



Hi
My name is
Cathy



Things I like

- Gardening and seeing flowers grow
- Chocolate and cake
- Smiley and happy children

Things I don't like

- Spicy food as it upsets my tummy
- Dogs that jump up at me!

Things that make me happy

- Beach trips on sunny days
- Walking in the countryside
- Spending time with my family and friends

Things that make me worried

- Being late
- Stormy weather
- My car breaking down!

I am a Primary School Advisor and Sleep Practitioner, and I help children to learn, sleep and be happy.