Inkleaf LEARNING

Name _____

Finding Your Steady

A story to think about, and a few questions to talk over.

The Museum Trip

Read it, then have a think.

Remi had been looking forward to the school trip for weeks. The museum had a blue whale skeleton hanging from the ceiling, and she wanted to see it more than anything.

But the coach was loud from the very first minute. Someone was playing music without headphones, two friends were arguing about seats, and Mr Okafor kept calling the register over the top of it all.

At the museum, it was even busier. Hundreds of children from other schools filled the main hall. Voices bounced off the stone walls, a fire door banged, and a tour guide's microphone gave a piercing squeal. Everyone was jostling for a better view.

Remi's heart began to race. The noise seemed to press in from every side, and the bright lights made everything feel sharp and too close. She felt frazzled, as if every sound in the world had been turned up at once. This was what overstimulated meant, she realised: too much, all at once, with nowhere for it to go.

Jas tugged her sleeve. "Come on, the whale's this way!" Remi wanted to go. She also wanted to run back to the coach, curl up on the seat and cover both ears. Feeling overwhelmed wasn't the same as being scared, she thought, but right now the two felt very similar.

She stood still in the middle of the crowd, searching for something steady to hold on to.

How Did Remi Feel?

Circle every word you think fits. Some might surprise you.

overwhelmed bored frazzled excited torn calm overstimulated curious jumpy embarrassed

Rate It

How much would that hall bother you? Circle one.

1 2 3 4 5

Not at all — Far too much

Have a Think

Write it or draw it. A few words or a quick doodle is plenty.

1 Remi wanted to see the whale and hide on the coach. Can you want two opposite things at once?

2 Feeling overwhelmed "wasn't the same as being scared". What do you think the difference is?

3 When everything feels like too much, what helps you find your steady?

What Should Remi Do Next?

Tick the step you would choose.

- ☐ Find a quieter corner and wait for the wave to pass
- ☐ Tell Mr Okafor how she is feeling
- ☐ Take slow breaths and name five things she can see
- ☐ Ask Jas to stay close and go together
- ☐ Go back to the coach and miss the whale

Why that one? _____

