

How to use this resource: Read the journal in conjunction with the feelings road and decide where to put Jake at the end of every entry. You will see how our feelings can change over time!

## **Jake's Journal**

### **January 11<sup>th</sup>**

I can't believe it! How could they do this to me - Year 6, practically at secondary school and they tell me we're moving. What about my friends? My room? I've lived here since I was 3. What about gymnastics club? My teacher Miss Appleford? My friends Steven and Harry? What are they thinking about - I just can't stop thinking about it. I don't believe it - I can't believe it. I feel sick inside - it's just impossible to take in. How could they????

### **January 28<sup>th</sup>**

Mum and Dad are still going on about it but it seems to have died a bit of a death to be honest - I don't see how they could manage it anyway with their jobs to change and everything. They say it will happen this year but I don't think their hearts are in it any more. Anyway, I'm just getting on with life - no point in telling my friends if it's not going to happen anyway. Most of the time I don't even think about it now - funny isn't it how you change! It seemed like the most important thing in the world a couple of weeks ago.

### **March 15<sup>th</sup>**

You won't believe this - after weeks of not even mentioning it they're saying it's definite! NEXT WEEK! Without even asking me like I don't matter. What do they care if I have to change school and make new friends - they obviously don't care about my education. They are so selfish, they only care about themselves. What's worse is we're moving to Newcastle and I can't even come back for weekends. Steven and Harry agree with me, it shouldn't be allowed. I feel like running away.

### **March 24<sup>th</sup>**

It is so so so much worse than I could ever of imagined. I hate the new house. I hate the new primary school. I hate the teachers. I hate the other children - they think they are so posh, much too good to have anything to do with me. I just can't tell you how it feels every day having to go there. I hate it, I hate it, I hate it! They all look at

me like I'm an alien and no one even bothers to talk to me in the playground. I pretend I don't care and read my book but I've already nearly got into a couple of fights and the teachers are all on their side. What a surprise. It's just not FAIR. There's a new boy, Simon, started last week but he seems to have made friends already. What's wrong with me? Maybe it's because I don't want to play football with them but I just want to read. I miss my old friends so much. Yesterday I even wished my dad would lose his job or have an accident or something so we could go back to how it was before.

### **June 15<sup>th</sup>**

I've just read what I wrote in March. It's weird. I did hate it all so much then. But I sort of feel ok now. Not that it's anywhere as good as my old school, but some of the boys are ok. I was wrong to start with - when we actually talked it turned out they thought I was the posh one with my nose in a book all the time! Anyway, I've got a whole stack of letters from Steven and Harry and even from William who wasn't really my friend. It's great getting letters and guess what — in the summer holidays I'm going to stay with Harry for a week, can't wait!

### **September 30<sup>th</sup>**

Well, what a summer! Can't write now as I'm off out on a bike ride with Jamie - I'll tell you about him later, he's my best friend now! Not as good as Steven and Harry but still good fun. I had a great summer, some of it at Harry's and some of it making friends with this new gang. I'm in the gymnastics team now and my teacher says I'm so good I can try for the county trials next term. There are some things that are good about going to a bigger school like the sports equipment and stuff. The secondary school I'm at is absolutely AMAZING! You should see the sports field and gym! I can't wait to tell Harry, he would love it. I wish Harry could move here, that would be perfect. Can't believe how my feelings have changed since January!!!!