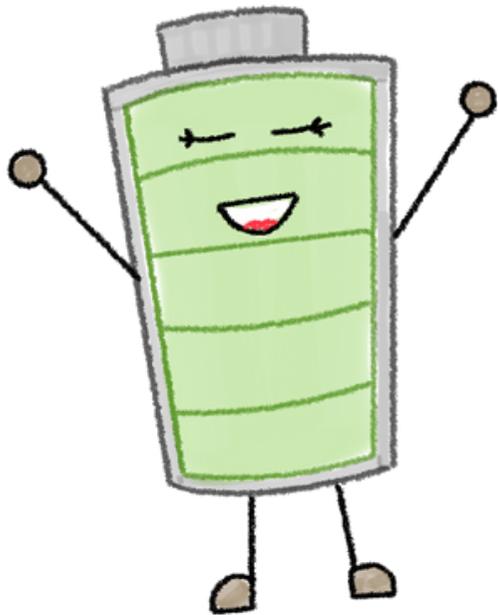
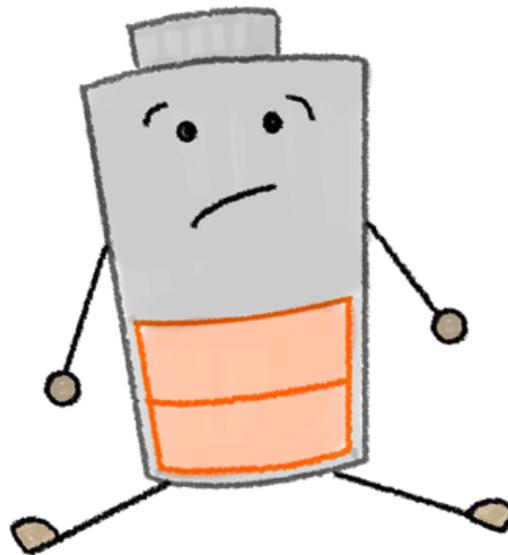


Brain/Body Battery

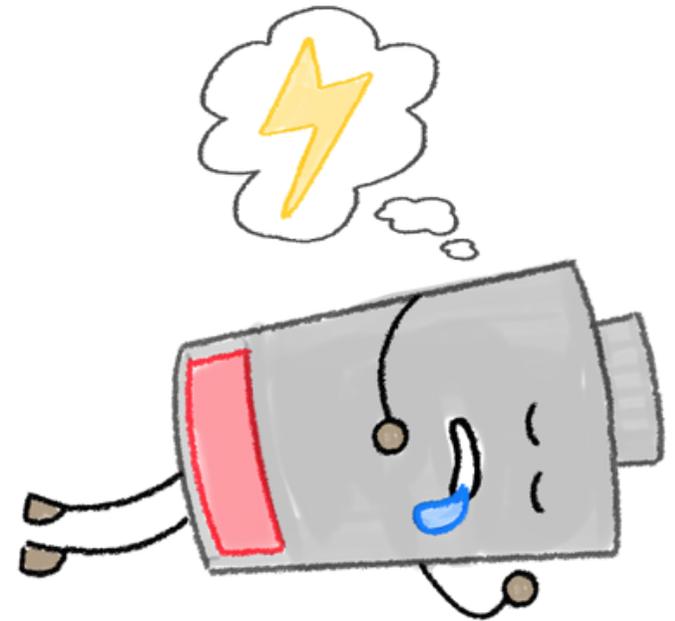
We can think about the stress and energy we have as like a brain and body battery.



When our battery is full - we can do what we need to do, we can get along with others and participate in life, face challenges and have fun.



Across the day, different experiences may take our energy away and drain our battery.



When our battery gets low - it is more difficult to do what we need to do. We have less resources to manage challenges and do well.

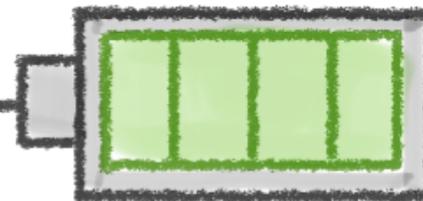
Webpage: www.thesparkts.com.au



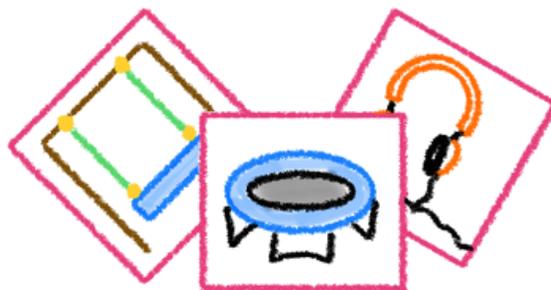
THE SPARK
THERAPY SERVICES
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Illustrated by: Jessica Angus

what charges your battery?



Being with our safe people



Sensory strategies



Doing things that make us happy



Rest



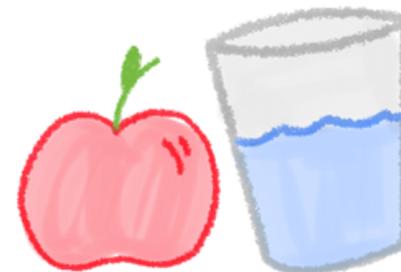
Time outdoors



Moving our bodies



Music



Eating healthy and drinking water

what drains your battery?

