

ENERGY CONSERVATION

Variety = Energy Conservation

Energy conservation is an important concept for your student's team to keep in mind as they plan his/her day. Any student's energy levels vary, both from day to day, and within each day. To help your student adapt to the expectations of the day, vary the demand for physical and or concentrated activity by alternating high and low energy activities within the day. This could help your student to focus on learning activities while at the same time preserving energy and preventing overtiring him/her.

General examples of high-energy activities include:

- Pushing his/her wheelchair/walker independently.
- Participating in daily range of motion and exercise programs.
- Sustained concentration for an activity.
- Reaching for and carrying items on his/her walker.
- Looking up to individuals when engaging in conversations.
- Repetitive activities such as eating and bringing the cup to his/her mouth.
- Assisting with self-care activities (e.g. toileting, changes, eating)
- Maintaining seating posture unassisted.
- Using vision
- Playing with peers

		
Assisted walking...	Using a walker ...	Moving off the floor ...
		
Using gym equipment ...	In a standing frame...	Using a switch ...

General examples of low energy activities include:

- Relaxing on the mat/chair.
- Listening to a story, talking, or music etc. that interests your student (e.g. animals, sports).
- Sitting on the couch or a comfortable chair in the resource room.
- Working on the computer with a leisure focus and easy access.
- Participation in art and music class.
- Involvement in swimming.
- Hanging out with his/her peers.
- Being pushed from one class/area to another.
- Using a lift system rather than physical transfers (if appropriate)

	
<p>Telling jokes using the micro switch and the Step by Step, while stretching out.</p>	<p>Hanging out with peers during recess or lunch hour.</p>
	
<p>Listening to a buddy read a story.</p>	<p>Being pushed in the wheelchair... returning from the library with the class.</p>

Remember, it is important to monitor your student's most efficient learning times and try to 'tap' into those times by allowing him/her to 're-energize' when necessary.

Try mapping the 'best learning times' for your student by monitoring how long and when they are able to participate in high-energy activities.

Good Luck!

PROVINCIAL INTEGRATION SUPPORT PROGRAM