

## How my life has changed due to Covid-19

My daily routine has changed a lot since we have been on lockdown, it feels really strange to know we can't go to school or even go out to the shops or too the park.

I used to go swimming regularly but now my swimming baths is closed so I can't go swimming anymore which impacts me a lot because I really enjoyed swimming.

I am getting bored very easily staying in all day, when I wake up I will do some work then make breakfast, then if my room needs tidying I will tidy it, but apart from that I will usually just sit in my room all day or go downstairs for a while because there isn't anything else to do.

My friends have also found this situation very hard to adapt to especially my friends who play sports to keep them entertained because they can't play them anymore.

My sleeping pattern has changed a lot since we have been off school because there has been nothing to do I have been waking up later than usual!

Through this hard time we have to stay positive, I think we should all take time to look after ourselves and our family, maybe change your room around or cook a meal for your family members to cheer them up. If you are getting bored easily try to colour or draw, or try new things that you can do whilst isolating.

Jade aged 14

