



**Equipment required:**

1 Fatigue Sheet

12 Counters

## Mind Boggle Fatigue Task

Read all instructions before starting the exercise.

Fatigue can really impact on a young person's day to day activities and their ability to fully integrate in learning and social situations.

Each of the four rows require either 1,2,3 or 4 counters for each task:

Row 1 – each activity requires 1 counter

Row 2 – each activity requires 2 counters

Row 3 – each activity requires 3 counters

Row 4 – each activity requires 4 counters

You only have 12 counters (energy levels) to get through the day.

How will you spend yours? What couldn't you do that you wanted to? How does that make you feel?