

My School Day With 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. Before first hour I check in with the nurse like I always do. I tell her my day didn't start so good. She gives me pretzels to eat. I feel better. But what if I need to call my mom? She reminds me that I can go to Mr. Counselor anytime if I get panicked about my parents. Okay. I know I can check on them if I need to. First hour I start to fall asleep on my desk. Ms. Helpful asks me if I can help her with an activity. She knows I'm a good helper. The kids are jealous because they wish they could help too. On to second hour. I watch all the kids in class. It's like watching a play. 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? Ms. Caring could tell I was getting uncomfortable because I turned over the red card on my desk to give her a secret message. She came over right away. "I can tell you are a little distracted. We are going to work for 10 more minutes on this project and then you can use the last five minutes of class to organize yourself. You will be going to Ms. Write's class next." She winked at me and smiled. I like Ms. Caring. I work really hard for the next 10 minutes.

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 I can go to Mr. Counselor if I need to. My stomach starts churning. Ms. Write asks me if I want to take the test in the small quiet room with Ms. Aide. She writes the answers as I dictate them. She knows it's hard for me to think and write at the same time. I did really well. Finally it's lunch time. What is that smell?! I hate the way the lunch room smells. It's so loud in here. My best friend is absent today. Where will I sit? Oh there's Joe. He's my study partner in social skills class. I like him. He wants me to sit with him. I eat my lunch and talk with Joe. He doesn't like the way it smells in here either!

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? Oh the Coach needs me. It's time for a water break? I don't want to leave the game but coach says just for a second to get some water. The water tastes so good and cold. I didn't even

know I was thirsty. I take a second drink. I feel much cooler. "Remember the best players know their teammates and make them work hard too." Yeah I shouldn't have to make all the shots. It's hard work running up and down the court all hour. Coach says I'm a good player. Then just for fun I run up and down all the stairs in the gym. It's a pretty cool gym but they really should change where the bleachers go.

Fifth hour is science. It's my favorite class. 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. I'm still worried about my mom. I stop in Mr. Counselor's office. He wears funny shoes but he's nice. He lets me call my mom. I hope she's okay. I hope she answers...Please answer! "Mom, remember you're picking me up today?"

"I remember. Are you in Mr. Counselor's office? Is everything okay?"

"Yeah, bye!"

Relief! She's okay. Back to science. Only one more class left. I can't wait to be out of school. Last hour. I sit through math. The teacher reminds me that my homework is due. Where is it? I did it. I can't find it in my bag. "Don't panic, I'm sure it's in there somewhere!" She helps me look through my bag. There it is!! How did it get in my reading folder? The classroom is getting noisy. It's giving me a headache. I feel like my head will explode if I don't leave. I turn over my red card. The teacher sees that the noise is really getting to me. She sends Joe and me together on a bathroom break. We walk slowly to the bathroom. My head feels better. We reach the bathroom. I remember my dream. I don't want to go in but I really have to go. "Are you coming?" asks Joe. "Yeah in a minute." 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 but trying not to let Joe see it. I don't want him to know I'm scared. "Look at that!" says Joe. What is it? Suddenly I forget my dream. Somebody stuffed one of the toilets full of paper towels! What a mess! Joe and I hurry out of the bathroom. We almost knocked Ms. Strict right off her feet. Good thing I wasn't running. We tell Ms. Strict about the bathroom. "Thank you boys! Will you please go get the janitor for me so we can get this mess cleaned up. I'm so glad you boys caught it when you did."

I check in with the nurse before I go home for the day. How was my day? It was pretty good but I'm glad school is out! I'll see you tomorrow. Thanks for all the help!

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