



Example energy meters

What is an energy meter?

A tool we love to use at Believe and Become to help people, children, young people and adults alike, understand and regulate their energy levels throughout their day. The concept of energy meters is relevant to ALL people, including neurodivergent people.

We love to work with individuals to personalise their meter so it is meaningful to them. Refer to our "Using energy meters and sensory tools to support regulation" factsheet for more information and ideas on how to use these tools in daily life.

On the next pages are just a few examples of how you can link energy meters with a person's interests to create a personalised energy meter.



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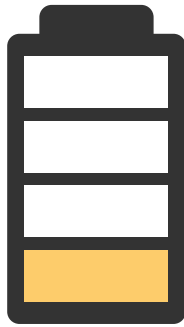
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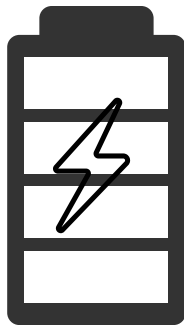
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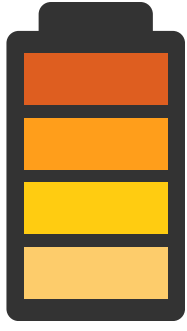
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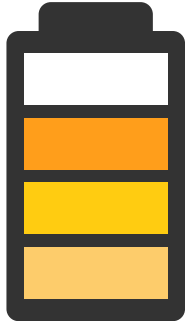
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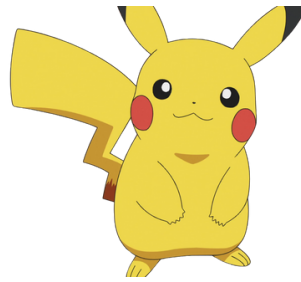
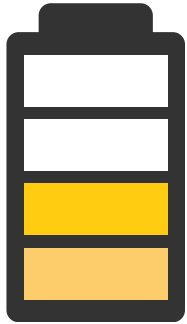
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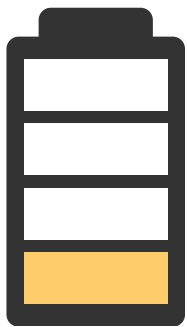
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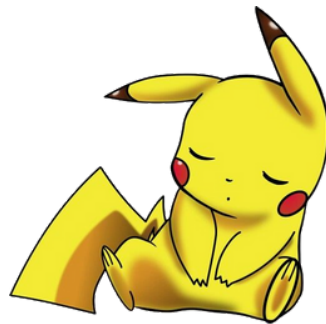
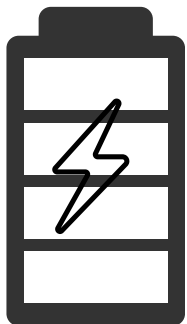
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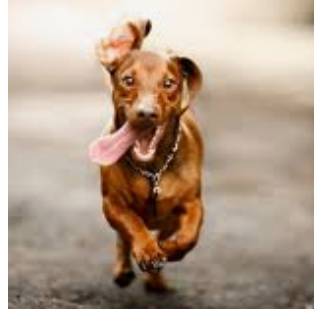
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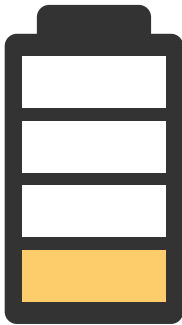
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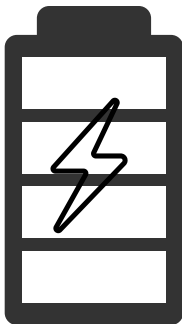
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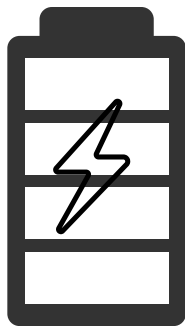
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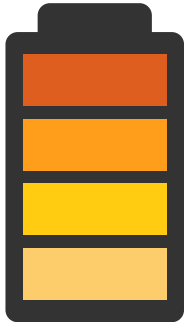
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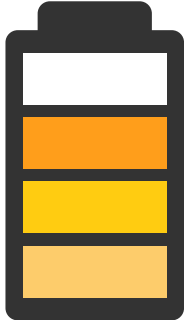
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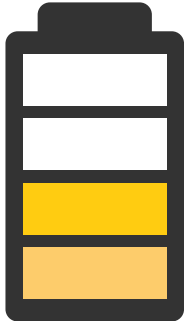
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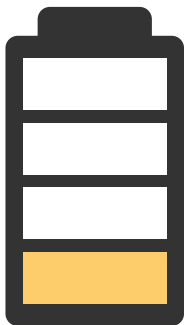
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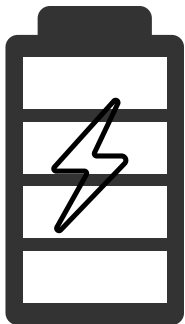
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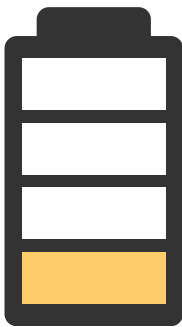
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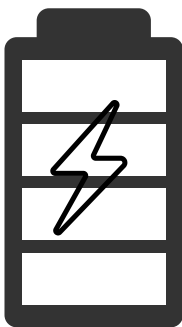
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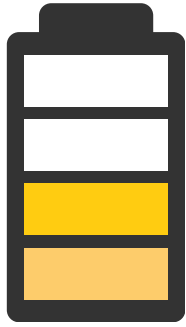
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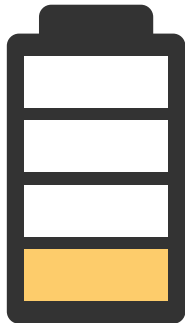
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