



Day in the Life: Australia

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What's it like to grow up in Australia? Here's how one girl spends a typical day.



My name is Alkira McGrady. I am 11 years old. I live in Sydney, the biggest city in Australia, with my grandmother.

 7:00 a.m.	I wake up, get dressed, and brush my teeth. On most days, I eat cereal for breakfast.
 8:00 a.m.	I leave for school. It is only a five-minute walk from home, so I get there early. I go to the before-and-after-school center. I have time to eat snacks and play cards with my friends.
 9:10 a.m.	The school bell rings. I go to class. After my teacher takes attendance, I work on a special history project with him.
 11:15 a.m.	We break for a quick snack and recess. My cousin Sam is in my class. I do lots of cartwheels with him.
 11:30 a.m.	It's time for math class. I'm not a fan of math. Yuck!



1:05 p.m.

I eat a big lunch, and then I go to art class. Sam and I paint together. He is a wonderful artist!



1:45 p.m.

I leave school. I usually leave at 4:00, but today I have to help my dad. He's working at an agricultural show this weekend.



2:20 p.m.

We go back to class and meditate for a few minutes. It's called "mindfulness," and it helps us relax.



2:40 p.m.

The entire school meets each Friday for an assembly. I read the Acknowledgement of Country. It recognizes our elders and celebrates Aboriginal culture.



3:00 p.m.

School is over and I walk home. My mentors from ITAP (Indigenous Talent Athletics Program) pick me up, and we ride the bus together to basketball practice.



5:00 p.m.

I eat an early supper of salad and sausages with my basketball teammates. Then I get dropped off at home. I do my homework on the computer before relaxing with my grandmother.



8:00 p.m.

It's time to go to sleep. Good night!