

Places and feelings

Notes and examples

Places and feelings linked to them in the stories

ALFIE

Alfie's flat	His home is often cold and empty as his parents are out a lot. Alfie may feel sad and lonely at home.
Kitchen	The fridge and cupboards are often empty. Alfie might feel hungry in his kitchen or disappointed there is no food. He might also be wondering why his family are different, and why they don't have food in their kitchen.
Bedroom	Alfie uses his bedroom to do homework by the streetlight through his bedroom window. He may feel lonely at this time as there is no grown up to help. He might feel frustrated as the light is hard to see by, clearly.
Chip shop	Harry's dad buys them chips sometimes. This makes Alfie feel happy. He seems to enjoy the time together with his friend and his friend's dad; the caring act of buying food as well as the actual food itself. He associates the chip shop with care and happy memories.
Football pitch	Alfie plays football with Harry. They both enjoy playing football and support Newcastle United. Alfie probably feels like a normal young person doing this and it gives him a chance to feel a bit of freedom, forgetting what is happening at home.

JAMIE

Fields near home	Jamie walks in the fields to try and forget about things when things are difficult at home. He sometimes walks the dog there. He sees them as a form of escape, but the things he's escaping are hard so he likely has mixed feelings about the fields, associating them with freedom and relief while also feeling worried and sad.
Bedroom	Jamie talks about hiding scared in bed and turning the TV up so he can't hear arguing. So his bedroom offers a place of refuge from things at home, but it perhaps is not a happy, safe space to Jamie as he's still aware of what is going on when he is in there.
Support group	This is somewhere both Jamie and his dad go to get support because of the things happening at home. Jamie seems to feel safe and comfortable there, but perhaps this is clouded with a bit of sadness that they need to go to the group.



SOMETIMES IT HURTS

Mum's house	Amy left home as she didn't like her mum's boyfriend or the nature of her relationship with him. She finds Malcolm creepy and doesn't like to be around him. So she probably feels ill at ease and uncomfortable there.
Dean's flat	She also talks about their difficult relationship and feeling her mum has chosen Malcolm. So she probably feels sadness and resentment about this in relation to her mum's home. Amy talks about how she is responsible for a lot of domestic tasks and feels she can do nothing right. She also talks about Dean being controlling and not wanting to see his aggressive side. So she probably feels a lot of pressure and responsibility at home, both to keep on top of things domestically and to do nothing 'wrong' to upset or anger Dean. She might describe this as walking on egg shells.
Costa / coffee shop	This is a place Amy used to go with her friends. She probably felt like a normal teenager and happy to be around her friends. Her friends probably created a safe environment when being at home (living with her mum) wasn't so nice.

AMY

Home	Ted probably felt angry and confused at home before he saw a counsellor. He associated it with his dad leaving as they had to move because of this, so there will be lots of feelings, possibly of resentment and feeling abandoned. His home is also where lots of the difficult stuff with his brother happens. So feelings of responsibility, anger at himself, his mum or his brother may all be associated with home.
Counsellor's office	This is likely a safe but also challenging space for Ted. It helped him come to terms with things that are happening and he liked the counsellor. So there are good and supportive feelings associated with this place, as well as more difficult emotions due to the nature of what he discusses there.
School	At the end of the story, Ted is doing much better at school and feels positive about it, with him having a girlfriend there too. But he previously had a hard time at school when things were difficult at home; he felt no one noticed or supported him, with one teacher saying unhelpful things. So he may feel some anger and resentment too.

TED

Home(s)	Chelsea talks about her parents arguing and feeling torn between them. So, both of her homes may feel like a worrying space where things are stressful.
McDonald's	She talks about things like McDonald's going from being a treat to feeling sick of it and sad it was something her parents used to try and win her over. She maybe feels sad and disappointed when she thinks of this place.
School / Lily's teacher's classroom	This is the place where she got some help and a grown up realised what was going on. So she may feel safe here and positive toward the people in this space because they were looking out for her and her sister.

CHELSEA



AYESHA

Home	Ayesha talks about home feeling like a prison and feeling trapped during lockdowns due to covid. She talks about her dad being very strict and controlling there. She perhaps felt sad and lonely at home, as well as feeling she was different and missing out on things because of how strict her dad was. She also likely felt worried and scared for her mum because of how her dad was.
Art room	Ayesha loves art and talks about it as her sanctuary. The art room was a safe and comforting space for her because of this. She also talks about her art teacher being important in getting her help and support. So she will also have positive feelings associated with this teacher. She probably feels cared for and looked out for in relation to this space.
Mosque	<p>This was one of the few places she was allowed to go, but even then she felt different to other girls her age. So it was probably a place of relief and a bit of freedom, but also made her realise things were not right at home.</p> <p>Once things came out about her dad, the Iman and community at the mosque were really supportive and understanding. So she probably feels safe and cared for at the mosque now, while maybe also remembering some past difficult feelings there.</p>
Grandma's house	Grandma's house is a place of comfort and safety for Ayesha and her mum and brother. It is a busy place with lots of family dropping in; the opposite of her home. She probably feels safe and comfortable here. She maybe enjoys the company and feels loved by the relatives using the home to catch up.

