# 'The Frog System' Your Device

## My Internal Energy Battery - Your Device

This document introduces another way to think about your internal energy battery that you might find more obvious or less abstract than, for example, the frog system.

You can think of the internal battery in a literal sense, like the battery in a phone, a tablet, or a laptop. The more energy we use, the more things we do, the more the battery is run down. When you run a lot of programs or apps on a device, the battery can run down very quickly. Your device might go into power-saving mode, which means that everything it does happens more slowly.

It's easy to understand that when our devices get low on power, we need to plug them in and charge them up so we can keep using them. In the same way, we need to let ourselves charge up, and we might need to do activities to help that charging process happen.

The difference between our internal battery and the battery in a device is that it's much harder to tell what our energy level is just by checking.
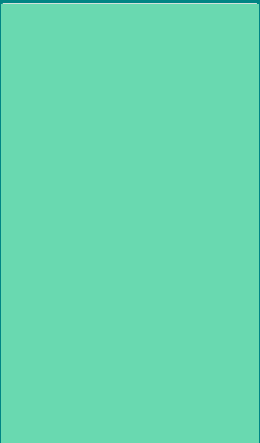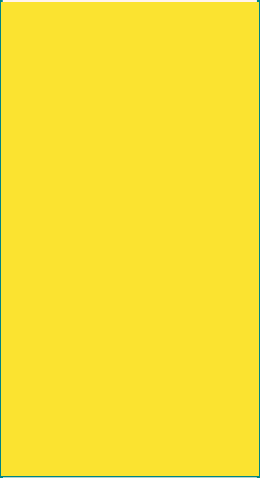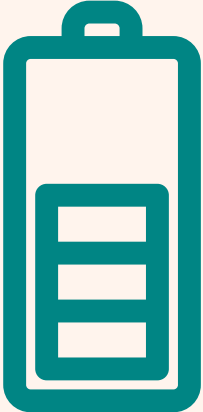
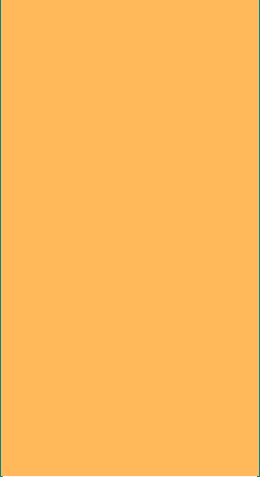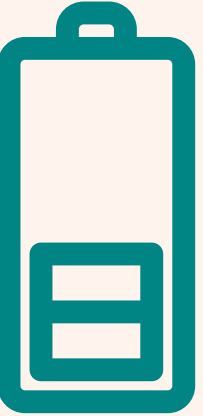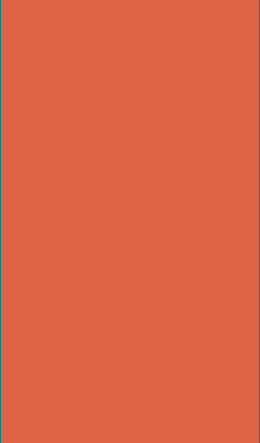A device shows a power level, maybe with a percentage, and might show colours, from green to red, to indicate how much energy is left.

## How can the Frogs help me?

By thinking about our own energy level in those terms, and by attaching images, colours, characters, or ideas to it, we can make it easier to understand. It's as if we really had a battery level indicator we could look at.

In the other handouts, the frog system has been used to provide a way of thinking about these levels. But if you don't find it useful to think about the frogs, you don't have to. You could imagine percentages, colours, words, images of batteries, or anything else that you find helpful.

| | | | | |
|---|---|---|---|---|
| **Green Frog**  | 100% | | FULL |  |
| **Yellow Frog**  | 66% | | MEDIUM |  |
| **Orange Frog**  | 33% | | LOW |  |
| **Red Frog**  | 0% | | EMPTY |  |