

<https://www.youtube.com/watch?v=ilyzPNhqUqQ>

HEALTHY SCHOOLS

CHALLENGE: Our own energy needs...

Your task is to firstly consider what are the things that might drain or take a withdrawal from your energy and record these.

Secondly, you need to consider what are the things which charge your batteries.

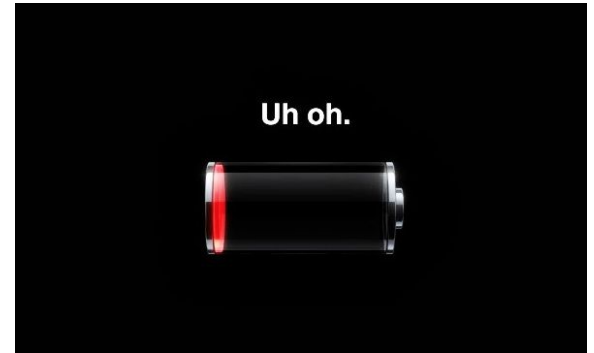
How can you make sure that you fit in things to recharge during your day or week?





Headstrong

Week 15





Energy Accounting



Would you let your phone battery die?

Why do we let our own batteries get so drained?

What are the things that might drain our batteries?

Energy Accounting Activity Example

Withdrawal

What would be the things that take away your energy?

not sleeping (80)
school (90)
crowds (70)
noise (80)
brightness (50)
shopping centers (50)
swimming pools (80)
hot days (50)
rushing (70)
pain (90)

Deposit

Which things help to recharge your batteries?

walking (20)
reading (90)
painting (30)
origami (50)
solitude (80)
lisa (80)
cat cuddles (20)
cross-stitch (20)
chosen noise (50)
time with mum (50)

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Our own energy needs...

Your task is to firstly consider what are the things that might drain or take a withdrawal from your energy and record these.

Secondly, you need to consider what are the things which charge your batteries.

How can you make sure that you fit in things to recharge during your day or week?



@michellesolomonart

* SHOUT

BRILLIANT!

YOU ARE AMAZING!

OUT *