




















| My Energy | What others see, hear & observe | What I feel or experience | Where it feels right for me (creates gruntle*) |
|---|---------------------------------|---------------------------|--|
|  <p>Maxed Out/ Frenzied Often seen as: <i>not available for learning and interaction</i></p> <p>Often feels like: <i>bursting energy or shut down</i></p> <p>Where it often feels right: <i>upsetting event, recess</i></p> | | | |
|  <p>Amped Up / Fidgety Often seen as: <i>hyper</i></p> <p>Often feels like: <i>expanding energy</i></p> <p>Where it often feels right: <i>PE class, celebration</i></p> | | | |
|  <p>Focused / Purposeful Often seen as: <i>activity oriented and engaged</i></p> <p>Often feels like: <i>directed flow of energy</i></p> <p>Where it often feels right: <i>hobby or preferred activity, class, sports</i></p> | | | |
|  <p>Settled / Calm Often seen as: <i>relaxed</i></p> <p>Often feels like: <i>slow, steady, pulsing energy</i></p> <p>Where it often feels right: <i>reading, listening to music</i></p> | | | |
|  <p>Sleepy / Still Often seen as: <i>sluggish</i></p> <p>Often feels like: <i>energy is drained</i></p> <p>Where it often feels right: <i>beginning or end of day, sick</i></p> | | | |
|  <p>Asleep</p> | | | |

*Gruntle- Content, Well-Regulated, Personal energy in sync / flow with the environmental energy needed to support active engagement

| What others see, hear, observe | My Energy (Where I Am) | What I feel or experience |
|--|---|---------------------------|
| |  <p><u>Maxed Out/ Frenzied</u> Often seen as: <i>not available for learning and interaction</i></p> <p>Often feels like: <i>bursting energy or shut down</i></p> <p>Where it fits: <i>upsetting event, recess</i></p> | |
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| |  <p><u>Sleepy / Still</u> Often seen as: <i>sluggish</i></p> <p>Often feels like: <i>energy is drained</i></p> <p>Where it fits: <i>beginning or end of day, hungry, sick</i></p> | |
| |  <p><u>Asleep</u></p> | |
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| What others see, hear, observe | My Energy (Where I Am) | What I feel or experience |
|---|---|--|
| <ul style="list-style-type: none"> • Intense movement • Loud vocalizations • Unable to speak • Extreme emotion • Tense body • Still • Disconnected |  <p><u>Maxed Out/ Frenzied</u> Often seen as: <i>not available for learning and interaction</i></p> <p>Often feels like: <i>bursting energy or shut down</i></p> <p>Where it fits: <i>upsetting event, recess</i></p> | <ul style="list-style-type: none"> • Explosive energy • Blank / hollow • World is a blur • Disconnected • Overwhelmed • Elation / Joy • Need to release |
| <ul style="list-style-type: none"> • Chatty • Constant movement • Fidgety • Squeaks, squeals, giggles • Flaps, jumps, runs |  <p><u>Amped Up / Fidgety</u> Often seen as: <i>hyper</i></p> <p>Often feels like: <i>expanding energy</i></p> <p>Where it fits: <i>PE class, celebration</i></p> | <ul style="list-style-type: none"> • Energy building • Hard to sit still • Harder to express myself and access language • Need to move • Need physical space |
| <ul style="list-style-type: none"> • Object / activity focused • Difficulty shifting attention from current focus • Conversation or communicative focus on activity |  <p><u>Focused / Purposeful</u> Often seen as: <i>activity oriented and engaged</i></p> <p>Often feels like: <i>directed flow of energy</i></p> <p>Where it fits: <i>hobby or preferred activity, class, sports practice</i></p> | <ul style="list-style-type: none"> • Flowing energy • Tunnel vision • Engaged and determined • Ready • Flow • Confident and capable |
| <ul style="list-style-type: none"> • Stillness • Slow rhythmic movements • Humming /echoing • May seem inwardly focused • Calm • Quiet |  <p><u>Settled / Calm</u> Often seen as: <i>relaxed</i></p> <p>Often feels like: <i>slow, steady, pulsing energy</i></p> <p>Where it fits: <i>reading, listening to music</i></p> | <ul style="list-style-type: none"> • Rhythmic energy • Neutral • Safe • Content • Repetitive speech (out-loud or in my head) |
| <ul style="list-style-type: none"> • Not engaged • Not excited by topics of interest • Low energy • Hyper-activity • Drained • More sensitive |  <p><u>Sleepy / Still</u> Often seen as: <i>sluggish</i></p> <p>Often feels like: <i>energy is drained</i></p> <p>Where it fits: <i>beginning or end of day, hungry, sick</i></p> | <ul style="list-style-type: none"> • Lack of energy • Increased sensory sensitivity • Hard to access language • Need personal space and quiet |
| <ul style="list-style-type: none"> • ZZZZZzzzzzz |  <p><u>Asleep</u></p> | <ul style="list-style-type: none"> • ZZZZZzzzzzz |

| What others see, hear, observe | <h1 data-bbox="877 168 1241 240">My Energy</h1> <p data-bbox="961 245 1178 282">(Where I Am)</p> | What I feel or experience |
|--|---|---------------------------|
| | <div data-bbox="737 380 940 646">  </div> <div data-bbox="961 386 1415 662"> <p>Maxed Out/ Frenzied Often seen as: <i>not available for learning and interaction</i></p> <p>Often feels like: <i>bursting energy or shut down</i></p> <p>Where it fits: <i>upsetting event, recess</i></p> </div> | |
| | <div data-bbox="737 743 953 1013">  </div> <div data-bbox="961 766 1394 977"> <p>Amped Up / Fidgety Often seen as: <i>hyper</i></p> <p>Often feels like: <i>expanding energy</i></p> <p>Where it fits: <i>PE class, celebration</i></p> </div> | |
| | <div data-bbox="737 1182 940 1403">  </div> <div data-bbox="947 1117 1394 1430"> <p>Focused / Purposeful Often seen as: <i>activity oriented and engaged</i></p> <p>Often feels like: <i>directed flow of energy</i></p> <p>Where it fits: <i>hobby or preferred activity, class, sports practice</i></p> </div> | |
| <div data-bbox="394 1479 1730 1516"> <p>copyright 2019- all rights reserved - Laurent & Fede www.amy-laurent.com / Autism- Level UP</p> </div> | | |

| What others see, hear, observe | <h1 data-bbox="890 142 1253 212">My Energy</h1> <p data-bbox="982 220 1194 256">(Where I Am)</p> | What I feel or experience |
|--------------------------------|--|---------------------------|
| | <div data-bbox="747 386 963 613">  </div> <p data-bbox="982 354 1199 383"><u>Settled / Calm</u></p> <p data-bbox="982 394 1262 423">Often seen as: <i>relaxed</i></p> <p data-bbox="982 464 1440 529">Often feels like: <i>slow, steady, pulsing energy</i></p> <p data-bbox="982 570 1392 634">Where it fits: <i>reading, listening to music</i></p> | |
| | <div data-bbox="743 797 959 1024">  </div> <p data-bbox="989 764 1178 794"><u>Sleepy / Still</u></p> <p data-bbox="989 805 1283 834">Often seen as: <i>sluggish</i></p> <p data-bbox="989 875 1404 904">Often feels like: <i>energy is drained</i></p> <p data-bbox="989 945 1400 1010">Where it fits: <i>beginning or end of day, hungry, sick</i></p> | |
| | <div data-bbox="751 1133 1041 1370">  </div> <p data-bbox="1010 1154 1115 1183"><u>Asleep</u></p> | |

My Energy

What others see,
hear & observe

What I feel or
experience

Where it creates
gruntle*



Maxed Out/ Frenzied

Often seen as: *not available for learning and interaction*

Often feels like: *bursting energy or shut down*

Where it often feels right: *upsetting event, recess*



Amped Up / Fidgety

Often seen as: *hyper*

Often feels like: *expanding energy*

Where it often feels right: *PE class, celebration*



Single Stream / Flowing

Often seen as: *activity oriented and engaged*

Often feels like: *directed flow of energy*

Where it often feels right: *hobby or preferred*



Settled / Calm

Often seen as: *relaxed*

Often feels like: *slow, steady, pulsing energy*

Where it often feels right: *reading, listening to music*



Sleepy / Still

Often seen as: *sluggish*

Often feels like: *energy is drained*

Where it often feels right: *beginning or end of day, sick*



Asleep

*Gruntle- Content, Well-Regulated, Personal energy in sync / flow with the environmental energy needed to support active engagement