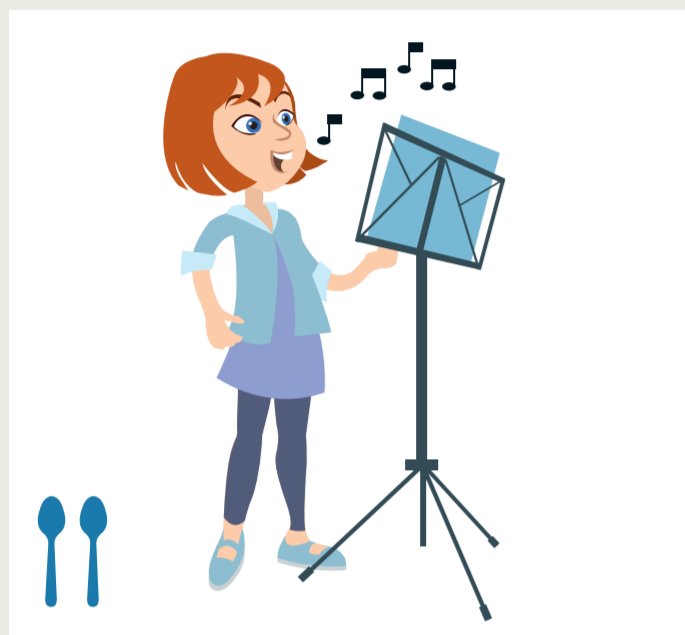


Managing your energy with spoons



Having a healthy heart means that you start each day with 20 spoons of energy. When you have half a working heart you wake up with only 10 spoons of energy. What will you choose to do with your 10 spoons?



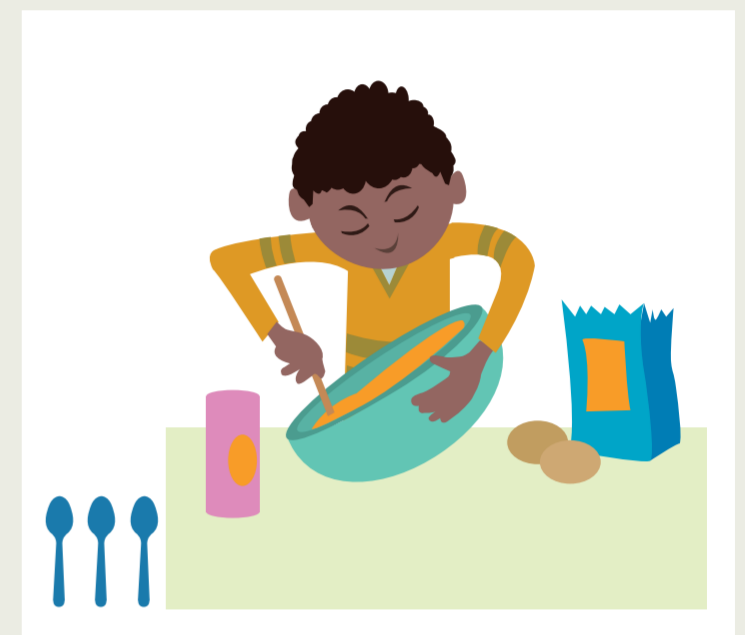
Drama/singing lessons



Getting out of bed



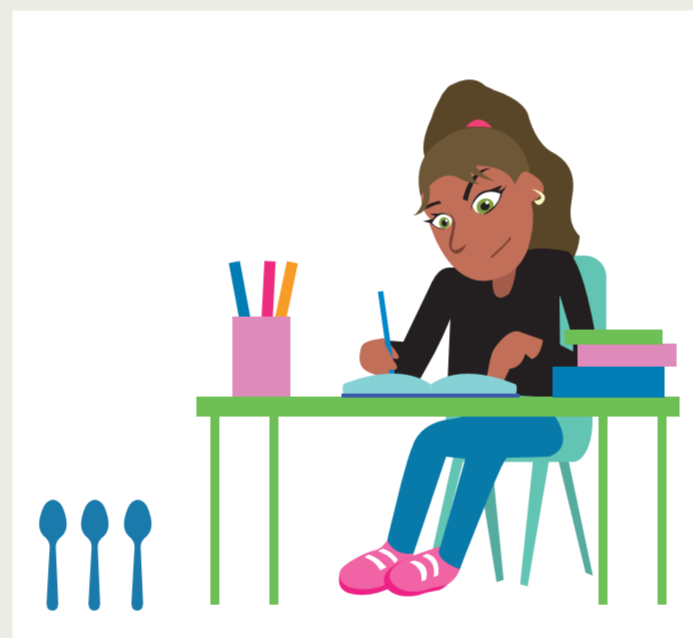
Climbing stairs



Cooking a meal



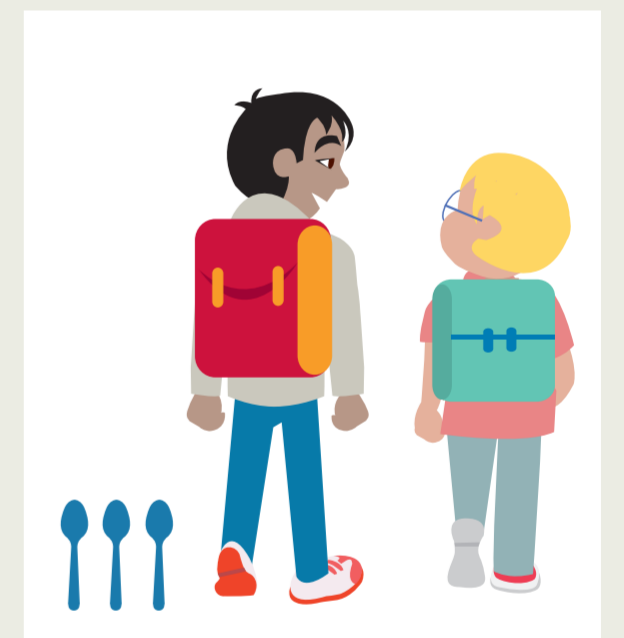
Social event with friends



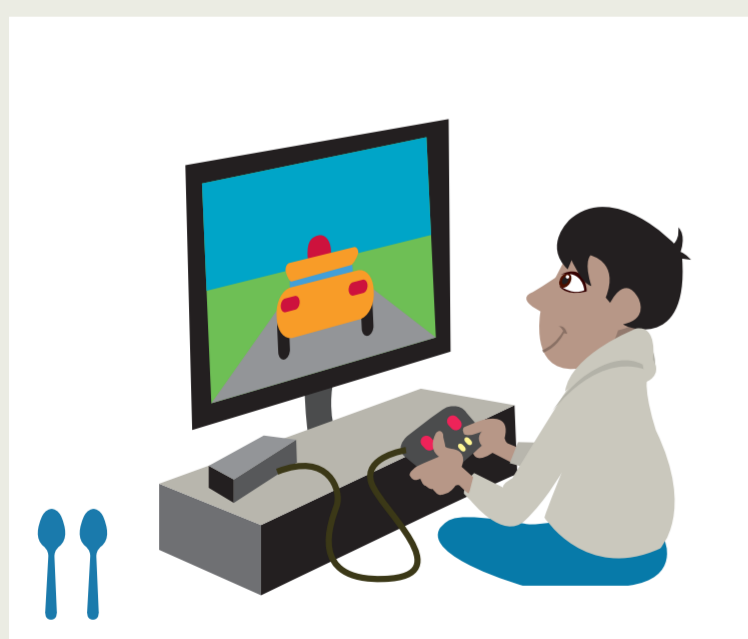
Lessons and homework



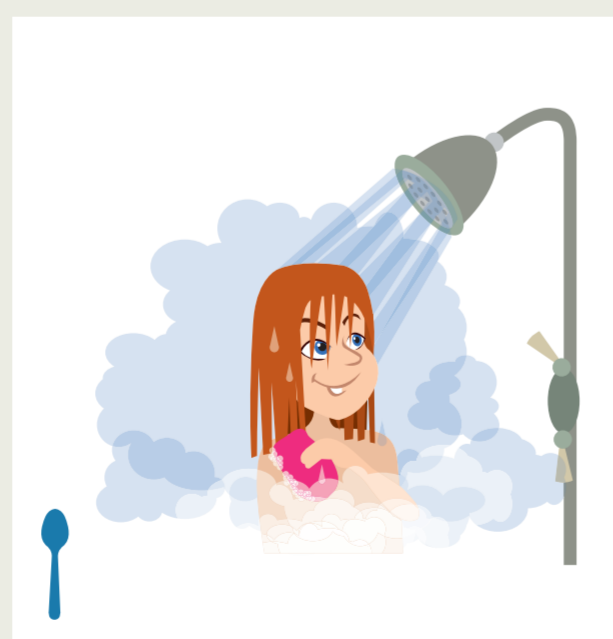
Reading a book



Walking to school



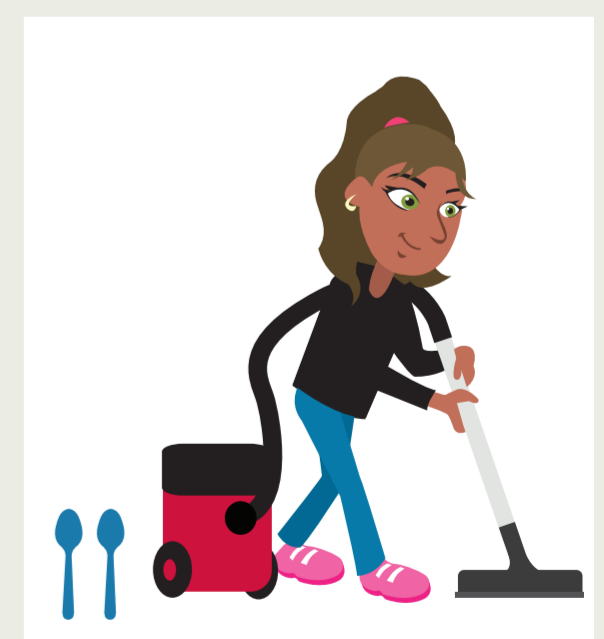
Playing computer games



Taking a shower



Going shopping



Tidying your room

Remember if you use more than your 10 spoons you are borrowing from tomorrow, so you may wake up with less. You can top up your energy by having a rest, nap or snack throughout the day.