

Energy Accounting

The energy accounting activity involves sitting down with a person with autism and creating two lists. A list of things that sap energy (withdrawals) and a list of things that replenish energy (deposits).

A numerical value is then assigned to each withdrawal and deposit to give it a weighting. Say 10 points means the activity gives/takes a little energy and 100 points means it gives/takes a lot of energy.

The idea is that when a withdrawal, or numerous withdrawals are made, deposits have to be made in order to prevent the account running into overdraft and a meltdown occurring.

Energy Accounting Activity Example

Withdrawal	Deposit
not sleeping (80)	walking (20)
school (90)	reading (90)
crowds (70)	painting (30)
noise (80)	origami (50)
brightness (50)	solitude (80)
shopping centers (50)	lisa (80)
swimming pools (80)	cat cuddles (20)
hot days (50)	cross-stitch (20)
rushing (70)	chosen noise (50)
pain (90)	time with mum (50)
change (90)	rug rolling (10)
screens (50)	miss Dani (20)
sport (70)	accomplishing hard things (90)
social events (80)	lego alone (50)
busyness (60)	noise-cancelling headphones (50)
appointments (70)	tactile play (50)



Adapted from: <https://medium.com/age-of-awareness/the-energy-accounting-activity-for-autism-3a245e34bdfb>