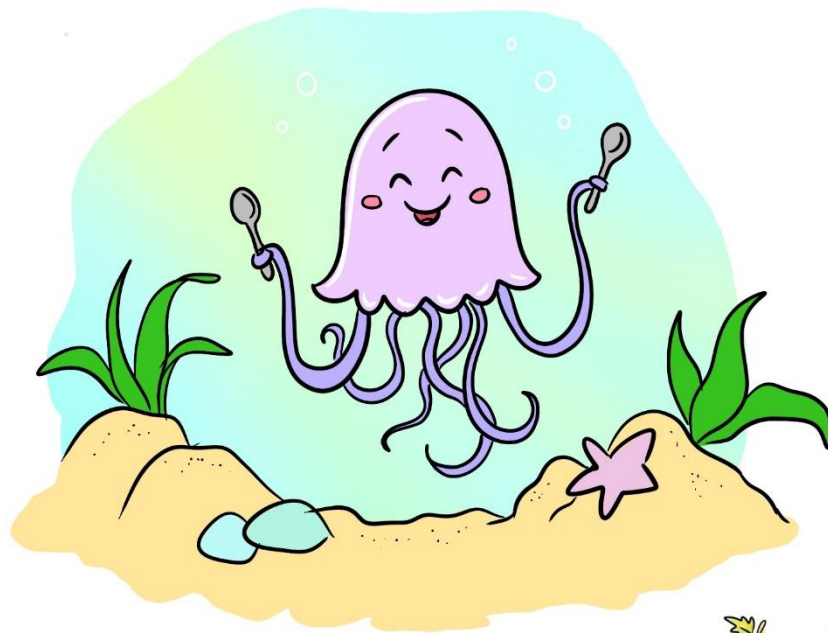


Teach me about
SPOON THEORY



NeuroWild

Every day I have things I need to do.
Some of the things are FUN,
like seeing my friends.

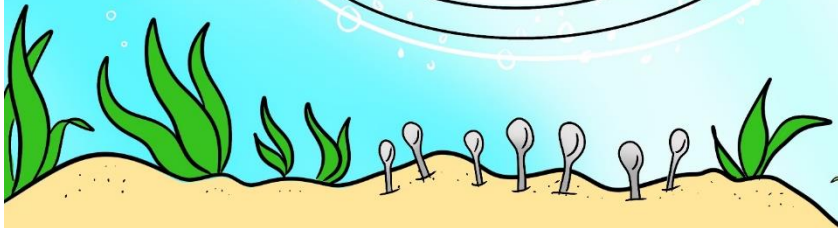
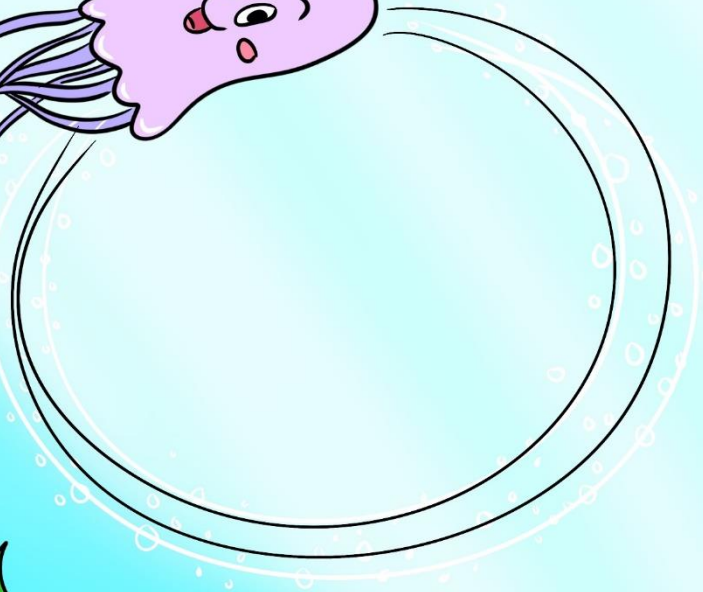
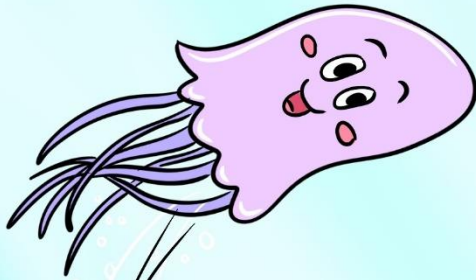
And some things are
BORING or ANNOYING,
like cleaning my room.



Each of these things
costs SPOONS.

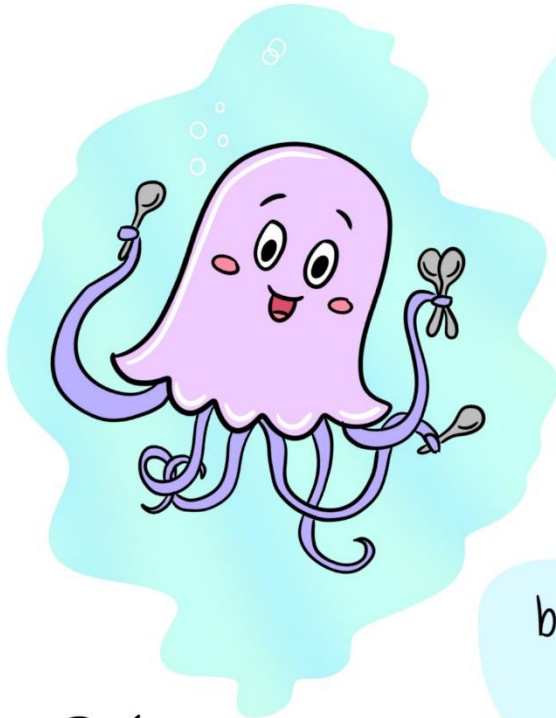


Spoons are
kind of like
mental energy!



NeuroWild

Everyone has a limited number of spoons to spend each day.



Different things cost different amounts of spoons.

It's a good idea to be careful with your spoons...

because once your spoons are used up, that's it for the day!



NeuroWild

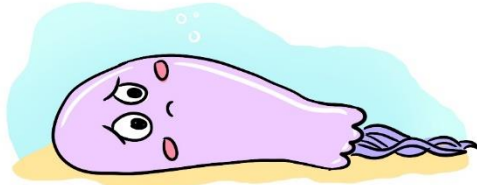
Some days I have to spend
my spoons on things that are not
very fun.



And I don't have enough
spoons for the things that I like.

NeuroWild

When I've run out of spoons...



I get sad
easily



I get angry
more quickly



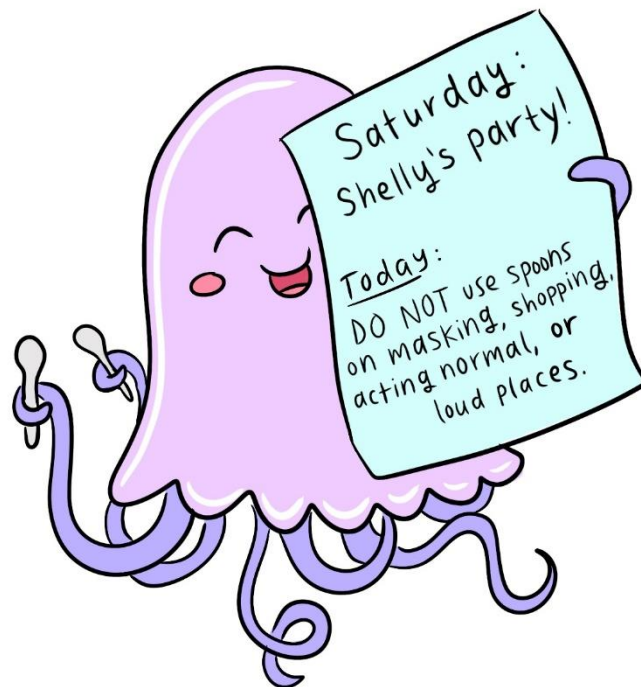
I find it hard
to do things



I just have
nothing left.

NeuroWild

So I don't run out, it helps to make a plan about how I will use my spoons.



If I know there's something expensive coming up, I will SAVE some spoons for that.

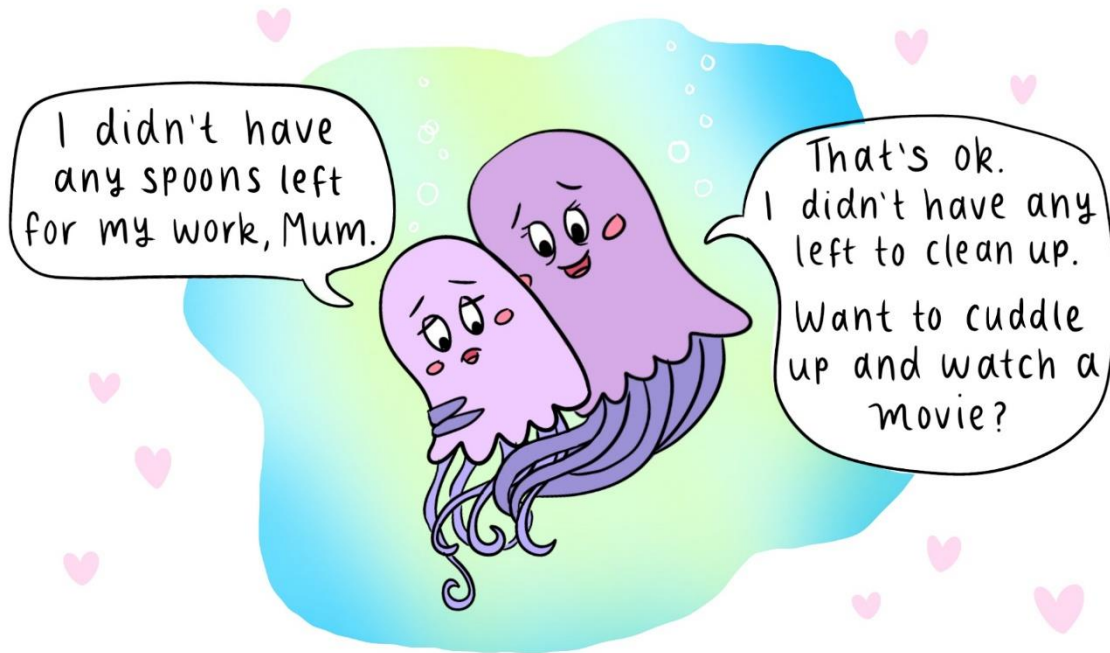


It also helps to know that I can
get some spoons back by:



NeuroWild

Some days it's hard to keep track of how many SPOONS I've used, and I don't realise until it's too late.



When that happens, I know who can help me. ♡

