

Monday 7th February

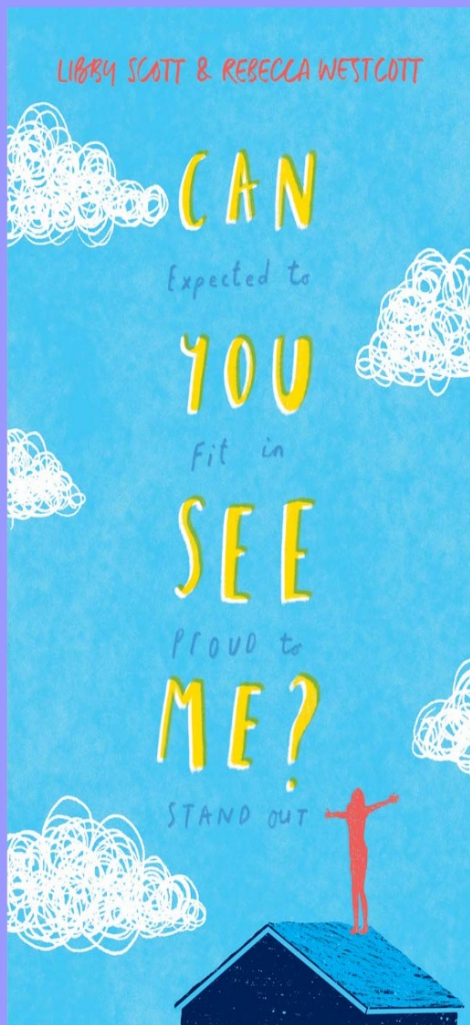


Our British Value focus:



Love to Read

Read chapter 1



What is 'normal'?

CHAPTER 1

Look up. Go on, do it now. Stretch back your neck and stare up, as far as you can. And then a little bit more. That's where you're going to have to look if you want to find Tally Olivia Adams. Up where the sky begins. Up where the only rule is gravity. Up where the world seems small and not so important. Up where the possibilities are endless.

It is a final-days-of-summer kind of afternoon. Fluffy white clouds are scudding across the pale blue sky and the air has a hint of something fresh, something new. A normal day on a normal street in the back garden of a normal house belonging to a completely normal family. Read that last sentence again, out loud to yourself. It's funny how if you say it enough times, the word normal sounds anything but.

'Can you see me?' by Libby Scott and Rebecca Westcott
Extract - chapter 1

Vocabulary Victor



L.O: To identify how language, structure and presentation contribute to meaning in what I read.

L.O: To check that a text makes sense, discussing my understanding and explaining the meaning of words in context.

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Date: Friday 29th August.

Situation: the summer holidays.

How I feel: relaxed but a bit nervous – the summer can't last for ever, can it?

Anxiety rating: A nice, chilled-out 3 with a hint of 4 creeping in if I think about starting in year seven next week.

Dear Diary,

Tally here. Well, I'm actually Natalia but my friends call me Tally, and so do my family. Let me tell you about my family! I live with my mum, Jennifer, my dad, Kevin, and my annoying big sister, Nell. She thinks she's always right, and even when she is I pretend that she isn't.

Mum's given me this diary so that I can write down how I'm feeling. She says that it might help me to understand how I cope (or don't cope) in different situations, particularly when I get anxious or scared (which happens a lot, by the way).

One thing that you should probably know about me early on is that I'm autistic. I have autism.

Although autism can sometimes hold me up a little in life, my parents say it's a superpower, and I like to believe that. The rest of the world hasn't caught up

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with us yet, though, and some people seem to think that being autistic is like being a different species. Some people treat me like an alien when all I want is to be treated like any other eleven-year-old. I'll admit that what also sometimes makes people treat me differently is the fact that I wear a tiger mask a lot of the time. I just feel secure and safe in it. When I'm wearing my mask, I don't have to make eye contact (why are people SO obsessed with this anyway?), or pretend to smile at people. I can't catch germs in it and people tend to leave me alone when I'm wearing it. What's not to love? Though, Nell doesn't love it. She finds it excruciatingly embarrassing when I wear it in public. She even tried to hide it once. The mask is Nell's arch enemy. And I like that. *evil laugh*.

There are some things I think people should know about my autism. Let's call them autism pros and cons. I'm going to write them down in my diary as I think of them. (One day I'm going to share these with the world so they can see autism from another perspective.)

Tally's autism facts: Sensory stuff

Pro: I have better memory, sense of smell, eyesight,

sense of touch, hearing and sometimes taste than others might. (I told you that autism is a superpower!) I can hear a piece of music and play it instantly on my keyboard or ukulele, I can mimic voices (which I sometimes get into trouble for), and I can remember where and when we bought every one of my soft toys (and I have over a hundred of them). I usually remember to celebrate all of their birthdays, too, except that time I forgot Billy's (I was devastated).

Con: I can feel even the tiniest of things and it annoys the hell out of me. Seams in socks, a crumb in my shoe, labels in clothes. If we go on holiday and the mattress isn't exactly like my one at home, I can't sleep for feeling the lumps. Mum says I'm just like the Princess in the Princess and the Pea story. Having excellent hearing isn't always so great. It makes it impossible to block out other people's conversations even when I'm all the way upstairs in my bedroom. And when that conversation is Mum and Dad having an argument about me then it's even worse (yet also intriguing I have to admit). But when I let on that I've heard, I get accused of eavesdropping, which is disgraceful really, considering I can't help it.

English

In Tally's eyes, what are the pros and cons of autism?

Pros

Cons

Pros	Cons

Afternoon

Wellbeing Craft - Things to Look Forward To Jar

Instructions to create your own wellbeing jar. Having things to look forward to can make you feel happier and improve your wellbeing. Each time you do something you would like to do in the future, write it on a sticky label and place it inside your decorated jar.

- sticky label or strip of paper
- tissue paper or coloured paper
- pencil
- paper to record the things you are looking forward to



Instructions



1 Cut shapes out of the colourful paper or tissue paper.



4



2 Use the paintbrush to put some glue onto the jar.



5



3 Stick the paper shapes carefully onto the jar.



6

Draw or paint your feelings...



Create a wellbeing bracelet



Other ideas to boost your wellbeing and mental health:

15 ways to promote and support Good Mental Health

1. Make sure you get enough sleep
2. Eat healthy food and drink healthy drinks
3. Learn how to relax and switch off
4. Connect with friends and family
5. Learn new things every day
6. Help others when ever you can
7. Exercise each day
8. Talk about your feelings
9. Be mindful and take notice of what is happening around you
10. Be thankful for all the things you have
11. Set goals for yourself and embrace your wishes and dreams
12. Challenge any negative thoughts
13. Learn how to smile more!
14. Ask for help if you have a problem
15. Have fun and laugh!

