Energy Accounting 

* The idea was created by Maja Toudal (an autistic author and speaker) and developed by Tony Attwood (Clinical Psychologist).
* It is a self-regulation tool to help manage a healthy balance of energy.
* The concept is around an ‘energy bank account’ with withdrawals (that take away energy) and deposits (that restore energy).

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| Energy Bank Account | |
| Withdrawals | Deposits |
| Socializing | Sleep |
| Making a mistake | Preferred activity e.g. reading |
|  |  |
|  |  |

Examples to sort;

Solitude

Physical activity

Change to routine

Being with animals

Crowds

* It can be used as a daily energy account form to fill in a numerical value of how much an activity or experience is energy draining or restoring. The aim is to balance the books.

In Practice

1. Listen to the young person to find out what takes away and what restores their energy.
2. What particular activities or experiences in school drain their energy? Can we make adaptations?
3. Do they have opportunities within the school day to restore energy? What can we provide?