

**Katy and Louis are students at applefields
School, just like you!**



**They do lots of different activities at
applefields.**

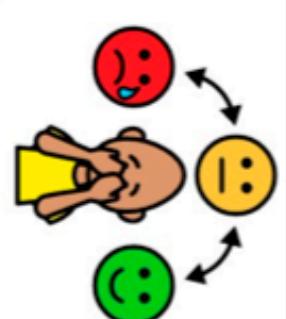
What activities might Katy and Louis do at school?

Examples:

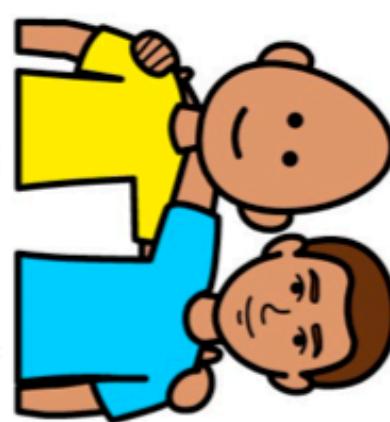
PE



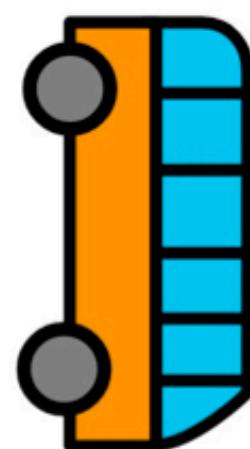
Zones of
Regulation



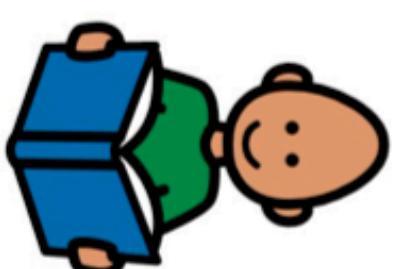
Friends



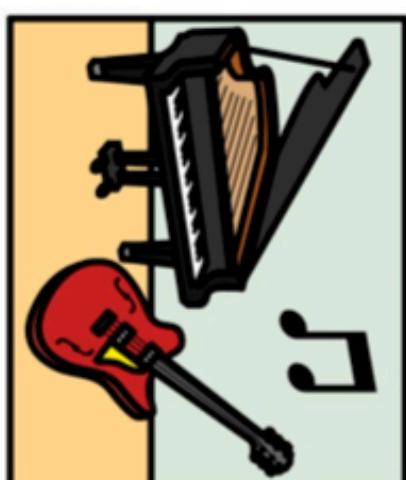
Taxi



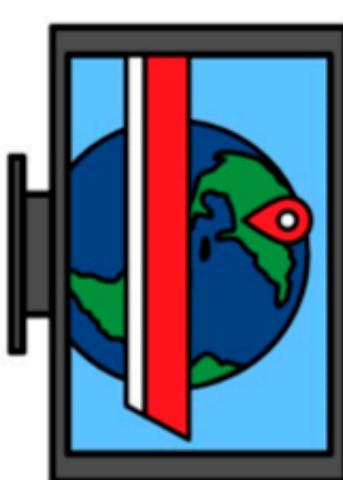
Reading



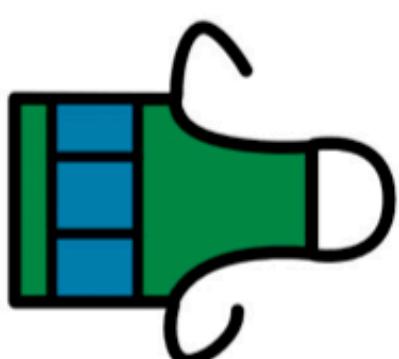
Music



Newsround



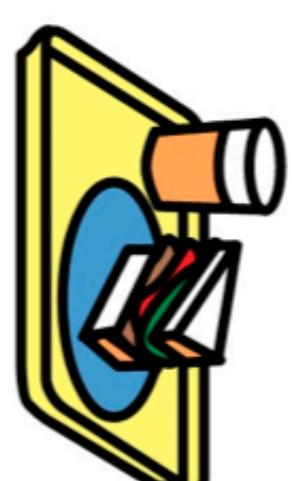
Cafe



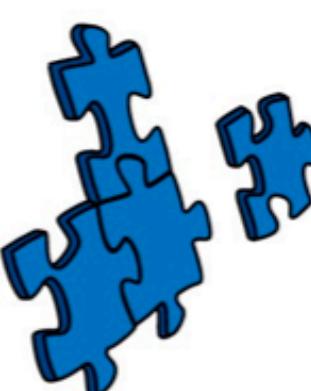
Arts and Crafts



Lunch



Jigsaw



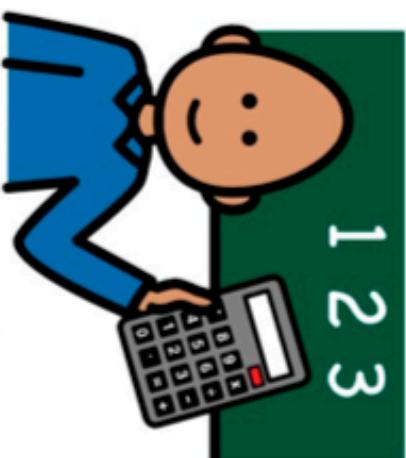
Writing



Baking



Math

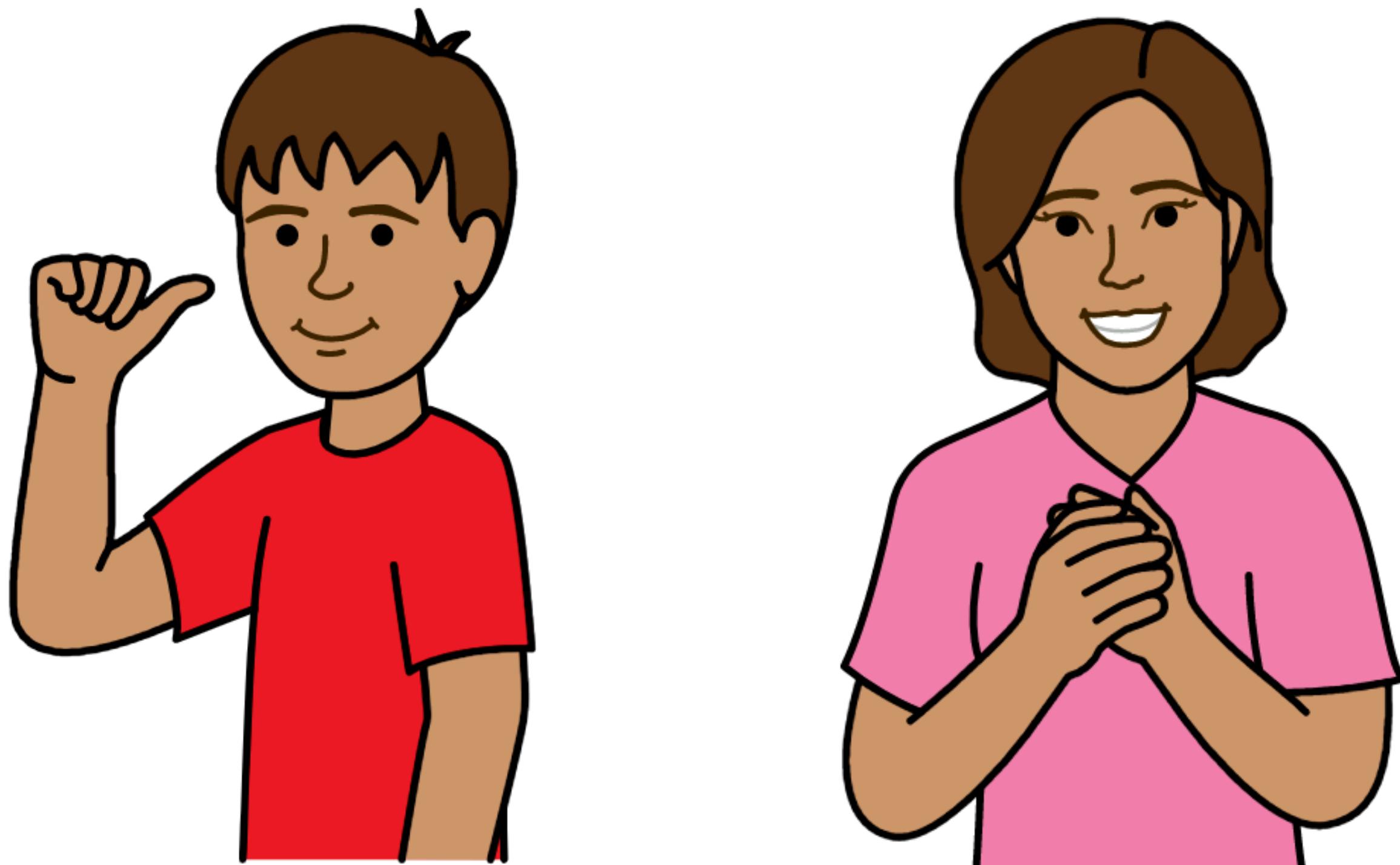


Choosing Time

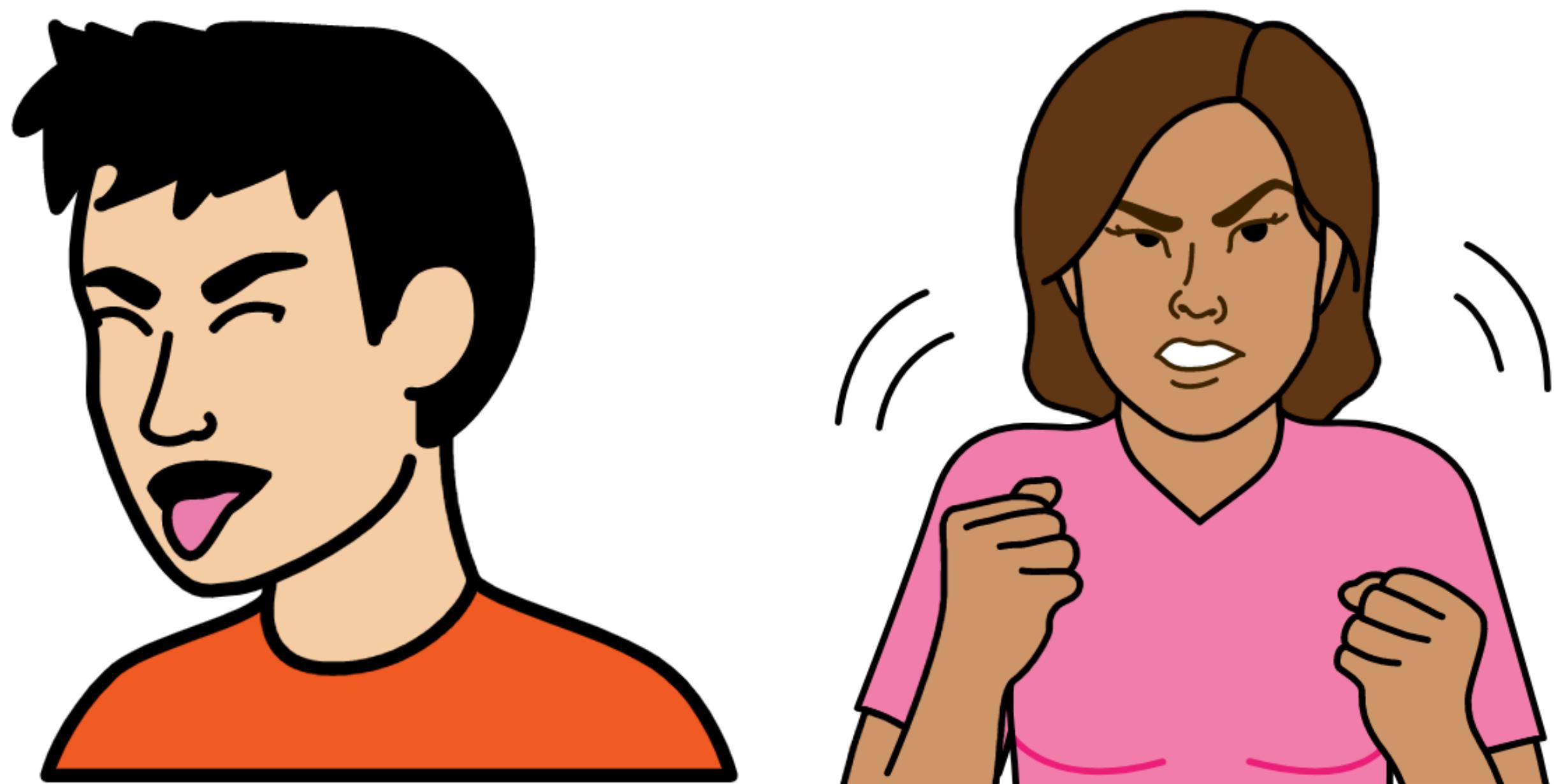


Recycling

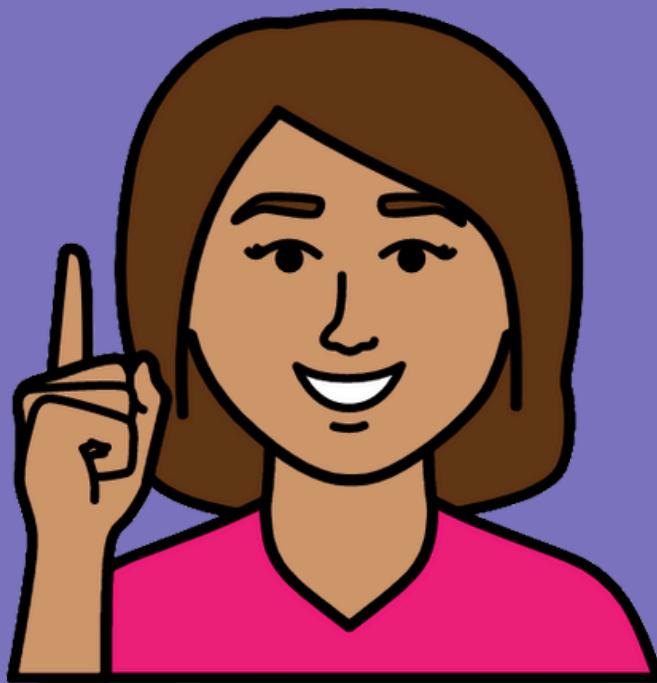




Katy and Louis' teachers want to know what they like to do at school.



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



Hyper / over the top



Energetic / Jumpy



Focussed



Chilled / calm



Tired / Sluggish



ZzZzzZz



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.



Hyper / over the top



Energetic / Jumpy



Focussed



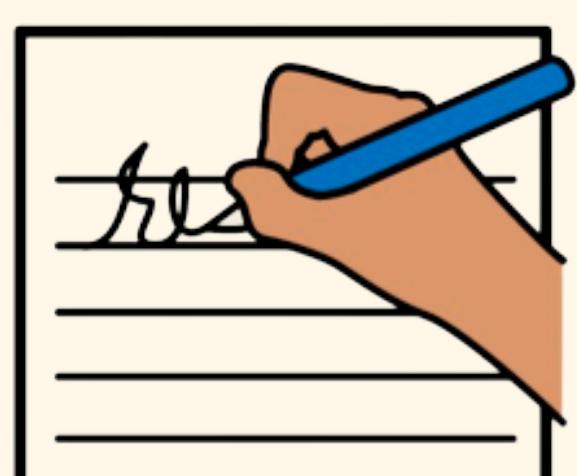
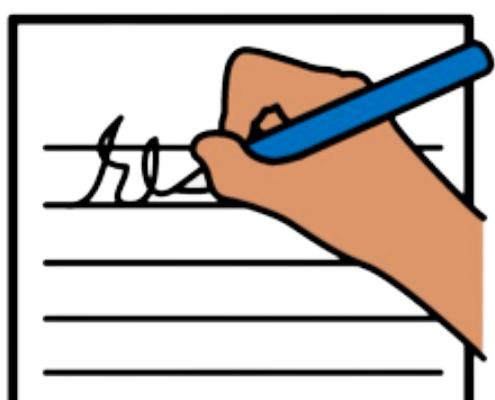
Chilled / calm



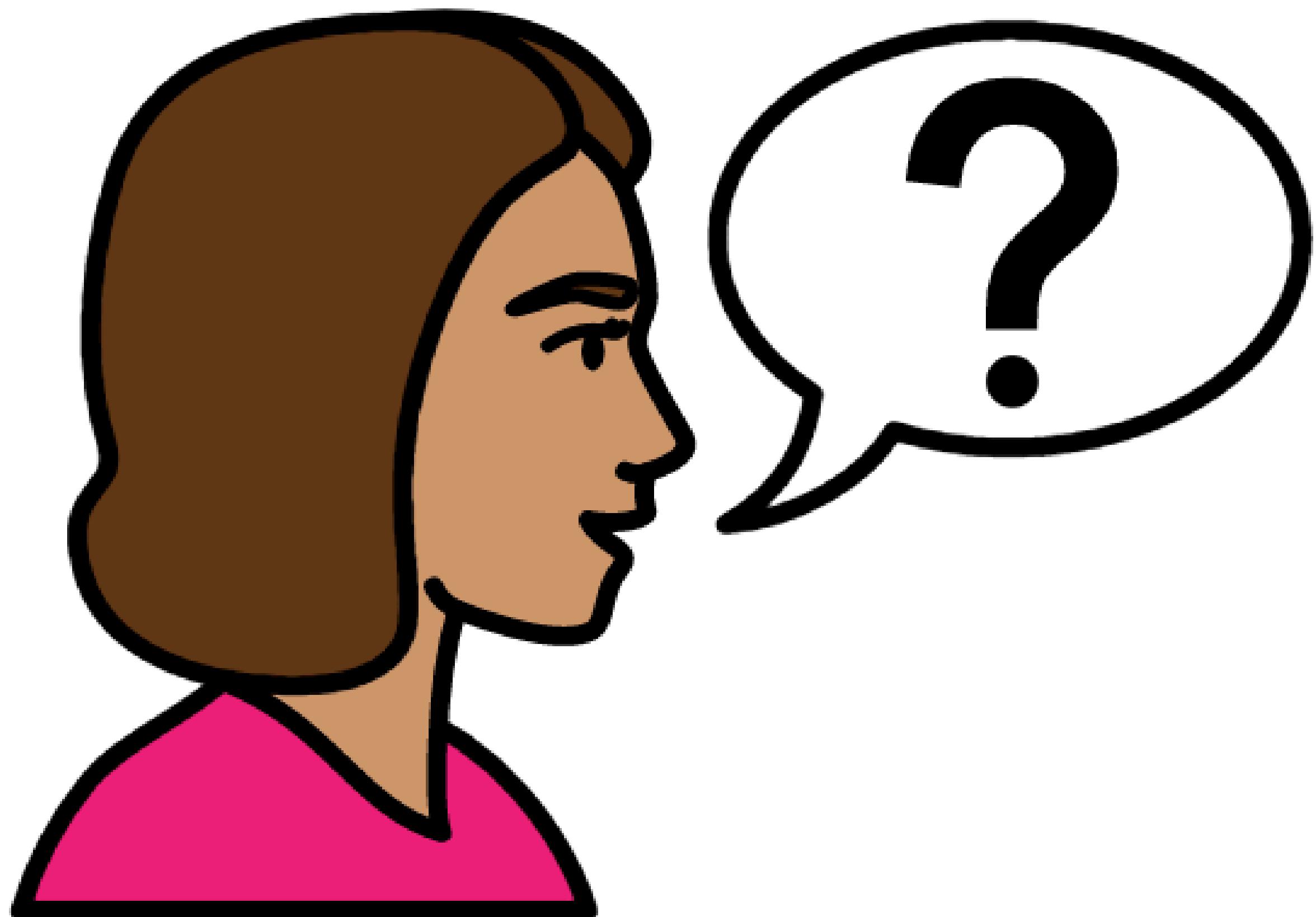
Tired / Sluggish



ZzZzzzZz



Louis puts “writing” next to “ZzZzzzZz” 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 I have some questions to
ask you. Is that okay?**

How do you feel about...

Hyper / over the top



Energetic / Jumpy



Focussed



Chilled / calm



Tired / Sluggish



ZzZzzzZz

