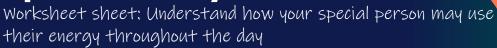
Spoon Theory





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		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	o x x o o Play games	Catching bus

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

