The Energy Wheel inspiration

Activity: Purpose:To help students reflect on what gives them energy, what drains it, and how they can recover—based on evidence-based recovery strategies.
Materials: Paper and pens(Optional: a printed wheel template with sections for energy sources, drains, and recovery strategies)

Description
Just like a car needs fuel and well-functioning wheels to move forward, you need energy and balance to feel good and perform well. If your "wheel" gets a flat tire or runs out of fuel, it's hard to keep going. This activity helps you identify what keeps your wheel strong and what might cause punctures.
Steps
Draw Your Energy Wheel
Divide the wheel into sections: Energy Sources, Energy Drains, Recovery Strategies.
Reflect and Fill In

- Energy Sources: What gives you energy? (e.g., sleep, friends, hobbies, exercise)
- Energy Drains: What makes you feel tired or stressed? (e.g., too much homework, lack of sleep, conflicts, too much screen time)
- Recovery Strategies: What helps you recharge? (e.g., taking breaks, listening to music, talking to someone, mindfulness)
- Balance CheckIs your wheel balanced? Which areas feel strong, and which need attention? How do you notice when your energy is running low? (e.g., irritability, trouble focusing)
- Action Plan: What is one small change you can make this week to strengthen your wheel? Example: Go to bed 30 minutes earlier, take a walk after school, or reduce screen time before bed.

Why This MattersRecovery is not just about resting—it's about doing things that restore your energy and help you feel good. By identifying your energy sources and drains, you can take control and make small changes that have a big impact.

Learn more: Handbok i återhämtning - för vårdpersonal i en turbulent tid, Anna Dahlgren och Marie Söderström, Karolinska institutet

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