

How am I doing?

In the video Stu talks about recognising when we feel drained and what getting re-charged looks like for different people. Use this quiz to help you identify where you might be needing to make some changes so you can be energised.

Colour in the batteries to show the frequency you do these things.

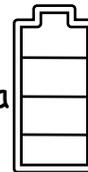
1. I eat good food and drink plenty of water



2. I get 7-8 hours sleep a night



3. I do some sort of physical activity (at least 30 minutes with a bit of puffing) every day



4. I have fun with my family and/or friends



5. After having fun with family and/or friends I leave feeling energised



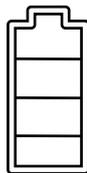
6. I spend time doing my hobbies



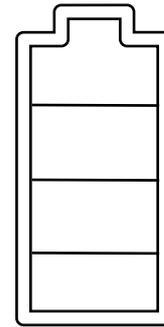
7. After spending time doing my hobbies I feel energised



8. I spend time alone to reflect and plan



9. After spending time alone I feel energised



All the time

Most of the time

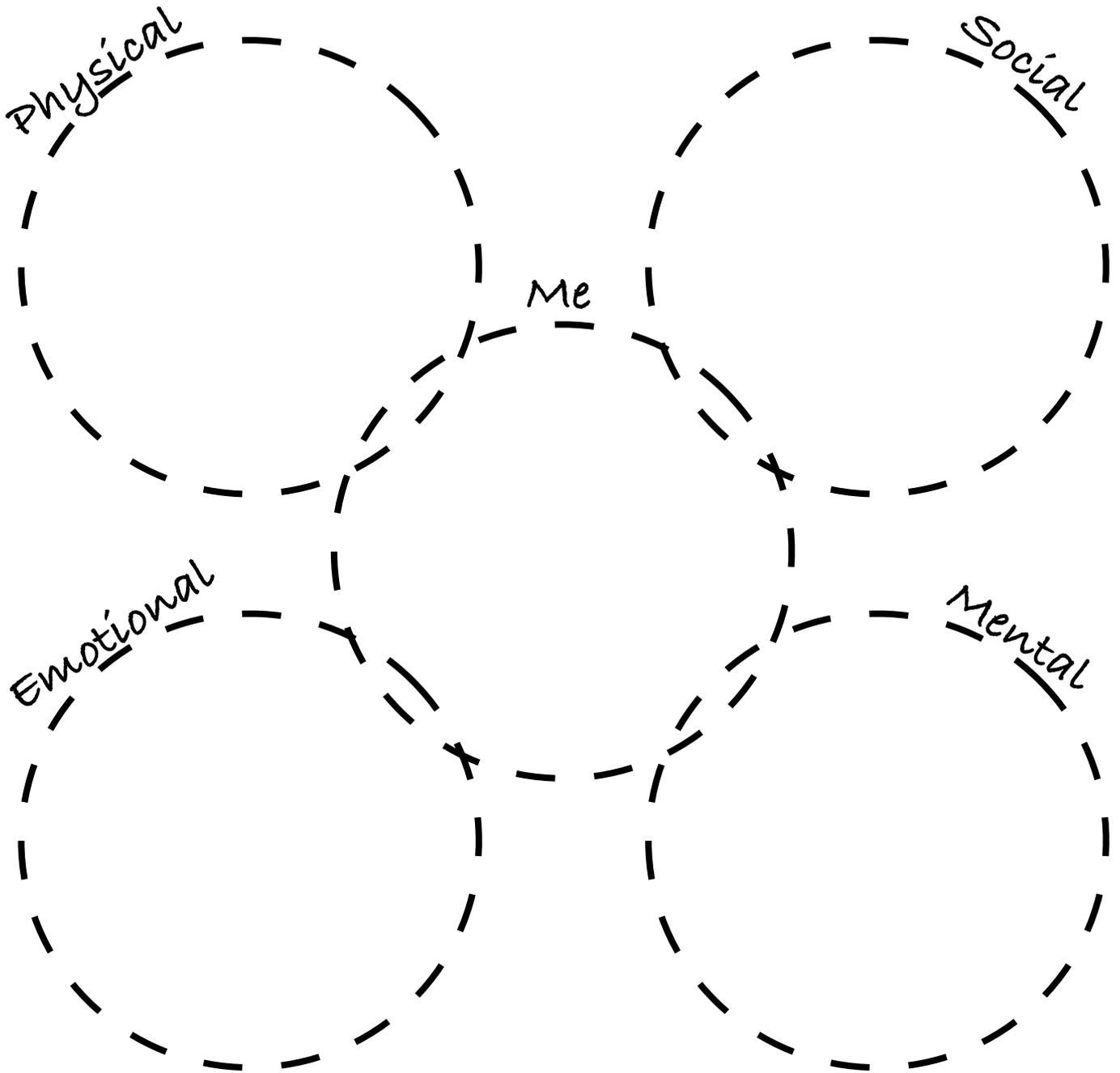
Rarely

Never

Have a close look at your batteries. Are there any that are full? Which ones are drained? Does spending time by yourself energise you? What have you noticed about some of your habits/ behaviours?

Re_Charge Plan

The goal of the 'How am I doing?' Quiz was to help you see the areas in your life where you might be being drained and hopefully help you recognise where you are energised. Now, use the attached sheet full of suggestions to help you identify things you could do to help you re-charge in each area and note down two or three for you to try.



Re-Charge Ideas

These are not all of the ways to re-charge so feel free to think of your own.

Physical

(questions 1-3)

- Drink water
- Eat healthier snacks
- Go for a walk
- Have a dance party
- Take a shower
- Ride your bike
- Stretch your muscles
- Take a nap
- Go for a swim
- Take some deep belly breaths
- Snuggle under a cosy blanket
- Plant a garden
- Go for a jog
- Do yoga
- Eat your favourite dessert
- Go roller-skating or long-boarding

Social

(questions 4-5)

- Have a family dinner
- Play boardgames with friends
- Cuddle with a pet
- Talk to a friend
- Plan an outing with friends*
- Volunteer in your community*
- Make a funny video with friends
- Play with a sibling
- Blow bubbles and be silly
- Watch funny cat videos
- Invite friends to your house*
- Play card games with a parent
- Get a hair cut*
- Go to the hot pools with a parent
- Go to the mall with friends*
- Video call a grandparent

Emotional

(questions 6-7)

- Watch a 'feel good' movie
- Find a joke book and have a laugh
- Have a sing-a-long
- Try a new craft
- Bake a cake
- Learn a new language
- Start an art journal
- Build a hut out of blankets
- Sculpt a crazy new animal out of mud
- Write a lyrics for a song
- Draw something outside
- Do a jigsaw puzzle
- Read a book or magazine
- Write a story
- Play a video game
- Visit a museum*

Mental

(questions 8-9)

- Write in a journal
- Meditate or pray
- Go outside and watch the birds in the trees
- Make a list of things you like about you
- Daydream
- Sing your favourite songs
- Make a list of your accomplishments
- Make a bucket list
- Make a list of people you look up to and why
- Look at family photo albums
- Write in a gratitude journal
- Go stargazing
- Write a letter to your future self
- Make a list of things you're good at
- Go outside and watch the clouds
- Read inspiring quotes

* Ask for your parent's permission