

WORLD AUTISM ACCEPTANCE MONTH

2ND - 30TH APRIL 2025

ENERGY ACCOUNTING

Energy accounting helps your child identify activities that use mental or physical energy.

These may include activities your child enjoys. This visual strategy can use imagery of rechargeable batteries to help children understand the need to balance energy-draining events with energy-replenishing activities. This may avoid burnout or overwhelm.

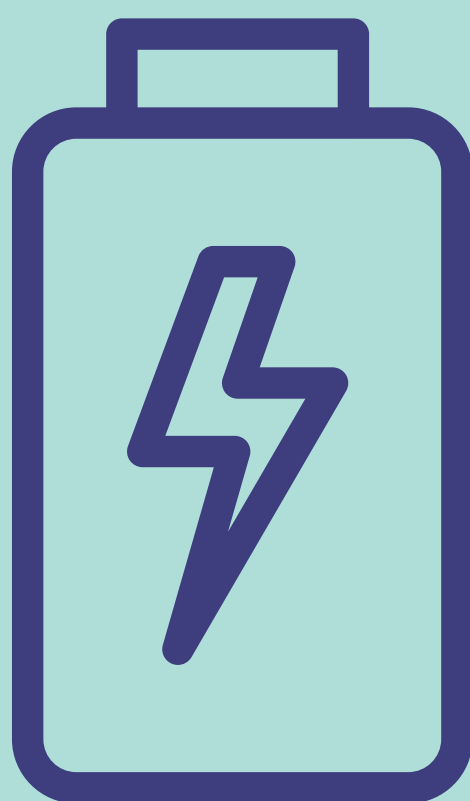
Energy accounting was developed by Maja Toudal and Dr Tony Attwood as a tool to help manage stress that can be experienced in autism.

With your child, make a list of things that drain or recharge their energy battery.

(-)

Things that use up my energy

- *Change in routine*
- *Trip to the dentist*
- *Noisy shops*
- *Having a school test*



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Things that recharge my energy

- *Listening to music*
- *Special interests*
- *Having a snack*
- *Time alone*

Use energy accounting to help your child plan in a structured and logical way, ideally before energy-draining events.

Use the language of energy accounting to help your child to think about strategies to use.

Some children may be able to rate each activity to indicate how much energy it uses or gives, e.g. trip to the dentist (-8), listen to music (+5). This could help you both to see when their energy battery is close to draining and may need recharging.

"That test at school drained my energy today so I need to have a snack and listen to some music to recharge myself."



Alternatively, pictures of scales can be used to prompt children to think about balancing their energy needs.

FOR MORE INFORMATION

Please visit the National Autistic Society (NAS): www.autism.org.uk

 www.gloucestershire.gov.uk/education-and-learning/educational-psychology-service-eps

 epsupport@gloucestershire.gov.uk