

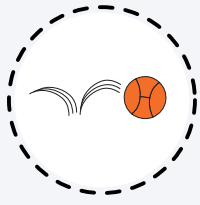
SPOONIE KIDS

Stage one – creating a shared understanding

What is fatigue?

It isn't just 'tiredness'...it can feel like you are being asked to climb the biggest mountain with an elephant on your back sometimes!

The three parts of fatigue



**Moving
(physical)**



**Thinking
(cognitive)**



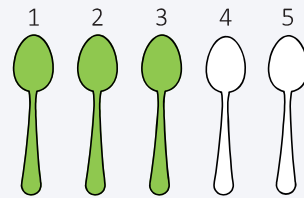
**Feeling
(emotional)**

What is Spoon Theory?

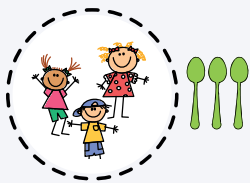
A spoon is a metaphor or code word for an amount of energy. A currency that can be saved or spent.

So how many spoons do we have?

We only have a certain number of spoons each day and each day is different.



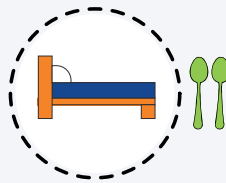
Different activities take a different number of spoons



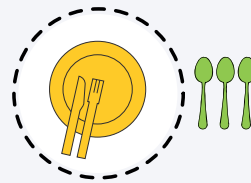
**Time with my
friends and family**



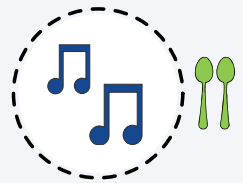
**Getting
dressed**



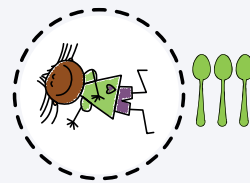
**Getting ready
for bed**



Eating a meal



**Noisy
environment**



**Time on the floor doing
my favourite activity**



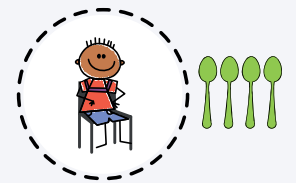
**Bright
lights**



**Going to an
appointment**



**Brushing
my teeth**



**Spending time
at school**

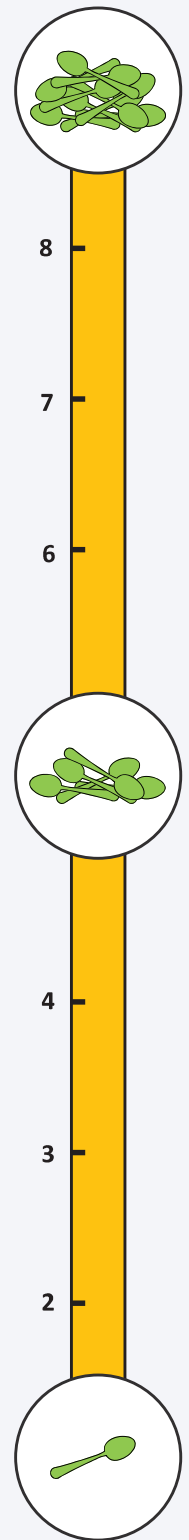
#SpoonieSolidarity

To learn more and get in touch visit www.spooniekids.co.uk

Spoonie Kids was developed based on Spoon Theory, written and created by Christine Miserando.
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Write down/draw some activities that you do everyday

Use the scale below to show where these activities go. Which ones use a lot of spoons? Which ones use less?



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