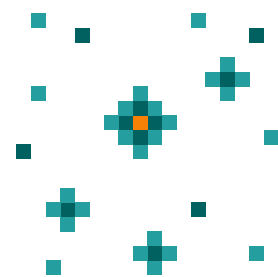


PIXEL SPOONS: The Energy Strategy Game

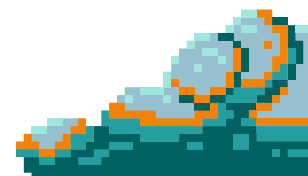
Analogy based on Christine Miserandino's Spoon Theory
"But You Don't Look Sick"



THE SPOON THEORY

According to the **Spoon Theory**, everyone has a **daily set amount of energy**, pictured as spoons. People with chronic illnesses have to be **careful about how they use up their energy so they don't run out too quickly**.

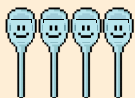
If they use too much energy one day, they might have even less energy the next day.



SO, LET'S PLAY A GAME?

In this game, you **start each day** with a certain **number of spoons**, symbolizing your energy. The twist is, **you decide how many spoons each daily activity costs you**. Going to school, doing homework, or playing might cost different amounts of spoons based on **how challenging or easy you find them**.

YOU'LL NEED TO STRATEGIZE:



Assing **more spoons** to activities that feel harder or **more tiring**



Assing **fewer spoons** to those that feel **easier** or more rejuvenating



Remember, if you **use up all your spoons too soon**, you'll be too exhausted to continue, maybe **affecting your energy** for the next day.



PLAN!

So, **plan your day** wisely.

Balance tougher tasks with lighter ones

Remember to set aside spoons for **unexpected** challenges.



GOAL OF THE GAME

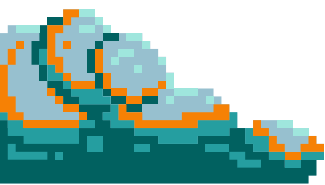


The goal is to make it through the day **without running out of spoons**, all while managing your tasks in a way that suits your energy levels best.



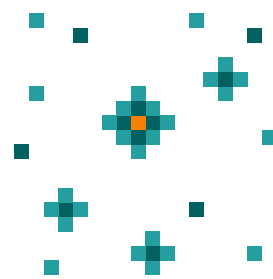
This requires thoughtful planning, recognizing our limits, and balancing activities with rest.





Planning Your Day

GAME





























READY TO PLAY?

Here's your challenge

We listed below some daily activities, and **you'll assign spoons** to each based on how much energy you think they'll "cost" you. Think carefully about **how you allocate them to each task**.

Your energy management skills are about to be put to the test!
Let's get started!

 ACTIVITY	COLOUR HOW MANY SPOONS WOULD YOU ASSIGN TO EACH ACTIVITY
Getting ready for school or work	    
Preparing and eating breakfast	    
Exercising or playing sports	    
Dropping something on the floor	    
Spending time with friends or family	    
Skipping a meal	