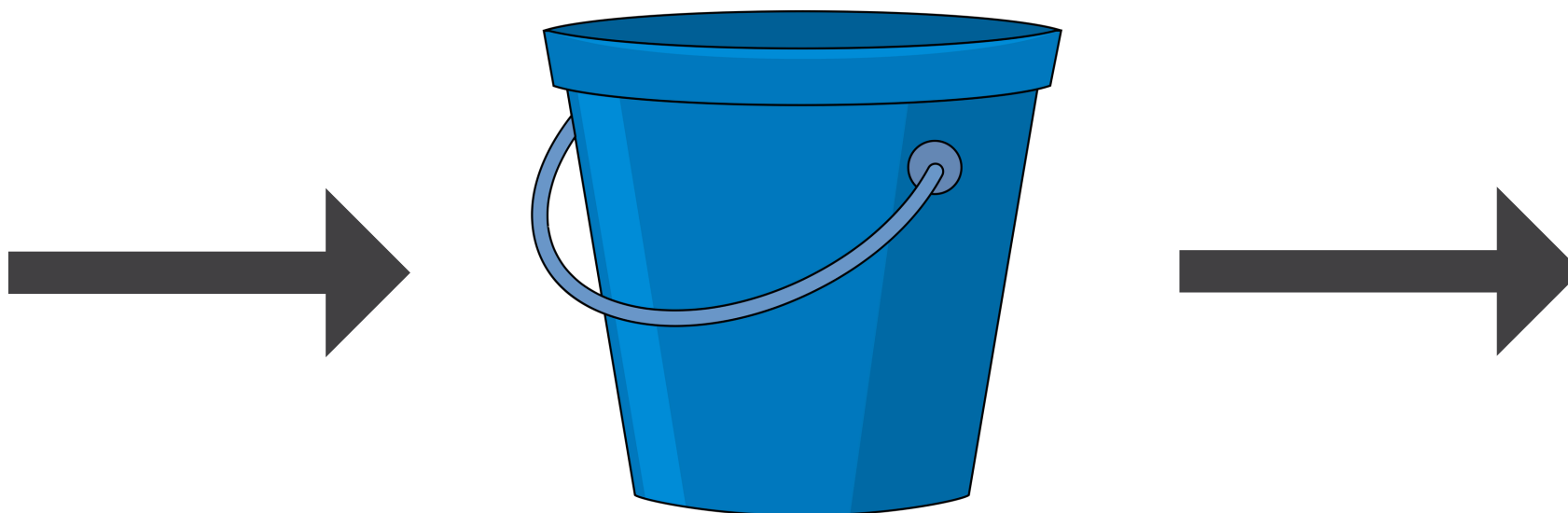




Bucket of Energy

WHAT IS THE BUCKET OF ENERGY?

This analogy refers to how much capacity or energy we have in the 'tank' to be able to deal with stressors of every day life. We need a full tank of energy to 'do' and participate in activities. Stressors consume our energy; the more stressors there are on us, the more energy we use. If someone uses too much energy, they are in 'negative energy', which makes it difficult to get back to baseline, and back to knowing how their body is feeling (hunger, emotions etc). We need to put energy back into the tank to help fill what is lost by stressors (e.g. movement breaks, sensory strategies). This concept can also help explain why a small thing can cause a big response at some times and not others - if there is nothing left in the tank, we can't problem solve or regulate!



HOW CAN THE BUCKET BE USED?

There are different ways to use the bucket.

- Some people refer to a full bucket as being completely overloaded and stressed while others use a full bucket as being full of energy and well regulated.
- You can use a battery instead of a bucket and what charges or drains your battery.
- Some people refer to spoons as their energy load as described in the spoon theory by Christine Miserandino.
- When talking about what goes in and out of the bucket, you can use water or jellybeans (get creative!) and have a tangible cup or bucket you fill and empty to show your regulation.
- This analogy can also be used in more specific areas (for example, social, connection, sensory, task demands, etc. all which contribute to regulation).



Bucket of Energy

WHAT FILLS YOUR BUCKET

WHAT DRAINS YOUR BUCKET

STRATEGIES:

