

SPOONIE KIDS

Meet the Spoonies



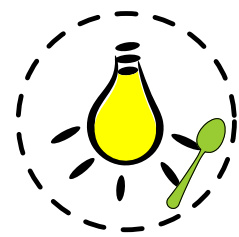
We live with fatigue. This limits the amount of energy we have. Activities like getting dressed or brushing our teeth take a lot of energy. In spoon theory, a spoon represents an amount of energy. Spoonies only have a certain number of spoons per day, and have to be careful not to use more than they have otherwise they will crash.

Different activities take a different number of spoons

Brushing my teeth



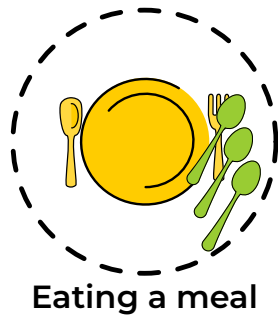
Bright lights



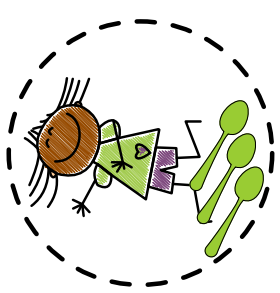
Noisy environment



Getting dressed

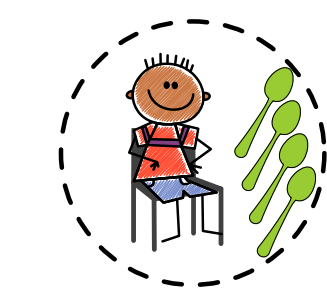


Eating a meal



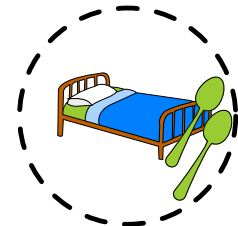
Time on the floor doing my favourite activity

Going to an appointment



Time sitting out doing my favourite activity

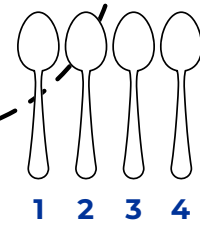
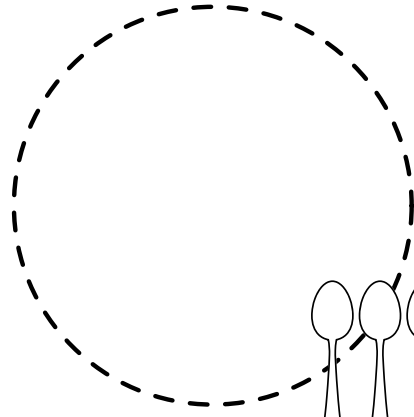
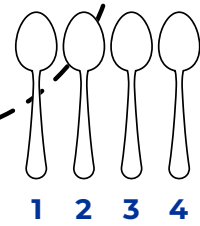
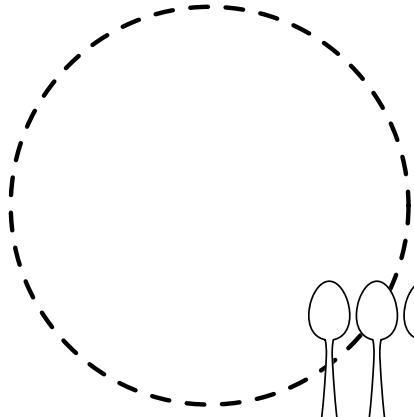
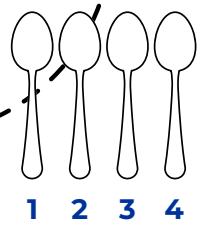
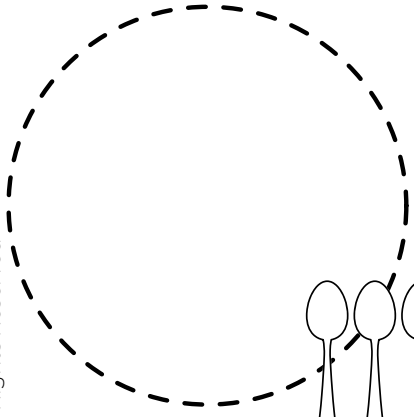
Getting ready for bed



Time with my friends and family

What other activities do you do? How many spoons do they take?

Draw another activity you do, or ask someone else to. Colour in or circle the number of spoons it takes.



How do you save a spoon?
