

Lesson 2: Resource 1: A day in the life of Logan

A day in the life of Logan

As you read through Logan's day, note down or highlight everything that happens, or that Logan does, that could have either a positive or negative effect on his emotional wellbeing.

| | |
|--------------|---|
| 07:00 | Logan wakes up after a good night's sleep. He checks his phone for messages and to see what's happening on social media sites. |
| 08:30 | He gets dressed hurriedly and grabs his bag. He's running late again – he was playing his favourite online game. His stomach rumbles so he grab some crisps from the corner shop. |
| 11:00 | Logan found it hard to concentrate in science; he didn't really understand what was going on. It's break time and he's starving so he gets a sausage roll from the canteen. |
| 13:00 | Logan had a great lunch break. It's a sunny day so he went out to play football. He figured he could grab something to eat later and the sausage roll was keeping him going for now. He scores twice and has a really good time with his friends out in the fresh air. |
| 15:30 | Logan found it hard to concentrate in maths last period. He often feels confused but he can copy enough from his friend Matt to get by. His stomach was grumbling all afternoon, so he and Matt walk home via the chippy, where they get a massive portion of chips. Matt lives nearby and comes back to Logan's house for a few hours. |
| 18:00 | Logan's Dad has made pasta salad and there's more than enough for Matt as well. After their chips they're not hungry, so hardly touch the pasta and head back up to Logan's room. |
| 19:00 | Now it's time for homework. When Logan tries to start his science assignment he realises just how little he'd understood in class. It's not due in yet, so he'll leave it for now. He logs onto his computer. |
| 21:30 | Logan's exhausted and crawls into bed with happy thoughts of football but a nagging feeling about all the things he didn't understand in class today. |