

# Spoon Theory

Worksheet sheet: Understand how your special person may use their energy throughout the day



Brain  
Connect

## How will your special person use their energy?

After a brain injury, most people have 20 spoonful's of energy to use each day. Therefore, they need to pick and choose them wisely. If your special person exceeds their daily limit, be aware that they will be taking spoons from tomorrow's allocation.

			
 Toilet	 Shower	 Socialise	 Cook
 Get out of bed	 Get dressed	 Walk the dog	 Housework
 Listen to music	 Eat a meal	 Craft or hobbies	 Exercise
 Brush hair	 Do the dishes	 Answering Q's	 Shopping
 Brush teeth	 Read a book	 Planning the day	 Appointments
 Relaxing	 Texting	 Gardening	 Parenting
 Hugs	 Watching TV	 Play games	 Catching bus

How to get extra spoons back during the day? SLEEP or REST

