

## *Half-full*

I recently got told by my dad that a positive always comes out of a negative. This statement really tells me to not think further into the future about any consequences that may affect me however think brightly. I also recently got asked by my mum whether a cup is half-full or half-empty. Coronavirus is an illness that can affect you if you are diagnosed with it or not. It is also contagious which is why everyone has been in lockdown for over a year. There has not been any water taken away from the glass, but the glass has just not yet been filled up.

Lockdown may have made everyone stare at a screen most of the day though due to this, I both finished school in my house and my family had the desperate need to get some fresh air. A healthy wellbeing is crucial and going outside each day after straining your eyes is vital. My family and I are very fortunate to have both a garden and a local park which we went to each day. The park was usually very busy and most days, we always found someone to talk to other than each other. Going outside after spending 5 hours on a screen made me realise how both socialising with family and being around nature supplies you with a huge smile. Breathing in fresh air uplifts everyone's spirit and enhances your mental health. Despite not being able to attend school in the school building, I had weekly walks with friends which gave us the opportunity to both catch up and accomplish our daily exercise. I feel very blessed to be able to walk to a park each day without any obstacles in my way and to not have to bottle all my feelings in a jar throughout the duration of this dreadful pandemic.

During quarantine, going outside on Thursdays at 8 o'clock was an exciting and positive event. It raised awareness on how much the NHS do for us and how grateful we should be to have them. When my family and I went outside on this dedicated time and day, we were surrounded by smiles, cheers and a joyful environment. Banging spoons onto lampposts to clapping my hands together attempting to make the loudest sound I could always planted a smile on not only mine but the whole community's faces. It's the special moment where we appreciate and acknowledge the huge amount of work and effort which is constantly being put into by the NHS not only in these difficult circumstances but through every day of every year. I notice how everyone is grateful hence the loud sounds which fill into my ears which travels all the way down to my heart. Bashing my hands together to show appreciation is incredible but doing this with loved ones sets the mood. Happiness.

I am very grateful to have such a supportive family, school and friends and so fortunate to carry a smile on my face throughout this lockdown. People were dying and many were not happy throughout this pandemic which made me feel so blessed to be so lucky and to be surrounded by caring and loving people.

This pandemic may have seemed like so much water was taken away from the glass though the glass has just not yet been filled up. But I firmly believe, with our renewed sense of community and friendship, it will be soon.