

## How have I been coping during lockdown?

During the Corona Virus crisis, I have been trying to make the most of it. This week we can finally mark the 100th day of staying in lockdown. In this report I will be telling you how I have been coping during this pandemic.

### Initial reaction to lockdown

At the beginning of lockdown I thought I would be bored and have nothing to do. It was my birthday coming up - "how on earth could I celebrate stuck in doors, how would I do my extra-curricular activities?" I thought. I had a piano exam the week after, a karate grading and also a dance exam. I was worried that I was going to fall behind. It was my first year of secondary and I hardly had the time to even bond with peers at my school. This was a catastrophe! However, I calmed down and realised everyone was in the same boat experiencing similar issues to mine.

### Experiencing my Birthday in lockdown

My birthday was not boring stuck in isolation after all. I had such a lovely day baking my own birthday cake, being creative, weighing out ingredients and experimenting with ingredients and icing. This compensated for me not being able to go out with my friends. I showed friends and family what I was doing on facetime instead. My mum put some music on which really set the day into a happy mood. To finish this lovely day, we watched two movies on Netflix and stayed up EXTREMELY late! I think spending a birthday during lockdown is just as entertaining. It definitely helped me appreciate how much we take our parents for granted.



### How I kept myself occupied

Me and my mum went on bike rides together all the way to places like Kingston upon Thames following the cycling route along the river through to Hampton Court. The roads were safe as there was no traffic due to lockdown. As a result, my mum was able to teach me to cycle safely and efficiently. We carried a picnic on our bikes as we didn't fancy queuing for food. We watched the gradual process of the wonderful wildlife coming alive in front of our eyes. A herd of deer and cute babies skipped about whilst I ate my food. We also witnessed geese with their family waddling towards us. The following week when we cycled there, I could swear it was the same family however the chicks were bigger. Animals were not scared to come out, they must have sensed humans were locked away and their time had come to reveal themselves.



We also went on peaceful walks to Epsom Downs and back which was about 3 miles we walked most days. Together we raced up and down the golf course, most times my mum beat me, I didn't realise how fit she was. She actually encouraged me to run further and further. We were discovering we had more time to look after our health and wellbeing by stretching out more in the fresh air under the blue sky. I managed to accomplish the splits which has been my goal ever since I stopped gymnastics. If it wasn't for lockdown, I wouldn't have had the time, and my Mums motivation to encourage me.

### **How lockdown effected my day-to-day life**

I will never forget the way we alienated ourselves from people, our family's and friends. Every time we see someone, we look, crossover and smile, as we knew it was the only way to keep safe from the Corona Virus.

The shops were so empty, yet there was hardly anything left in the aisles. Then I was told I am not allowed to go to the shops for my own safety. I never thought I would miss shopping with my Mum. I had to slow down on drinking milk otherwise my poor Mum would have to queue nearly every day. As my mother is a key worker, she took charge and got shopping for my grandparents also. She had to go and get shopping for her sister too, as she suspected she had the Corona Virus. I will never forget how we spent ages talking from our windows leaving food parcels on the doorstep and washing our hands every time we touched something.



### **In conclusion...**

To conclude this report, lockdown has been exciting. A once in a lifetime opportunity of no school. Learning to study from home has been a learning curve which I soon adapted to. I found it easier getting on with my schoolwork with no distractions and learning to have breaks in between doing my extracurricular activities. I am also grateful I participate in many activities such as karate, dance, violin and piano as they have kept me busy and entertained more than ever.

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