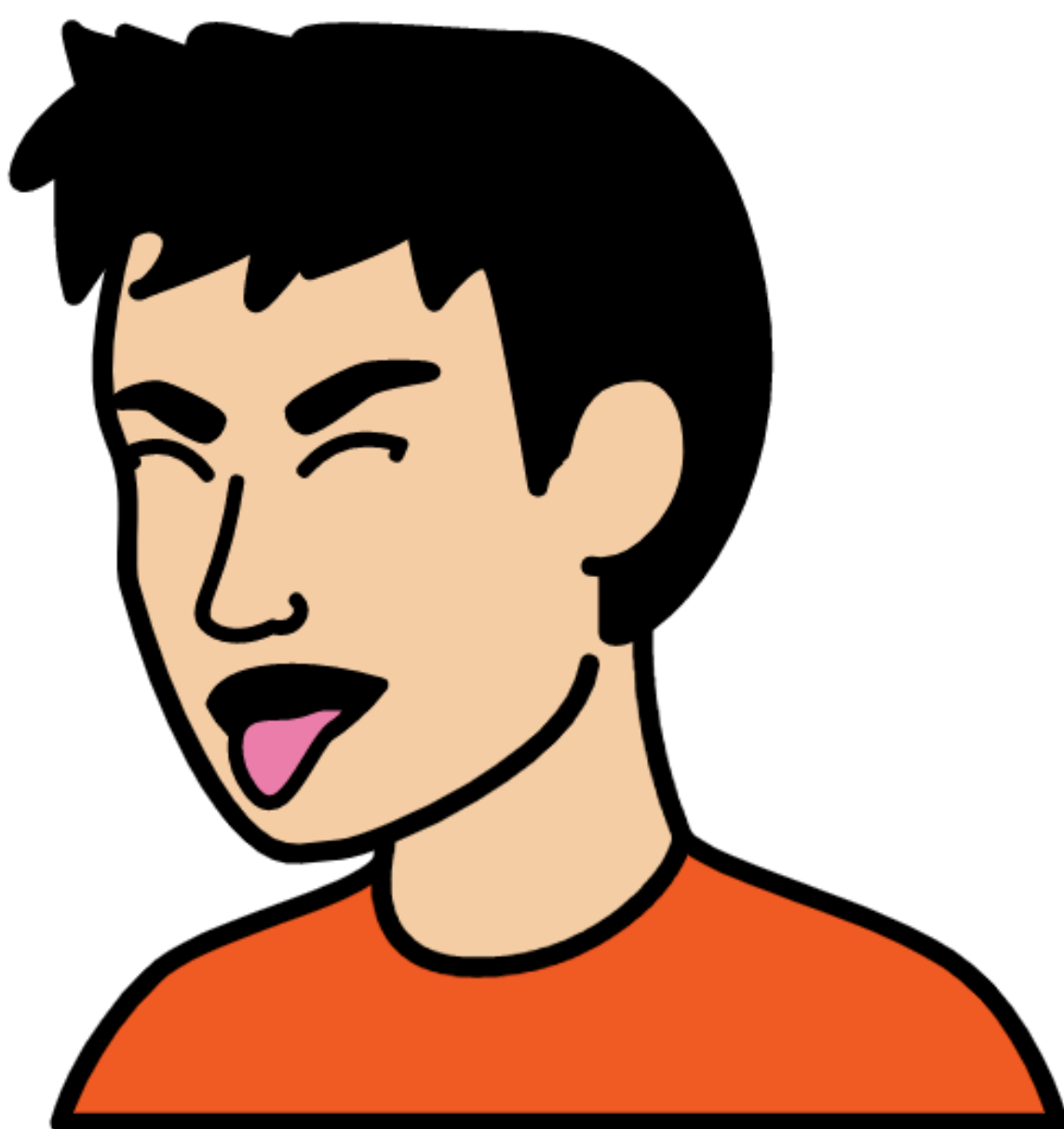
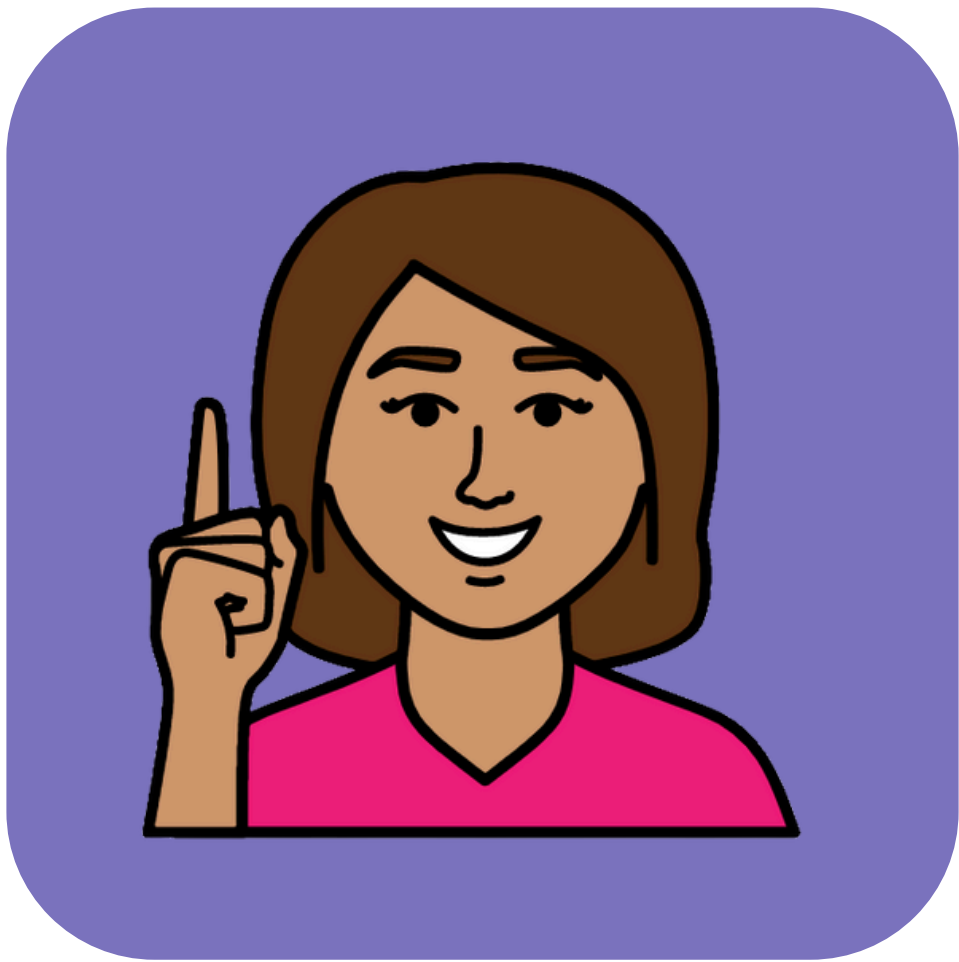


Katy and Louis' teachers want to know what they like to do at school.



Their teachers also want to know what Katy and Louis do not like to do at school.



Full of Energy!!!!



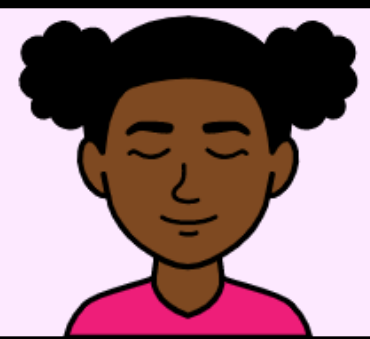
Buzzing!



Focussed



Chilled Out



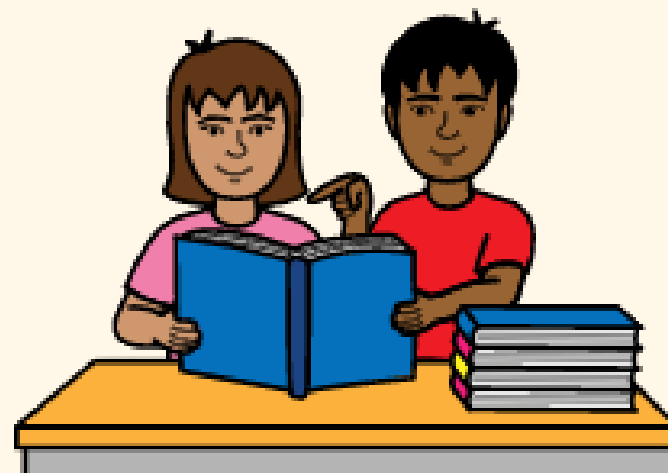
Sleepy



No Energy



Katy's teacher asks her to order the things she does at school on an energy meter.



Katy puts “writing” next to “focussed” because she has to work really hard at writing. Katy likes to write stories in choosing time, but sometimes finds it difficult to think of words, or to spell words, so she has to focus.



Full of Energy!!!!



Buzzing!



Focussed



Chilled Out



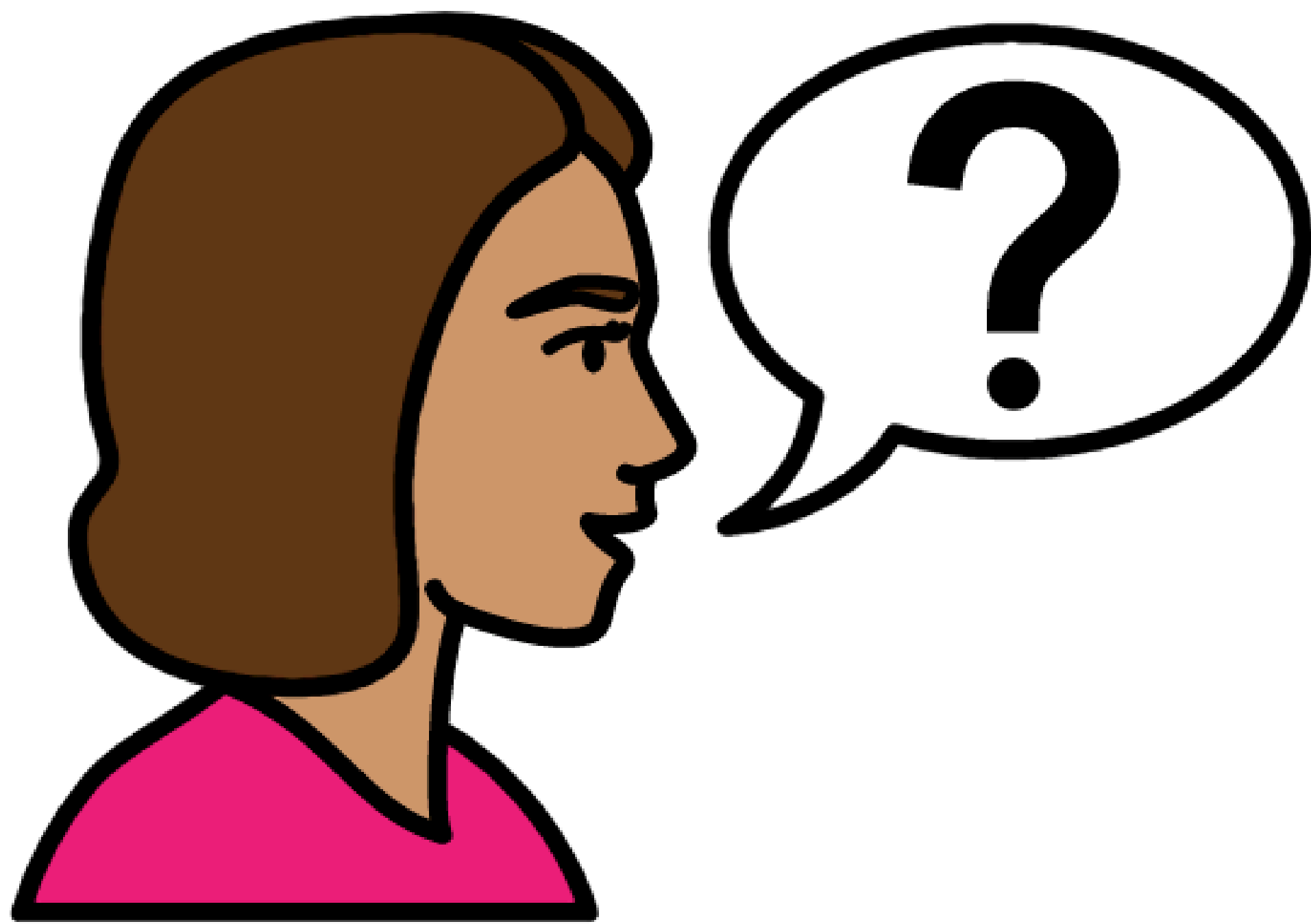
Sleepy



No Energy



Louis puts “writing” next to “No Energy” because he finds writing really tiring. It is hard work. When he is working on his writing, he finds it hard not to fall asleep.



Now it is your turn!

- **Like Louis and Katy did, I will ask you to put the things that you do at school on to an energy meter, so I can see how you feel about them. We will do this for 10 minutes.**
- **After you have put an activity on the energy meter, I will ask you “why” you put it where you did.**
- **We will talk about as many activities as we have time to talk about.**
- **I will write down what you say when I ask you “why”, and I will take pictures of the energy meter when you have put an activity on it.**
- **I will finish, after 10 minutes, by asking if you have any questions to ask me.**

Is that okay?