

MY ENERGY SUPPLY

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Give your children, and family, an idea of how much energy you have by simply saying a number.

Fill in the battery score from 1-5 with things you can cope with, e.g. if your energy supply is at 1= a two minute chat on the bed at the end of the school day is doable; at 3= you could be up for having dinner together and doing a puzzle.

Make it your own, tell your family, and remind them that energy levels fluctuate throughout the day.

