

My Energy Levels Visual Guide for Children

This guide gently explores how energy rises, dips, and wobbles — and how children can notice these shifts inside their bodies with calm support, soft visuals, and gentle reassurance.

With soft colours, friendly icons, and clear language, each panel supports emotional regulation, sensory understanding, and relational trust.

If energy feels mixed, low, or a little uncertain sometimes, this guide is here to help things feel more manageable — **one gentle energy clue at a time.**

Questions You Might Have

What does “inside my energy levels” mean?

It means noticing the small clues our bodies give us — like energy rising, dipping, or wobbling — and understanding that each clue helps us know what we might need.

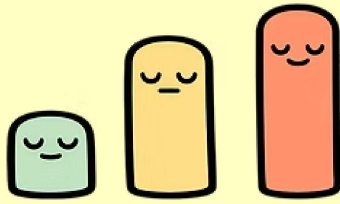
How can children notice their energy?

They can pay attention to gentle signals: fast feet, slow thoughts, heavy limbs, fizzy feelings, or a need for space. Noticing is enough. There’s no pressure to name anything.

Do all energy levels have needs?

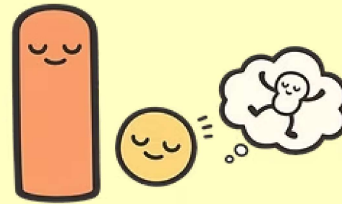
Yes. Every energy state holds a need — comfort, movement, rest, support, or connection — waiting to be noticed gently.

What's Inside My Energy Levels



A sensory safe guide to noticing how my energy rises, dips, and settles.

Energy Rising



Sometimes my energy feels higher, ready for play, or quick thinking.

Energy Dipping



Sometimes my energy feels lower, and I need rest, or to slow down.

Wobbly Energy



Energy can wobble too, feeling mixed, jumpy, unsure, or up and down.

What Helps



Breathing, moving, pausing, or water can help my energy calm down.

Listening Inside



My energy gives clues about what I need, like comfort, space or rest.