



Body battery

In *Best Friends Never Give Up* Alayne's body battery was sometimes full, but at other times it was nearly empty.

 Nearly empty	In the middle	 Full
		
<p>I feel very sad. I'm lonely I'm really tired. I can't think. My body feels tight and stiff. I don't want to see anyone. I don't want smile or laugh.</p>	<p>I'm not happy. I might give up or get annoyed with someone. I can't concentrate very well. I don't really know what I want to do. I can't think as well as I usually do.</p>	<p>I'm so happy. I'm smiling. I slept really well, and I have lots of energy. I can think, and laugh, and play. My body feels loose and relaxed. I want to say hello to EVERYONE. I'm looking forward to today.</p>
<p>To get back to full, I can:</p> <ul style="list-style-type: none"> • Have a rest. • Think about something else, read a book or watch a movie. • Talk to my friends. • Be kind to myself – stop blaming myself for losing Tia. • Remember all the good things about Tia. 	<p>To get back to full, I can:</p> <ul style="list-style-type: none"> • Do something useful – look for Tia, make a plan. • Eat something healthy. • Have a shower or go for a walk. • Tell my friends how I'm feeling. • Ask for help. • Have a nap. 	<ul style="list-style-type: none"> • To stay full, I can: • Go for a walk by the water. • Eat well. • Sleep well. • Take good care of Tia, my friends, and myself.

Everybody's body battery fills and empties all the time. It's always good to know how you feel AND it's good to know what to do about it.



Get a piece of paper and draw pictures that show what you look like when your body battery is:

1. empty
2. in the middle
3. full

Under each picture write down how you feel in the picture.

Write down some strategies that help too.

Some questions to think about:

- How does your body battery feel right now?
- How do you know if your body battery is full? What does your body feel like? What do you say to yourself? Are you confident? Are you patient? Are you kind? What do you want to do / what do you not want to do when you feel like this?
- How do you know if your body battery is empty? What does your body feel like? What are you telling yourself? What do you want to do / what do you not want to do when you feel like this?
- What fills up your body battery?
- What empties your body battery?
- What can you do when your body battery is low to fill it up again?
- What can you do to keep your body battery full?
- What do you want people to do when your body battery is low or high?

Think about someone in your family, or one of your friends. How do you know when their body battery is empty or full? Maybe you could ask them how you can help when they feel like their body battery is getting low?



Nearly empty

In the middle



Full

I feel:

I feel:

I feel:

To get back to **full**, I can:

To get back to **full**, I can:

• To stay **full**, I can: