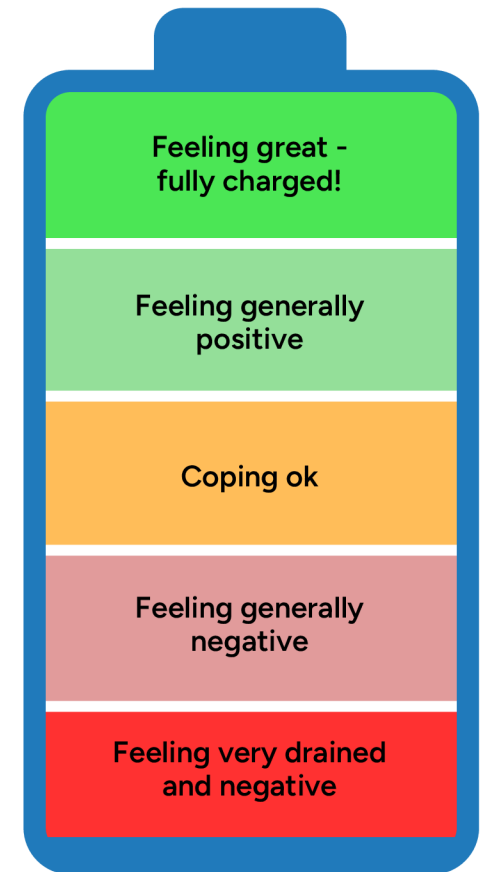
You have lots of energy
Positive
Calm and ready to learn
Able to concentrate on your work
That everything is flowing well
Able to connect with others

When your battery is drained you might feel.....



Tired - you don't want to do anything
Overwhelmed
Fuzzy - it's hard to concentrate on your work
Grumpy or very angry
Flat - it's hard to enjoy things you normally would
Quiet - you don't want to play/socialise as much

If your battery is running very low it's always a good idea to talk to an adult

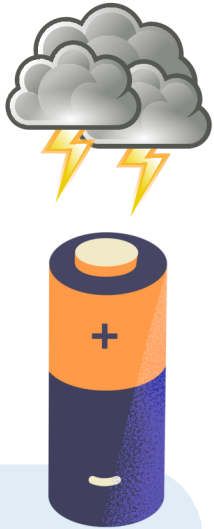
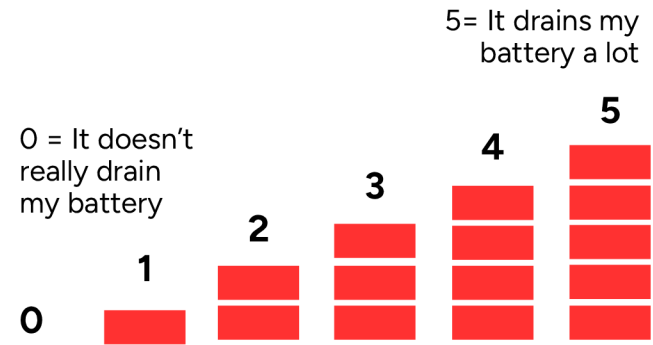


What drains my mental battery?

Thinking about the world around me

We all need to think about the world around us. A small amount of concern is not a bad thing and just shows that we care! However, dwelling on this can be something we need help with.

Is there anything that you spend a lot of your energy thinking about? Write numbers in the boxes of any that apply to you.



Thinking a lot about bad things I hear in the news

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Thinking about the wellbeing of people in my family

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Thinking about climate change and the environment

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Thinking about something I got wrong days or weeks afterwards

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Thinking about going to secondary school

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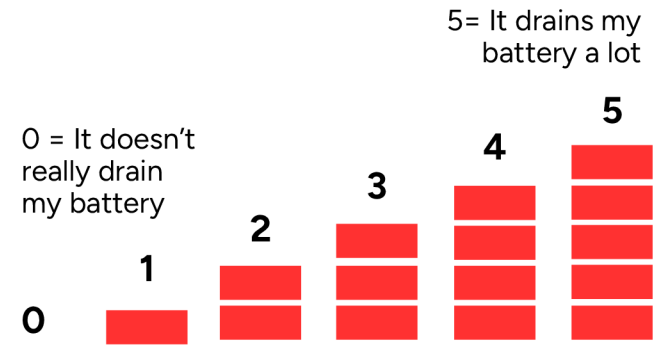
What drains my mental battery?



My relationships with peers

When it comes to socialising, some people get lots of energy from being in a large group, others find it a drain on their energy. You might also find it hard to talk to peers who are older than you or who you are meeting for the first time.

What aspects of socialising with other people do you find draining? Write numbers in the boxes of all that apply.



Arguing with my friends

Not enough time on my own

Too much time away from friends

When I have to present or speak in front of the class

Partnering with somebody I don't usually work with

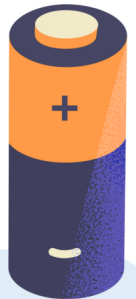
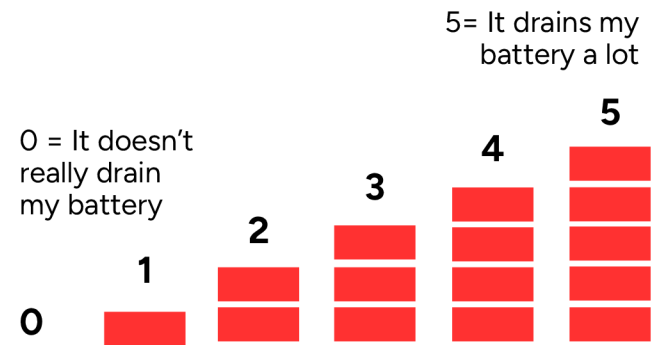
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What drains my mental battery?

My routine

Think about your daily activities. Do you find any of them particularly mentally/emotionally draining or overwhelming? For some people, particularly those who are neurodiverse, certain activities may be especially mentally exhausting.

What aspects of your day do you find draining? Write a score between 0-5 in the relevant box against any you feel apply.



Getting myself dressed in the morning

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School assemblies

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Breaktimes

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Being late for things

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PE lessons

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Having to sit still for long periods in lessons

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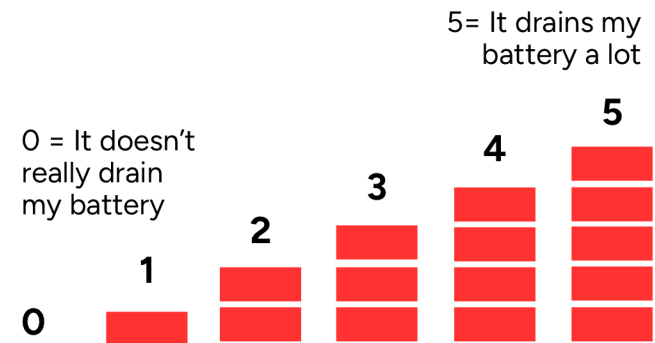
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What drains my mental battery?

My learning

You might encounter some of the following things below that require a lot of your mental energy to manage.

Which of the below do you find overwhelming or do you often need some extra help with? Write a score in the relevant box for anything you feel applies to you.



Doing maths

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Doing activities that involve a lot of drawing

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Being given too many instructions at once

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Making more of my own decisions about my work

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Having to do more tasks on my own

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Doing tasks that involve a lot of reading

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What drains my mental battery?

My senses and environment

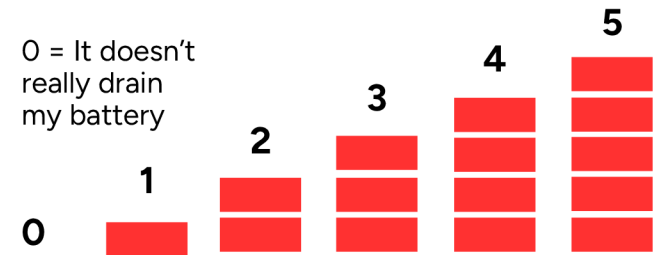
Think about how we react and respond to sights, sounds, lights temperature, touch and other things that impact our senses.

Write a score in the relevant box for anything you feel applies to you.



0 = It doesn't really drain my battery

5 = It drains my battery a lot



People speaking too loudly

My uniform - it's itchy/uncomfortable!

Missing out on feeling the sun in winter

Too much screen time

Having to look at things on the whiteboard for a long time

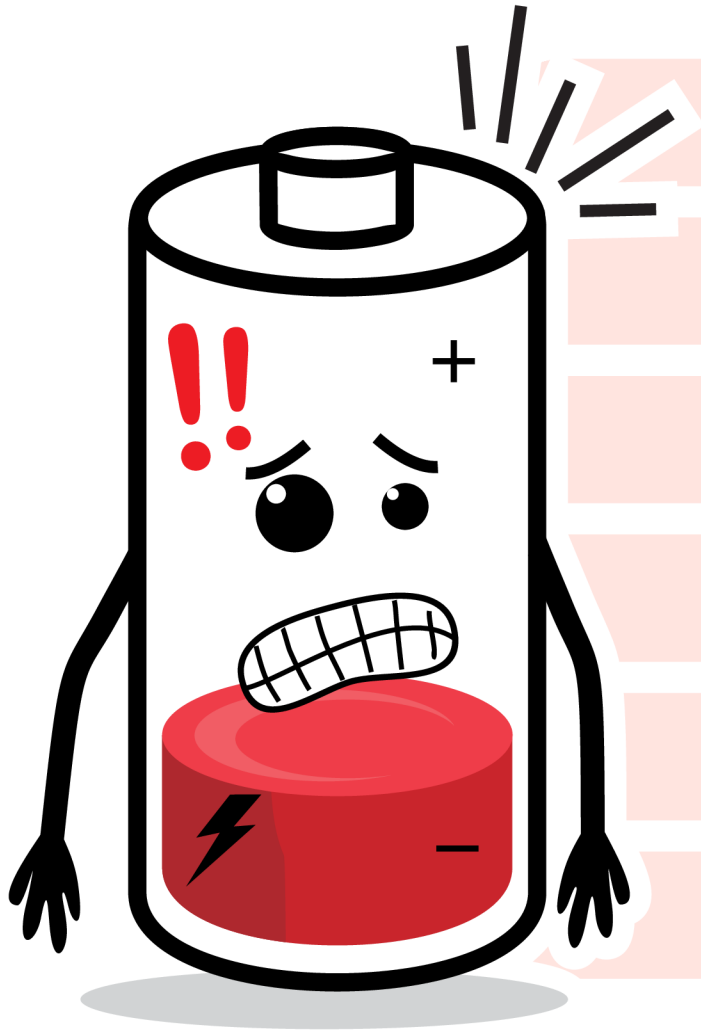
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My battery drainers



Create your key list of things that drain your battery.

You can use some of your answers on the previous sheets and come up with new ideas.



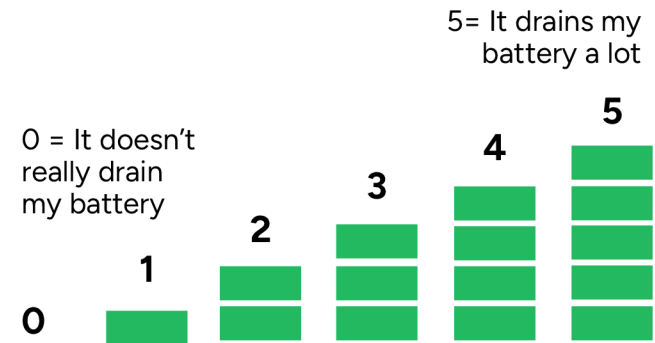
Hand-drawn list of seven horizontal lines for writing, each with rounded ends.

What charges my mental battery?

Just as we all have different things that can drain our battery, we also have different things that can help us recharge.

It's not just a better night's sleep that we need. Although this is helpful, we can all benefit from other types of rest. Did you know, for example, that doing something creative or playful also gives our brains a bit of a break?

Do any of the below activities help you recharge?



Having a relaxing bath

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Having a good laugh with a close friend

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Reading by myself in the library

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Doing something creative

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Spending time alone

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Helping in the garden at school or home

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Speaking to somebody else about my worries

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Some battery charging ideas to try...



Take a look at the below - would any work for you?

Social recharge

- Having more alone time
- Spending time with a close friend who I can be myself around
- Doing a fun activity in a group
- Taking a break from the digital world



Getting out in nature

- Playing a new game with a pet
- Helping out in the garden
- Going for a walk in nature/outside
- Building a den/butterfly count/birdwatching



Resting our thinking brain

- Making a list of important things to do
- Paying attention to my breathing
- Mindful colouring/taking short breaks
- Watching an episode of favourite tv show
- Reading a book or listening to an audiobook
- Listening to a podcast - check out:



But WHY? A podcast for curious kids

Finding our purpose

- Volunteering in the community
- Doing something positive for animals
- Helping out in a school club
- Act of kindness for a friend

Sensory recharge

- Not watching any screens before bed
- Having a relaxing bath
- 10 minutes savouring a hot chocolate
- Using a fidget toy

Let's get creative!

- Creating video content (keep it uplifting!)
- Painting/cross-stitch/song writing
- Baking a treat for a loved one
- Keeping a visual diary

Moderate physical activity (or rest...)

- Getting an early night
- Dancing/yoga/bouncing a ball/stretching
- Playing football in the park

My battery chargers



Create your key list of things that charge your battery.

You can use some of your answers on the previous sheets and come up with new ideas.



Eight horizontal green rounded rectangular boxes for writing, arranged vertically on the right side of the page.

Activities



Interview a friend

Get into pairs. Ask your friend if they are happy to share three things that drain their battery and four things that recharge it. Write them down on a piece of paper and then pop it into a box on the desk for your teacher.

Maybe there are some recharging activities you and your partner could share with the class?

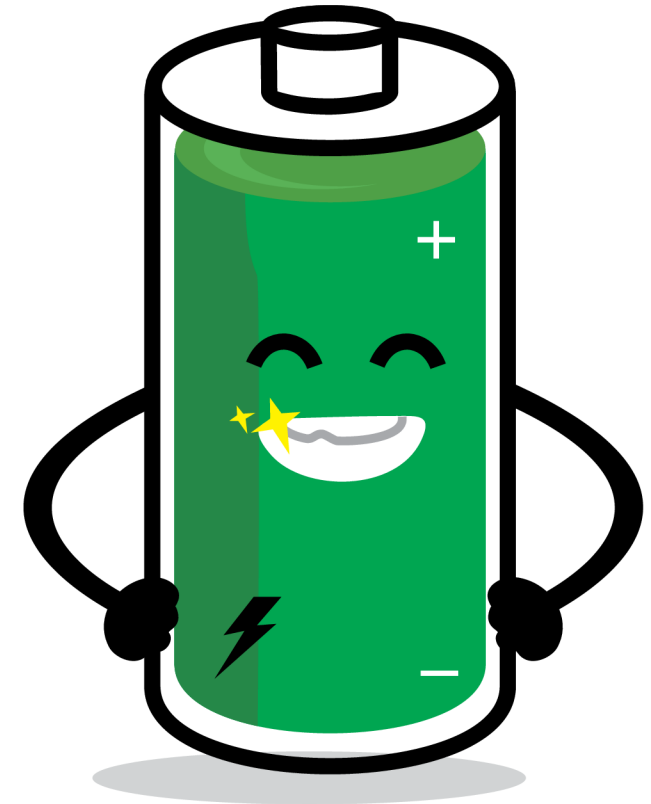
Letter to my future self

Imagine yourself in three month's time. Write a short letter to your future self and tell them what you plan to do between now and then in order to help them feel charged.

Energy accounting (basic)

Use the weekly planner templates provided.

Spend one week reflecting on three things that drained your battery and what charged it. Jot down some notes at the end of each day. Then make a plan for some battery charging activities the following week!



My Week: Reflections



MON

DRAINS

CHARGES

TUES

DRAINS

CHARGES

WED

DRAINS

CHARGES

THURS

DRAINS

CHARGES

My Week: Reflections

FRI

DRAINS

CHARGES

SAT

DRAINS

CHARGES

SUN

DRAINS

CHARGES



My Week: Planning ahead

EXAMPLE

CHARGES: What can I do to charge my battery today?

20 mins reading my book outside - lunchtime

30 mins: playing Mario Kart after school

10 mins: making mum a beautiful hot chocolate when she gets in from her late work shift. One for me too!

MON

CHARGES: What can I do to charge my battery today?

TUES

CHARGES: What can I do to charge my battery today?

WED

CHARGES: What can I do to charge my battery today?

My Week: Planning ahead

THURS

CHARGES: What can I do to charge my battery today?

FRI

CHARGES: What can I do to charge my battery today?

SAT

CHARGES: What can I do to charge my battery today?

SUN

CHARGES: What can I do to charge my battery today?