

USING THE SPOON SELECTOR CHATTERBOX

We start each day with a certain number of spoons* or level of energy. Some situations may take our spoons/energy, others may give us spoons/energy.

Things that take our energy can be tasks we have to do (i.e., study) activities we want to do (i.e., seeing friends), actions that we do automatically (i.e., masking) and occurrences we have no control over (i.e., illness). When we are out of spoons it's harder to stay regulated when something unexpected happens, more difficult to engage in what we may need or want to, and easier to become overwhelmed.

But there are things that can give us energy back too, our spoon-givers can be engaging in our interests, meeting our needs, regulating our nervous system or resting.

When we are low in spoons it can be hard for us to figure out what will give us some energy back. Fill out the chatterbox so that when you feel like you need more spoons but don't have the capacity to decide what to do you can use the chatterbox as a randomiser.

Below are some spoon-giving ideas.

REST

Have a nap, go to bed early, cancel your plans, take a sick day, delegate a task, Plan C it, support swap

Engage in a flow task, go for a walk, stim, breathing exercise, meditate

REGULATE

Deep dive, read your favourite comic/book, watch your show/movie, listen to some music, practice your interest (i.e., craft or piano)

INTERESTS

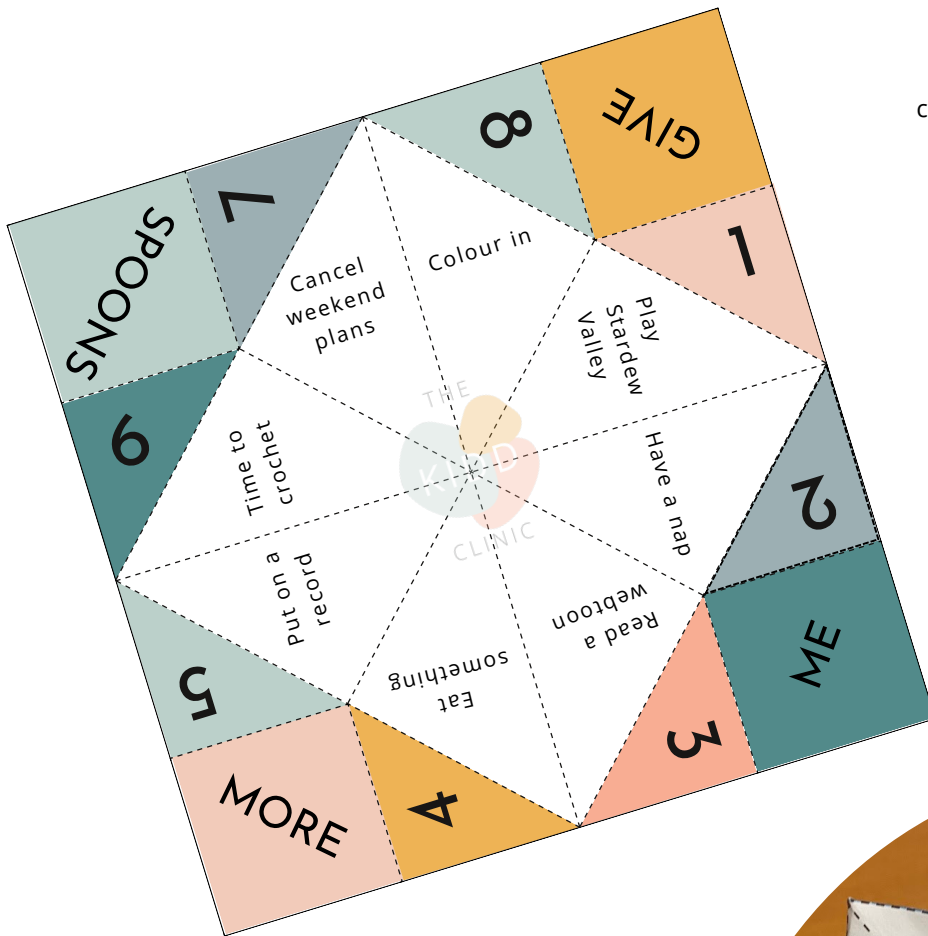
Eat something, drink some water, connect with someone, reduce/increase sensory input

NEEDS

*Read more about Spoon Theory on page 3.

MAKING THE CHATTERBOX

1. Cut out the square and write in your spoon-givers.
2. Fold the square in half, both ways. Unfold it and put the printed side face down.
3. Fold each corner to the middle.
4. Flip it over and do the same on the other side.
5. Crease the folds by folding and unfolding it in half.
6. You can now put your thumb and forefinger inside the square pockets to move the chatterbox!



To watch a video on how to fold the chatter box scan the QR code below or follow the link!



https://drive.google.com/file/d/1IFCAC4CsPDOcrkk-6-Dgyesnj9ojfRYM/view?usp=share_link

Post your chatterbox on social media & tag us @thekiddclinic

NOTE: Sometimes we don't have the spoons to engage in fine motor activities (i.e. using the chatterbox). Instead, we recommend randomly picking a number as a way to randomise your activity or getting someone else to pick it/use the chatterbox for you.



SPOON THEORY

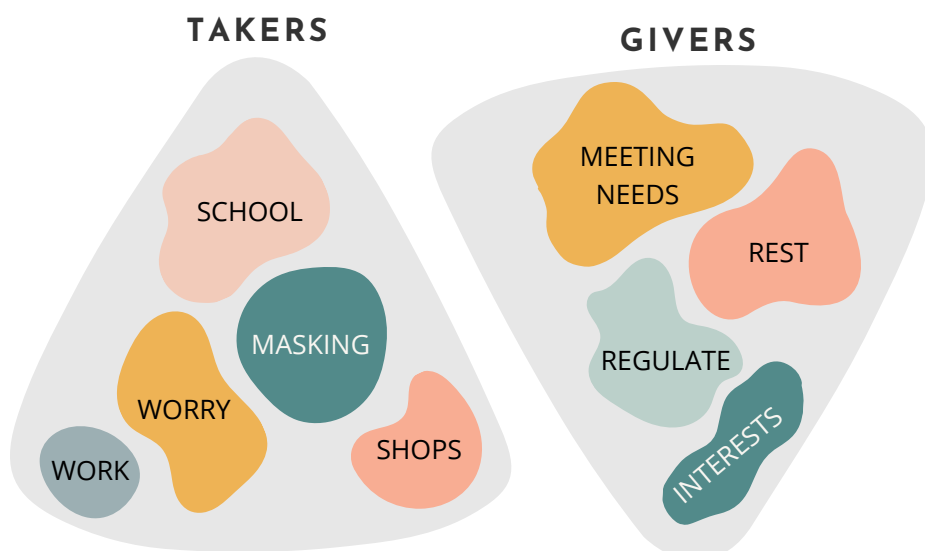
Spoon theory is a simple yet powerful metaphor that helps people understand what it's like to live with a chronic illness, disability, or limited energy. It was created by Christine Miserandino, who used it to explain her own experiences with lupus to a friend.

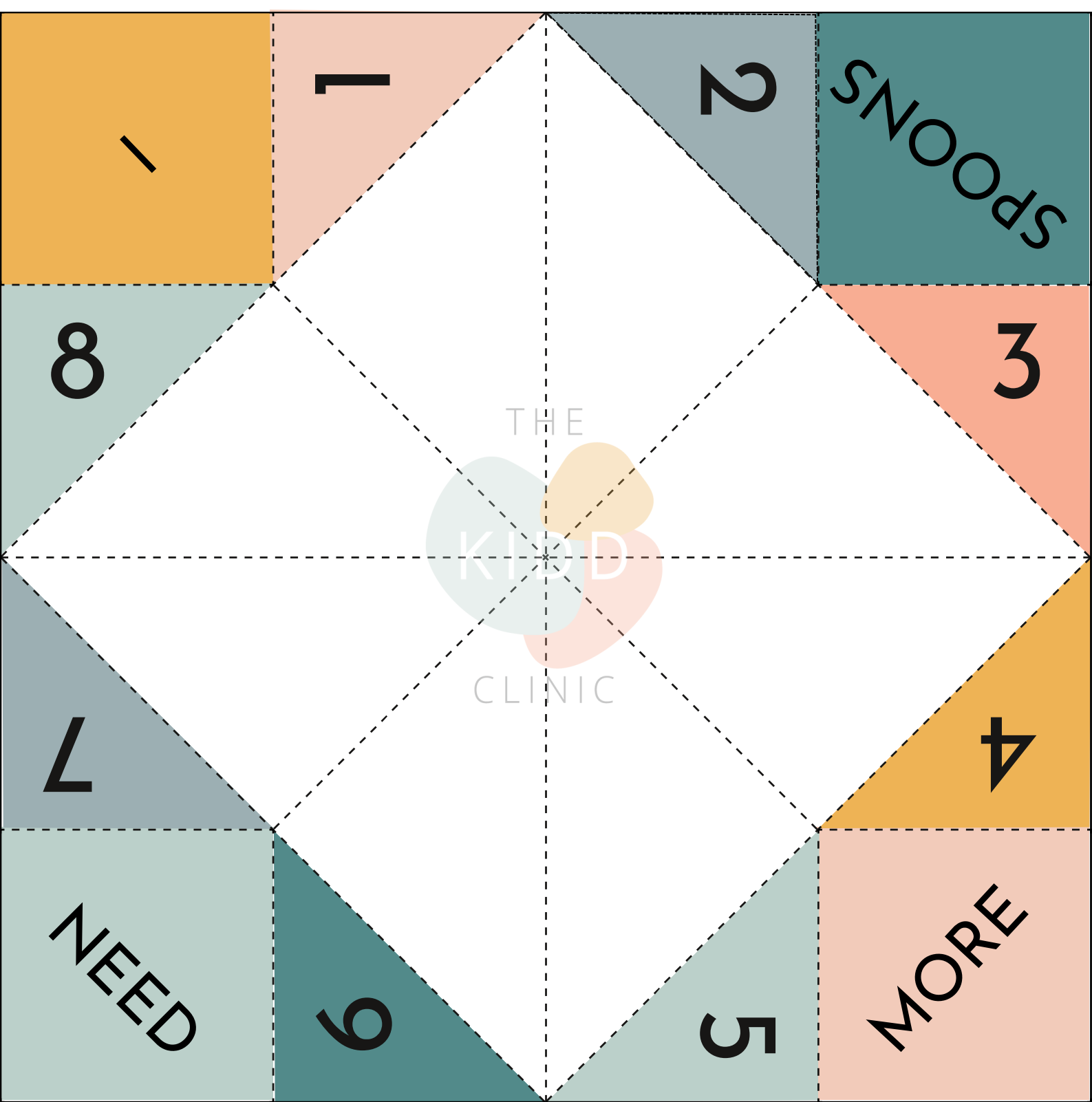
Imagine that you start your day with a certain number of "spoons." Spoons represent your daily energy or physical capabilities. Each activity, no matter how small, uses up some of these spoons. For example, getting out of bed might take one spoon, showering might use two spoons, and making breakfast could take another spoon.

The key point is that people with chronic illnesses or disabilities don't have an unlimited supply of spoons like other individuals may do. Their daily spoon count might be lower due to pain, fatigue, managing sensory experiences, or other experiences. When you run out of spoons, you're left feeling exhausted, unable to do more tasks, overwhelmed, or even in pain.

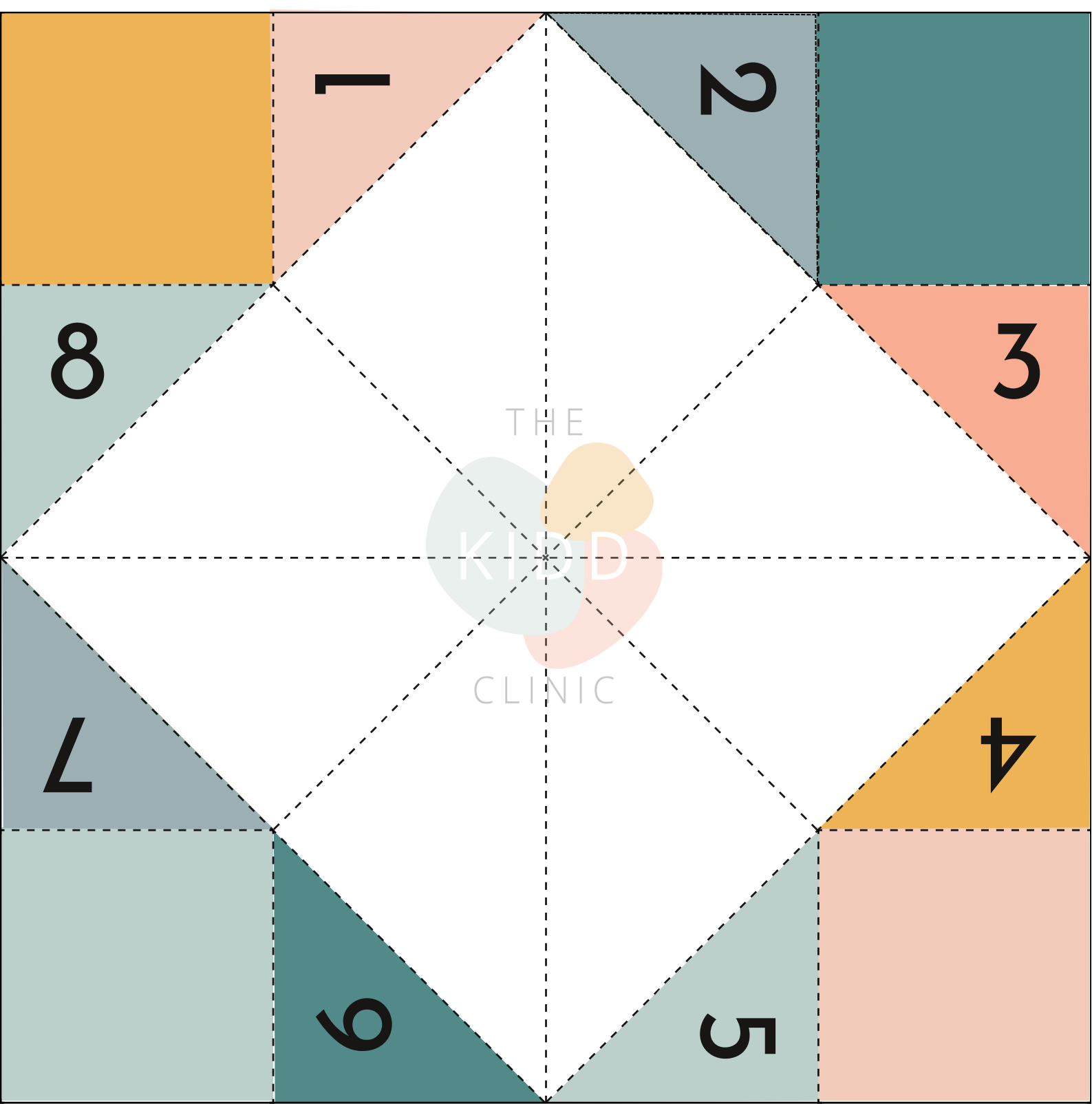
Spoon theory helps us understand that every action, even the seemingly simple ones, can cost precious energy. It encourages empathy and awareness of the daily struggles people face, as well as the need to prioritise and manage their limited energy. This includes filling days with spoon-giving activities alongside all the spoon-taking activities

In summary, spoon theory is a way to express the challenges of living with a chronic condition and the need to carefully allocate one's energy throughout the day. It helps bridge the gap in understanding between those with chronic illnesses and those without, promoting empathy and support.





REGULATE	REST	NEEDS	INTERESTS
<ul style="list-style-type: none"> Engage in a flow task Go for a walk Stim Breathing exercise Vent Meditate 	<ul style="list-style-type: none"> Have a nap Go to bed early Cancel your plans Take a sick day Delegate a task Plan C it Support swap 	<ul style="list-style-type: none"> Eat something Drink some water Connect with someone Cuddle a pet Reduce sensory input Increase sensory input 	<ul style="list-style-type: none"> Infodump Read your favourite comic/book Watch your show/movie Listen to some music Practice your interest (i.e., craft, sport, instrument)



Add your own 4 word phase and list your givers

Gives 1 spoon	Gives 2 spoons	Gives 3 spoons	Gives 4 spoons