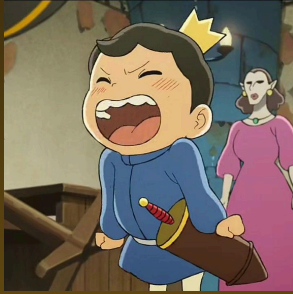


Energy Needed

(match for the activity)

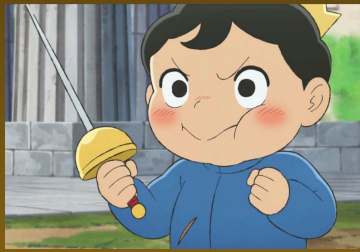
My Energy

(Where I am)



**MAXED
OUT**

Frenzied



AmpedUp!

Fidgety



**FLOW
STATE**

Focused
Purposeful



Chill

Settled: Calm

SLEEPY

Still
Low energy



Asleep

**sleep
mode**