My Low-Energy Menu

Pick one from each row. Every choice is okay.

Waking up	☐ Five more quiet minutes	☐ Lights off, soft music	☐ Blanket on the couch
Getting dressed	☐ Soft, safe clothes	☐ Yesterday's clean clothes	☐ Outfit from last night
Breakfast	☐ Safe food only	☐ Eat in bed or on the floor	☐ Snack and drink to go
Washing up	☐ Teeth only	☐ Wipe with a cloth	☐ Skip hair today
Sensory help	☐ Headphones	☐ Sunglasses	☐ Quiet car seat
Talking	☐ No questions yet	☐ Point or use cards	☐ Thumbs up or down
Leaving	☐ Bag already packed	☐ A grown-up carries my bag	☐ Ease in or arrive late

Before we leave: ten quiet minutes with my favorite thing.

How is my battery today?

Cut out the cards. Show one, no words needed.



Full battery

Regular morning. I can do the usual routine.



Half battery

I need to skip one or two things today.



Low battery

Low-energy day. I'll use my menu.

Words for low-energy mornings

A fridge sheet for grown-ups. Few words, calm voice, concrete choices.

Try saying

"Looks like a low-energy day. Here's the menu."

"You don't have to explain. Just pick."

"We'll do the important parts and skip the rest."

"I've got the bag. You've got the shoes."

Try skipping

"Why are you so tired? You slept fine."

"You did this yesterday."

"If you'd just try..."

Open questions like "What do you want to do?"

Set it up on a calm day

1. Build the menu together. Their answers are the options.
2. Agree a signal: a card, a word or a battery on the fridge.
3. Set the rule once: any menu choice is okay, no negotiating.
4. Practise on a good day, and review every few weeks.

You're allowed to need less today. I'll help you through it.