

What I need during lockdown.....

A skateboard for going outside and getting rid of those negative energies roaming the world right now.

The familiar look of my room.

Learning a new game of cards and being proud of it.

Wearing a sweater. Wearing sweatpants. Wearing PJ's all the time...

Turning up the music and dancing in order to shake off the bad feelings.

My sister who loves to watch TV shows with me.

The sounds of animals in the forest.

Doing puzzles is kind of very funny and the time will float by like water through your fingers.

Basically, getting up every morning at a certain time, studying in the morning for a little while and then doing something outside and going to bed at roughly the same time every day.

Being able to talk to your parents.

Sitting in the garden and reading a book while being surrounded by bees.

An early morning walk in the chilly air when the streets are still empty.

Long walks across lonely fields and empty roads to feel the freedom.

Or just sitting in bed with your favourite hot drink and doing nothing for once.

Travelling back in our minds. To the turquoise waves of the ocean or the sound they made when they broke.

A journal to write down your thoughts and ideas of what to do,

The encouragement of a stranger online to carry on, even when you are at your worst.

The hope of everything returning back to normal after all of this is finally over.

Recognizing the value of a friend you can call and talk to for hours

Talking about your fears and your biggest aims,

But often just your mother's arms around you

And dreams about memories you will never forget.

Trying to fight as little as possible with people I care about,

never going to sleep when somebody is mad at me or I'm mad at them, to make sure that,

in the worst case,

I am not remembered badly or being a negative last memory of someone.

Saying a prayer for all the people whose situation is worse than yours and

remember that you just have to sit on a couch without war, without fleeing your home country or going to bed hungry.

You are not alone.

(an ensemble project by 9pL English class)