



I say or show my battery level

I can choose a phrase, say it or point to it.

How full is my battery?

Two ways to say it

Using my battery

Using my words



My battery is almost empty.

I feel exhausted.



My battery is low.

I feel tired.



My battery is half full.

I feel a little tired.



My battery is quite full.

I have enough energy.



My battery is full.

I have lots of energy.



I don't know yet.

I can say that too.

What do I need?

I can point to a phrase



I need a break.



I need some quiet.



I need help.



I need more time.



I need to move.



I need to rest.

I can speak, point to a phrase or use my own words.



I colour my battery

My battery now: I show how much energy I have.

I colour the spaces from bottom to top.

I can colour 1, 2, 3, 4 or 5 spaces.



I choose how many spaces to colour.



I don't know yet.

That is okay too.

I can show this page to someone I choose.



I make my battery clip card

A little cut-out tool to show my energy without speaking.



1. Cut it out



2. Make it sturdy



3. Clip it on

I can stick the card to cardboard to make it stronger.

CUT ALONG THE DOTTED LINE

MY ENERGY LEVEL

	Very high	
	Quite high	
	In the middle	
	Quite low	
	Very low	
	I don't know yet	

I clip it next to my level and move it if my energy changes.