

## **Resource 4 (Activity 3)**

# A Day in the Life of Catherine

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Catherine is woken up by her sister Fiona climbing down from the upper bunk bed in their room. She gets up and gets ready for school, giving her toast crusts to Tinker, the dog. Her Mum reminds her to take in her permission slip to go on the trip to the cinema with the school next week. Then she leaves to call for her friend Ben to walk to the bus stop.

Ben is busy telling her about his cousins visiting from Scotland, which reminds Catherine of her Auntie Sheila who lives in Glasgow. She likes her a lot but only gets to see her once a year in the summer. Catherine says hello to the bus driver, then sits in her usual seat. The bus is full of pupils from her school by now, but she doesn't know most of them. Some of the older ones, James and Matt, make her laugh when she listens to them joking around, but she wouldn't think of joining in, in case she became the butt of their jokes.

At school, it's a usual day with lots of teachers, lots of classes and lots of students everywhere. She tends to hang around with Ben and Rachel mostly, but doesn't mind the rest of her class, except for Joe and Daniel who try to disrupt all the classes and annoy the teacher. That's really boring after a while. Her favourite class is Personal Development because they get to talk about how they feel and Mr Robinson is really kind and lets everyone say whatever they want.

After school, she calls into see her Grandad until her mum picks her up after she has finished work. When she is at Grandad's house, she often calls into the shop next door to pick up a paper and talk to Jean, the shop owner. Sometimes Jean's granddaughter Jennifer is there and Catherine enjoys swapping stories with her, comparing their schools and having a laugh.

At home, Catherine does her homework and watches some TV with Fiona and her Mum. She likes having this time to sit and talk with them and have Tinker on her knee. Her parents split up a few years ago, but she still sees her Dad every weekend. She sometimes goes out on her bike and meets up with which ever neighbours are out, always with Tinker at her side.



## Resource 6 (Activity 3)

# Who Do I Feel Close To?

**Which of the important people in your life do you feel able to talk to?** Below is a group of people. You are the one in the middle. The figures around you are the people in your life. The ones closest to you are the ones that you feel closest to. The further the figures are away from you, the less close you feel to these people. Write people's names on the bodies. In their heads write topics you would feel able to talk to them about.

