

Getting Up

Wouldn't you like your days to start slowly and easily? To enjoy a smooth transition from resting? Well, if you're the one kid on the planet who can put "calm" and "awake" in the same sentence, then send me your address, I'm moving in. Otherwise, for the rest of us, *forget it!* Getting up is such a tough part of the morning. So much drama happens so early.

In my house, for some unknown reason, none of us kids are able to get up early from Monday to Friday. But we *can't* stay in bed on Saturdays and Sundays.

How our bodies know the day of the week is a complete mystery. Sometimes, my brain can't remember whether it's Monday or Sunday. Whereas my body never gets it wrong. If I'm up early, it's the weekend, yay! But if I can't open my eyes, it's another boring day. It really doesn't matter whether it's Monday or Thursday; as far as I am concerned, it's just Schoolday.[1]

Understanding where you are in the week is important, as the "getting up" routine varies depending on the answer.

Weekends

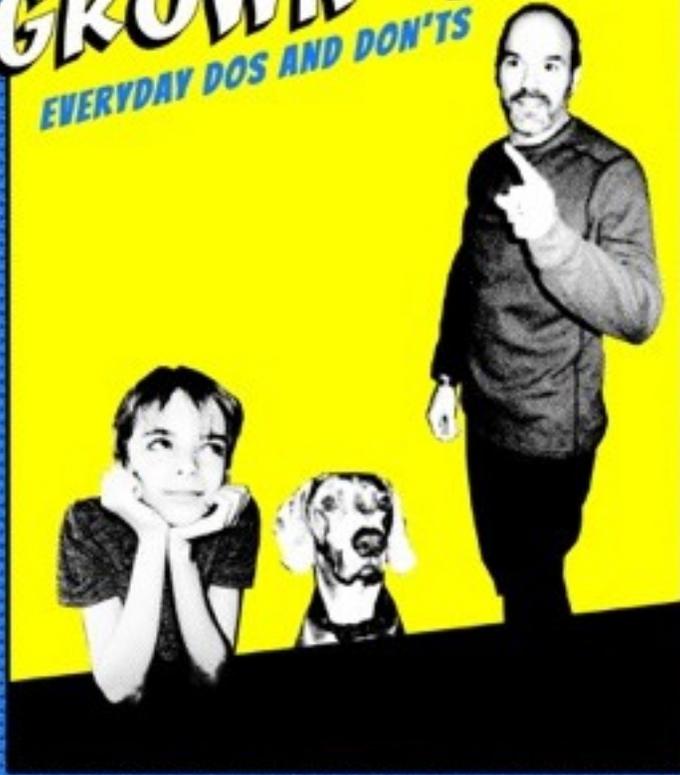
Kids love the weekend because it's one of those rare moments where they have a choice: to be punished, or to avoid being punished.

If you want to enjoy a relaxing couple of days, **do** stay in your bedroom when you wake up, and be quiet. Read a book until you hear your parents finally getting out of bed around 9.00 a.m. Man, adults are lazy!

But what a boring start to the day! Who wants to read on the weekend? The other possibility is a lot more fun: to bounce off the walls at 6.00 a.m. However, be warned. If you decide to get up (and the rest of the house with you) at the crack of dawn, get ready for a miserable day. Parents don't like being woken up early. They do it to us every single day of the week, but we're not allowed to do it to them. Soooo unfair, but soooo true.

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EVERYDAY DOS AND DON'TS



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