



















What others see, hear, observe	<h1 style="text-align: center;">My Energy</h1> <p style="text-align: center;">(Where I Am)</p>	What I feel or experience
	 <p>Maxed Out/ Frenzied Often seen as: <i>not available for learning and interaction</i></p> <p>Often feels like: <i>bursting energy or shut down</i></p> <p>Where it fits: <i>upsetting event, recess</i></p>	
	 <p>Amped Up / Fidgety Often seen as: <i>hyper</i></p> <p>Often feels like: <i>expanding energy</i></p> <p>Where it fits: <i>PE class, celebration</i></p>	
	 <p>Focused / Purposeful Often seen as: <i>activity oriented and engaged</i></p> <p>Often feels like: <i>directed flow of energy</i></p> <p>Where it fits: <i>hobby or preferred activity, class, sports practice</i></p>	
	 <p>Settled / Calm Often seen as: <i>relaxed</i></p> <p>Often feels like: <i>slow, steady, pulsing energy</i></p> <p>Where it fits: <i>reading, listening to music</i></p>	
	 <p>Sleepy / Still Often seen as: <i>sluggish</i></p> <p>Often feels like: <i>energy is drained</i></p> <p>Where it fits: <i>beginning or end of day, hungry, sick</i></p>	
	 <p>Asleep</p>	

What others see, hear, observe	My Energy (Where I Am)	What I feel or experience
<ul style="list-style-type: none"> • Intense movement • Loud vocalizations • Unable to speak • Extreme emotion • Tense body • Still • Disconnected 	 <p>Maxed Out/ Frenzied Often seen as: <i>not available for learning and interaction</i></p> <p>Often feels like: <i>bursting energy or shut down</i></p> <p>Where it fits: <i>upsetting event, recess</i></p>	<ul style="list-style-type: none"> • Explosive energy • Blank / hollow • World is a blur • Disconnected • Overwhelmed • Elation / Joy • Need to release
<ul style="list-style-type: none"> • Chatty • Constant movement • Fidgety • Squeaks, squeals, giggles • Flaps, jumps, runs 	 <p>Amped Up / Fidgety Often seen as: <i>hyper</i></p> <p>Often feels like: <i>expanding energy</i></p> <p>Where it fits: <i>PE class, celebration</i></p>	<ul style="list-style-type: none"> • Energy building • Hard to sit still • Harder to express myself and access language • Need to move • Need physical space
<ul style="list-style-type: none"> • Object / activity focused • Difficulty shifting attention from current focus • Conversation or communicative focus on activity 	 <p>Focused / Purposeful Often seen as: <i>activity oriented and engaged</i></p> <p>Often feels like: <i>directed flow of energy</i></p> <p>Where it fits: <i>hobby or preferred activity, class, sports practice</i></p>	<ul style="list-style-type: none"> • Flowing energy • Tunnel vision • Engaged and determined • Ready • Flow • Confident and capable
<ul style="list-style-type: none"> • Stillness • Slow rhythmic movements • Humming /echoing • May seem inwardly focused • Calm • Quiet 	 <p>Settled / Calm Often seen as: <i>relaxed</i></p> <p>Often feels like: <i>slow, steady, pulsing energy</i></p> <p>Where it fits: <i>reading, listening to music</i></p>	<ul style="list-style-type: none"> • Rhythmic energy • Neutral • Safe • Content • Repetitive speech (out-loud or in my head)
<ul style="list-style-type: none"> • Not engaged • Not excited by topics of interest • Low energy • Hyper-activity • Drained • More sensitive 	 <p>Sleepy / Still Often seen as: <i>sluggish</i></p> <p>Often feels like: <i>energy is drained</i></p> <p>Where it fits: <i>beginning or end of day, hungry, sick</i></p>	<ul style="list-style-type: none"> • Lack of energy • Increased sensory sensitivity • Hard to access language • Need personal space and quiet
<ul style="list-style-type: none"> • ZZZZZzzzzzz 	 <p>Asleep</p>	<ul style="list-style-type: none"> • ZZZZZzzzzzz

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