mooki WELLBEING

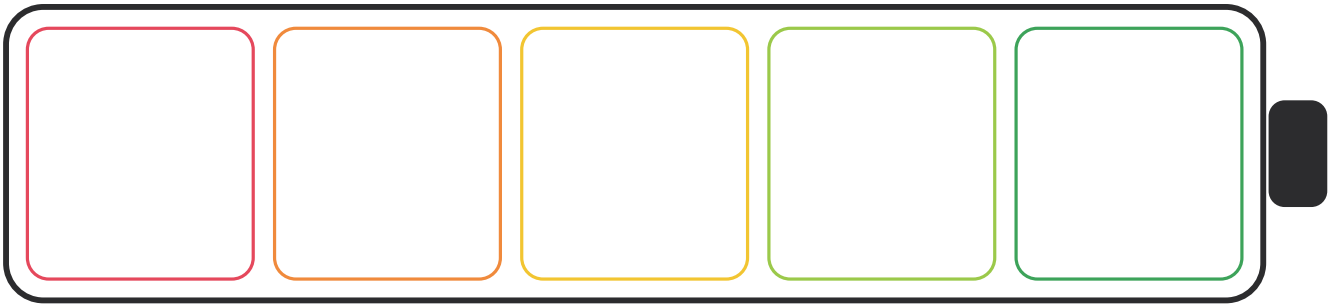
10-minute activity

My Energy Battery

How full does your battery feel right now?

Name _____ Date _____

1 Right now my battery is Colour in the bars



Empty Low OK Good Full

2 What drains my battery? Write or draw

3 What charges my battery? Write or draw

FOR THE GROWN-UP

Check in at the same time each day. If the battery is low, swap one demand for a quiet break.
Ask: "What would add one more bar?" Write your child's own words.

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