

## Energy — Keep Your Cup Filled!

Working with young children is wonderful, but it also can be exhausting. Resolving to have a Powerful Interaction with a few children every day shouldn't feel daunting. Now, at the end of this book, it should seem not only doable but satisfying and rewarding, as you see children more engaged, motivated, and learning.

But Powerful Interactions do take energy — physical, mental, emotional, and creative energy — to decide how to connect with children and extend their learning in personal, meaningful, and purposeful ways.

How can you be sure you'll have the energy for them?

### Imagine This!

Imagine your personal energy as filling an 8-ounce cup. Whatever your day's activities, whether you try waking up earlier or staying up later, you only have 8 ounces. That's all you get.

Now imagine you're starting your day. After a good night's sleep, let's say your cup of energy is two-thirds filled. A healthy breakfast and your favorite song on the radio add another quarter cup. Maybe your cup gets topped off by a big hug from your spouse, or a smile from your daughter as she gets on the bus. So off you go to work. ... Then you step in a puddle on the driveway in your new shoes, or get caught in traffic, or remember that you left your lunch bag on the kitchen counter.

You're still on your way to work, but some of your energy may already be draining away.

Throughout the day, some people and some situations can deplete your energy. Others can energize you and refill your cup.

*Your daily  
energy*



*slowly gets  
depleted*



*and you need  
a refill!*

