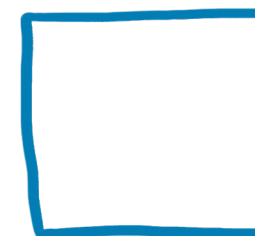


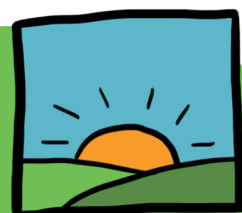


My day in Spoons!

How many spoons
have you got today?

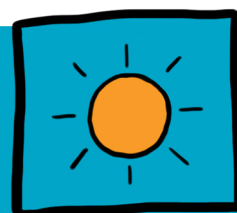


Morning



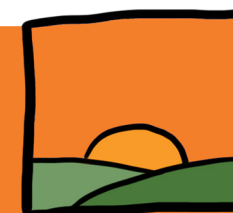
Activites:

Midday



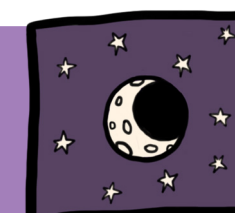
Activites:

Afternoon



Activites:

Night



Activites:

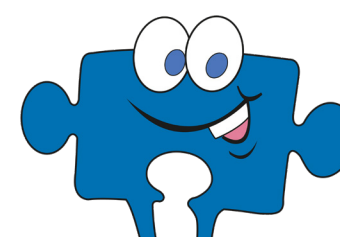
Spoons:

Spoons:

Spoons:

Spoons:

Number of spoons at the end of the day:



Cut out page



Cut out the words and spoons to use on the energy timetable.

Time with friends	Watch TV	Walk to school	Breakfast	
Adventure	Read a book	Bike to school	Lunch	
Day trip	Gaming	Lift to school	Dinner	
Holiday	Football	P.E.	Snack	
Exercise	Gymnastics	Lessons	Snack	
Walk	Netball	Lessons	Snack	
Time outside	Swimming	Lessons	Snack	
Crafting	My Sport	Break time	Sleep	
My Hobby	My Sport	Break time	Nap	
After school club (e.g. Scouts)	Dance	Lunch time	Nap	
After school club (e.g. Scouts)	Music lesson	School	Rest	
	Drama	Homework	Rest	
	My Hobby	Cinema trip	Chill out time	
		Park	Chill out time	
		Riding bike		

