

Activity sheet

Sam's long day

Read the story all about Sam's long day.

Wednesday was Sam's least favourite day. It was slap bang in the middle of the week and it was also the day he had to do his least favourite subjects. Everyone in the house was working on Wednesday too and that meant lots of stress.

Everyone was running around trying to get ready for the day, so Sam decided to grab a biscuit for breakfast and finish watching his favourite show – he had 20 minutes before he had to start his lessons. His teacher had asked him to start the day doing something active, but it was pouring it down so there was no way he was going to practise his dribbling skills. Surely watching some of his favourite goals of the year online would count instead?

He got through his fractions worksheets and took a short break. He topped up his water bottle and grabbed a huge slice of cake before he had to tackle his spellings.

Mum asked Sam to run to the post box at lunchtime. When he got back, she had made him a sandwich with far too many items from the salad drawer in for his liking. Sam ate it anyway. By the time lunch was over, he was feeling surprisingly upbeat considering he had to write a story about the Anglo-Saxons.

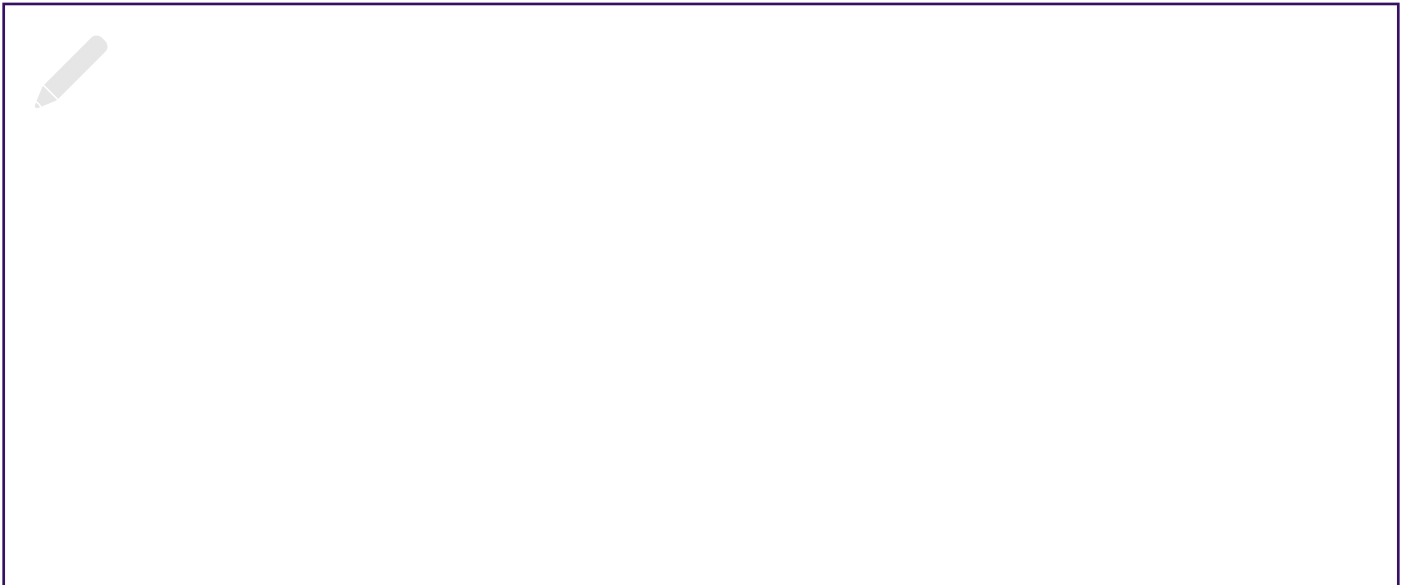
After school, Sam immediately switched on his game console; all his friends were online. Before he knew it, two hours had gone by. Now his parents were cross because he had promised to do his chores while they finished work. He was starting to feel upset and worried. Dinner was rushed and he still had to fit in his guitar practice and tidy his room before bed. Sam decided that tomorrow he would try to be more organised. He promised his mum he would tidy his room properly at the weekend so he could fit in some time to listen to music to relax before bed and get a good night's sleep. Tomorrow *would* be a better day!



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Sam had a difficult day, but it might have gone a bit better if he had made some different choices. Can you find three things he could have done differently that might have improved his day? Think about what he could have done instead.

Things Sam could have done differently



What impact it might have had

