

Energy Reservoir

Metacognitive skill targeted: self-monitoring, self-regulation, self-awareness, reflection

Age group: 8-11

Duration: 15 minutes

Material needed:

- **Energy Bottle template** (with empty stripes) – printed or digital
-  **Coloured pencils, markers or crayons** – to fill in the stripes
-  (Optional) **Daily log or journal** – to note down when and why you filled a stripe
-  **Quiet reflection time** – space in the day to check in with your energy

Activity Description

In this activity, you will use a bottle-shaped template with empty stripes to track your energy throughout the day.

Whenever you feel a change in your energy, or during quiet reflection time, you can fill in one stripe with a colour that shows how much energy you have.

- Use **bright colours** for high energy and **cool or dark colours** for low energy.
- This activity helps you understand how your energy changes and what helps you feel focused, calm, or full of energy!

Instructions

- Take your **Energy Bottle template** (printed or digital).
- 👁️ **Look at how you feel right now.** Do you have lots of energy? A little?
- 🖍️ **Choose a colour** to show your energy level.
 - *Bright colours (yellow, orange, green) = high energy
 - **Dark/cool colours (black, gray) = low energy
- **Fill in one stripe** of the bottle with that colour.
- You can do this **any time during the day**, especially when your energy changes.
- At the end of the day, **look at your bottle** and think:
 - When did I feel the most energy?
 - What helped me feel better or more focused?

Useful Tips

- **Make your own colour code** (e.g. red = tired, yellow = calm, blue = focused).
- 🕒 Try to check in with your energy at the **same time each day** (like after break or before lunch).
- 🧘 Use this moment to take a breath and **notice how your body feels**.
- 📈 Over time, you can **see patterns** in your energy—this can help you learn better!
- 😊 There are **no right or wrong colours**—just be honest with yourself.

ENERGY RESEEVOR



Colour	How I Feel
 Green	Calm and balanced energy
 Yellow	Happy and full of energy
 Blue	Tired or low energy
 Red	No energy / need a break

ENERGY RESEEVVOIR

A large, hand-drawn style outline of a reservoir or container. The top of the container is flared and has three distinct horizontal bands. The main body of the container is wider at the top and tapers slightly towards the bottom. Inside the container, there are several horizontal dashed lines for writing. A solid black dashed line is positioned near the top of the main body. Below it, there are two sets of red dashed lines, each consisting of ten lines. The first set is followed by a solid black dashed line. The second set is followed by another solid black dashed line. The entire container is outlined in thick black.

Time	What I'm Doing
 Morning	Arriving at school / Starting my day
 Mid-morning	After first lessons / Before break
 Noon	After break / Before lunch
 Afternoon	Afternoon lessons
 End of school	Getting ready to go home
 Evening	At home, before bed