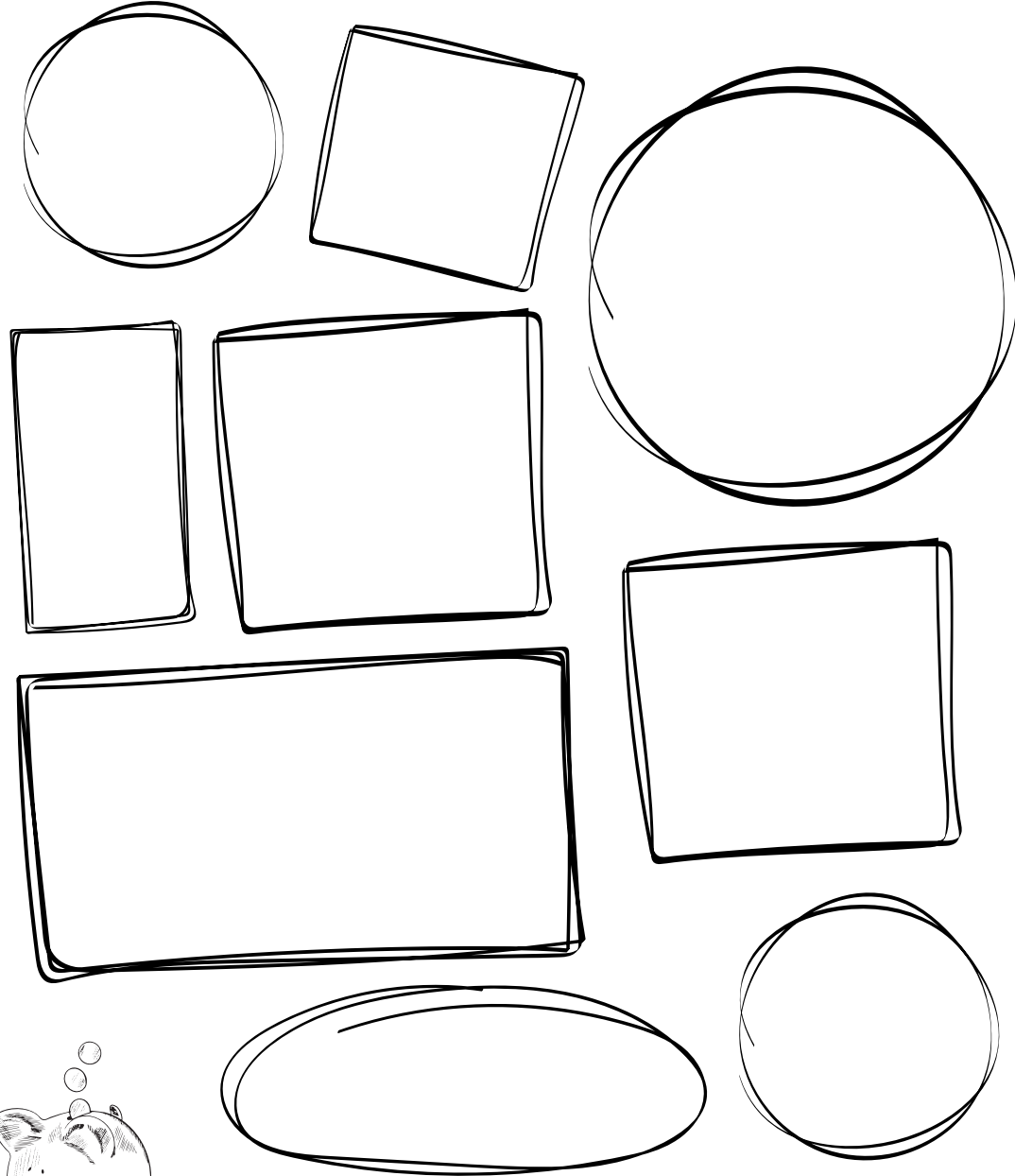
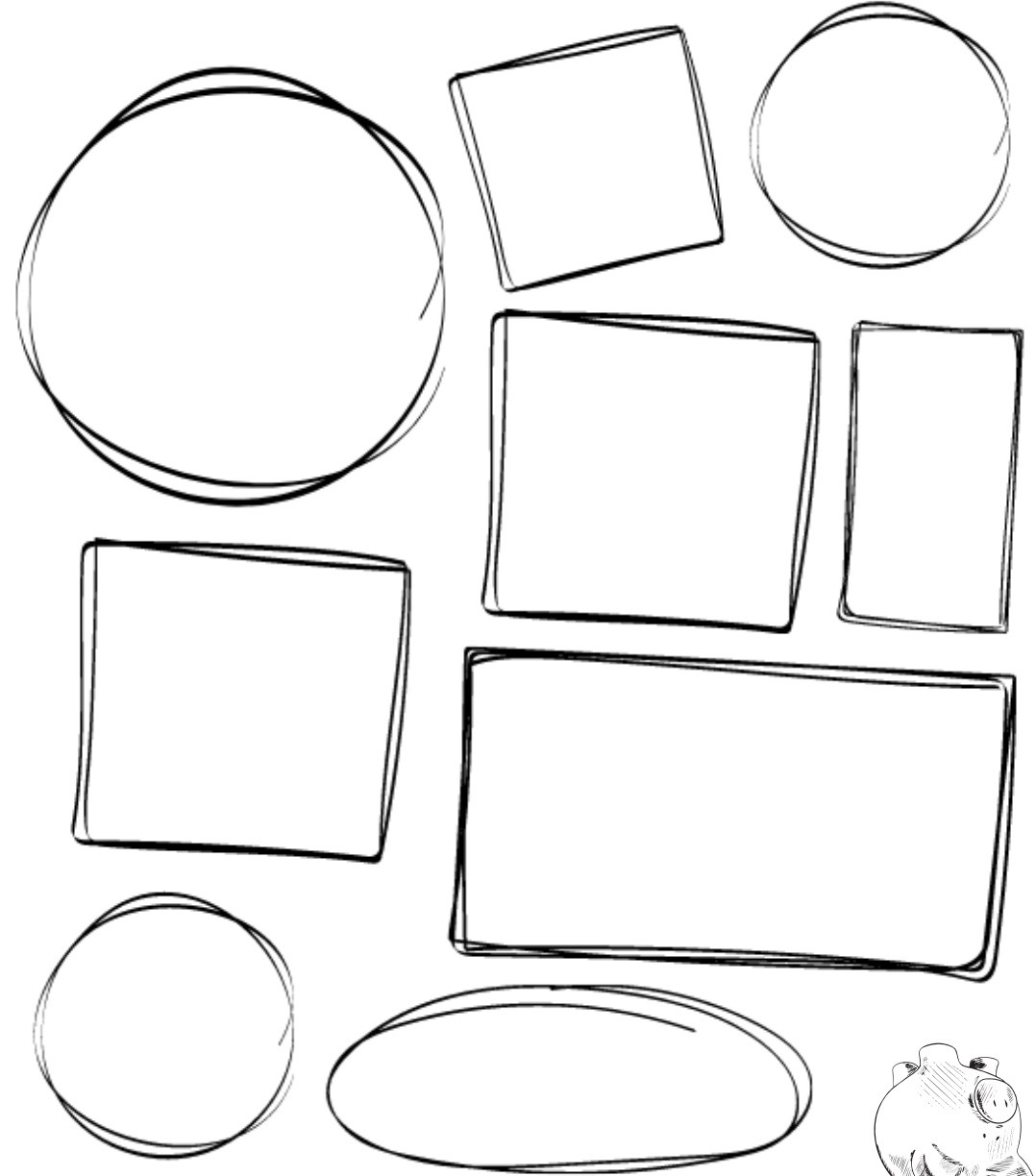


Boosters

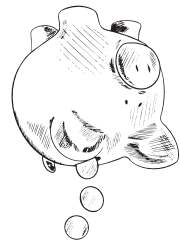
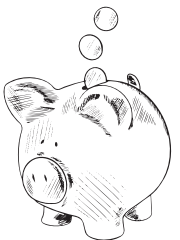


What boosts your energy piggy bank?

Drainers



What drains your energy piggy bank?



Energy Accounting: Boosters vs Drainers

- Supporting Notes -

Energy accounting is a concept where we acknowledge that each of us has a limited amount of energy or emotional resources to get through the day. For many neurodivergent individuals, these resources can deplete faster due to sensory overload, social stress, or other challenges. The goal of this worksheet is to help children understand what boosts their energy (boosters) and what drains it (drainers), enabling them to find a balance that works for them.

Who can use this worksheet?

This worksheet can be used in various settings, including classrooms, therapy sessions, or at home. It's designed to encourage children to think about their daily activities and identify those that energise them versus those that deplete them.

Discuss the Concept of Energy Accounting

Start by explaining that everyone has an energy piggy bank. Activities, interactions, and situations can either add to or subtract from it. It's helpful for children to know that everyone has different boosters and drainers.

Brainstorm Boosters and Drainers

Encourage the child to think about their day-to-day life. What makes them feel happy, calm, or energised? These are their boosters. On the other hand, what leaves them feeling tired, stressed, or upset? These are their drainers. You can do this as a group activity or individually, depending on the setting. One person's booster will be another person's drainer.

Fill in the Worksheet

Using the bubbles on the worksheet, have the child write or draw their boosters and drainers. They might list activities, people, places, or sensory experiences. Encourage them to be honest, as this is a personal exploration.

Identify Trends and Look for Balance

Once the worksheet is filled out, look for patterns. Are there more drainers than boosters? Do certain situations repeatedly appear in the drainers section? Think with the child about how to ensure balance within their day and week.