

My School Day Without Help

I struggle to open my eyes. Leave me alone. I want to sleep. My body is heavy, my head is swirling. How long has my alarm been ringing? Okay, I'm awake. I sit up in bed dazed. "Hurry, Hurry or you'll be late! Why are you so sleepy?" My nightmare woke me up. I couldn't sleep, I needed to stay awake. I didn't want to dream again. I stumble to my dresser. Where are the socks I like? Not this pair! They never feel right. The top is crooked and they go up too high. I hate the way they feel! No choice. On to breakfast. Who ate my waffles? There is only one left. You know I need two. One is uneven. I NEED two. There aren't two. I won't eat. I'll just brush my teeth. I can't go in the bathroom. It was in my nightmare. The bathroom isn't safe. I can't brush my teeth. It's time to leave. I can't leave. What if my house catches on fire? What if my parents die? I need to stay home. My stomach is churning. I feel sick. Can't I stay home?

The hall is noisy. Kids are pushing. Don't touch me! My sock is crooked. It bothers me. I'm so hungry. First hour I fall asleep on my desk. The kids laugh when the teacher wakes me up to go to the next class. Am I dreaming again? Is this real? I watch all the kids in class. It's like watching a play. Are they laughing at me again? What are they happy about. It's so hard to smile. Which hour am I in? What is my next class? When does it start? I don't remember. Why can't I remember? What if I go to the wrong class? I better check my schedule. "Don't fidget in class. Pay Attention! You can check your schedule later." I don't listen. I have to know what comes next. Okay...third hour is next. I won't go to the wrong class. Extra work because I didn't pay attention? Not again!

Third hour is test time. I can't concentrate when my sock bothers me. Is my mom okay? I need to call her. I know they won't let me call unless I'm sick. My stomach is rumbling. Can I go to the nurse? Okay, I'll finish my test tomorrow. I call from the nurse's office. Nobody answers. Mom didn't say she was going somewhere today. Did the house catch on fire? Is she okay? My stomach churns. The nurse gives me crackers to settle my stomach. That helps. Go back to class. Finally it's lunch time. What is that smell??!! I hate the way the lunch room smells. It's so loud in here. I have one friend. He's absent today. Where will I sit? I find a place in the corner of the room and eat. I hope nobody notices me.

P.E. is next. I love P.E. I run and jump, my body is light and fast now. I'm awake. I'm the BEST basketball player! I can make every shot. Why should I pass you the ball? Sit on the bench? But it wasn't my fault, he was in the way. He shouldn't take the ball from me. That makes me SO MAD! I'm HOT and my sock isn't right! I could redesign this gym. The bleachers don't belong here. Is my mom okay? I remember my dream. I don't want to remember my dream. I have to move or I will die. I run up and down the stairs.

Fifth hour is science. I feel better. Mr. Science is cool. He knows me. He knows I'm smart. I get to do experiments. It keeps my mind busy. He sends me to the office to run an errand. I'm important to him. Maybe the office lady will let me check on my mom. She asks me why I need to call. I can't tell her. It will sound stupid. I tell her I don't remember if I am supposed to ride the bus or be picked up. She believes me. Please answer! "Mom, are you picking me up today?"

"Of course, I am. I told you that this morning. Is everything okay?"

"Yeah, bye!"

Relief! She's okay. Back to science. Only one more class left. I can make it now. Last hour. I sit through math. The teacher is glaring at me. Am I supposed to be doing something? It's my homework. Where is it? I did it. I can't find it in my bag. "Do you want to fail?" She yells at me! I feel stupid. I know I did it. I just can't find it. My stomach churns again. I need to get out of here. The classroom is noisy. My head will explode if I don't leave. Please let me leave. Can I use the bathroom? I really have to go! I walk as slowly as I can to the bathroom. My head feels better. My stomach stops churning. I reach the bathroom. I remember my dream. I can't go in. I wait outside the bathroom as long as I can. I really need to go! I run in and go as fast as I can. My heart is racing, my head is pounding. I'm breathing hard. I did it! School is almost out. I'm going to make it! Hurray! I run out of the bathroom and into Ms. Strict and knock her over. Not Ms. Strict! I didn't mean to. I'm sorry. It doesn't matter. To the Dean's office. In trouble again. I almost made it this time. I'm really sorry.

I'll try again tomorrow. I really try. School is so hard. Won't somebody help me?

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