

Welcome to 'The Frog System'



My Internal Energy Battery - The Frog System.

The Frog System is a way to think about our internal energy battery, with the Green Frog representing the most energy and the Red Frog the least. Attaching a particular image, character, colour, or idea to an energy level can help give us the tools to quickly recognise when we are at that energy level. It can help us realise when things are going well and it can also help us recognise when our energy starts to drain so we can take steps to recharge.

The frogs are a useful shortcut for understanding the energy level system and are designed to be memorable. You could imagine any sort of animal, object, person, or idea in their place if you find that more useful. There is a handout, 'Your Device', which explores other analogies you might find useful.

Red Frog Orange Frog Yellow Frog Green Frog



How can the Frogs help me?

We all have our own internal energy battery, which gets depleted and charged up throughout the day by the different things that we do. It can be really hard to recognise when these depleting and changing events happen to us.

When we become exhausted and run down, it affects our physical and mental energy. We are tired, our mood can drop, our anxiety can rise, and everything we do feels much harder.

This may be the first point that we recognise something is wrong, and it can be very hard to recharge our energy and start to feel better. We may need other people's help to do this.



How do i use this handout?

Firstly, remember that there are no right or wrong answers or experiences. You're looking to create a description of your experience at a particular energy level. Your experience is unique to you. This is a tool designed to help in whatever way works best for you.

It may be very hard to identify what energy level you are at when you first start using this tool. That is understandable, and not a problem. Take your time. The more you use this handout, the easier it will become. Some people find it helpful to ask others for their observations and feedback, and others do not. The best way to use The Frog System is the way you are most comfortable with.

Here are some step by step instructions you might find useful:

- Start with the frog that you identify most with right now. (People often find red frog the easiest to describe. Red frog may represent a meltdown or shut down, or being very tired or anxious.)
- The aim is to build a complete understanding of that particular experience, so work through the prompt questions for that section at your own speed. It might be difficult to answer the questions when you're feeling exhausted, so take as long as you need.
- Once you have completed one frog colour, move onto another. Think about the ways each color is different.
- This colour can be added to and amended over time until you are happy with it.





The aim of this handout is to develop a really clear description of your thoughts and feelings. It can help to keep a diary, or to jot down what you notice affects how you think or feel during the day. You might view the process as an information-gathering journey. Once it's finished, you can use the frog system to help you (and others, if you'd like to share it) quickly recognise how you are feeling. This can be really helpful in spotting changes and taking action before you get to the red frog.

Here are the prompt questions. You'll find spaces to write your answers on the last page. Answer as many or as few as you want for each frog colour.

In the second frog system handout, you'll find a way to think about and record strategies for recharging your internal energy battery when it is low.

How I Behave	How I Think	How My Body Feels
<ul style="list-style-type: none">• What do i do when i am in this stage?• What can i not do?• What do i stop doing?• What do people notice about my posture, how i talk, what i say?• What strategies do i use to manage my emotions?• How do i interact with other people?• Do i treat other people as i want to?	<ul style="list-style-type: none">• What is my thinking at this stage?• Is it positive, neutral, negative?• Are there any themes in my thinking?• Are there lots of negative thoughts?• Do i notice worry thoughts?• If so, what sort of things do i worry about?• Do i think in words or images?	<ul style="list-style-type: none">• Am i aware of how my boy feels at this stage?• Do i feel things more intensely than others seem too?• Do i have different sensory experiences?• Do i feel things less intensely?• Do i fidget more?• Do i need to 'stim'?• Am i in pain?



Energy Level	How I Behave	How I Think	How My Body Feels
Green Frog Happy, Peaceful, Calm, Everything is going great 			
Yellow Frog Excited, Manic, Stimmy, Feeling a bit hyper 			
Orange Frog Low, Heavy, Overstimulated, Feeling a bit Overwhelmed 			
Red Frog Angry, Upset, Exhausted, it's all to much! 			