

My Covid-19 Journal

By Alexander



Introduction

On 23rd March, our Prime Minister announced that all UK residents must stay at home to protect the NHS and try to stabilise the threat of the coronavirus. This will be in place for three weeks.

- Shopping for basic necessities only
- One form of exercise a day - alone or with members of your household only
- Medical needs
- Travel to work - only if cannot work from home

THESE ARE THE ONLY REASONS YOU SHOULD BE LEAVING YOUR HOME!

Week 1 Feelings & Emotions...

- **Remote learning had started in the first week of lockdown, I was excited to experience this new process but was also frustrated I could not physically be with my friends when I worked.**
- **It was good to work in line with our current timetable.**
- **I missed playing sport as a team each day - I found it difficult with the lack of sport at home compared to school.**
- **My parents were still working as they provide an essential service, this meant that I spent a lot of time on my own.**
- **By the end of the week I started to feel tired and lethargic.**

Week 2 Feelings & Emotions...

- **This was the first week of 'Easter holidays' - we were meant to be in Tenerife on a family holiday, I felt very down in the dumps that this was cancelled.**
- **I started to feel like a caged animal - very frustrated and sad, I felt like I was going doolally!**
- **I needed structure in my day, so Mum and I set a daily timetable of education and fun. This included conversational french lessons, daily challenges via zoom with classmates, revision, reading and a walk in the countryside.**
- **I found our walks very relaxing because of the scenery and the wildlife - I haven't seen so many beautiful birds.**

Week 3 Feelings & Emotions...

- **My parents are still working everyday, they are both in the office before I wake up and I feel lonely waking up with no one home, however I understand that my parents have to work during this tough time.**
- **My parents constantly talk about work, this pandemic has affected their business in a dramatic way. I am picking up on the stress levels within the house.**
- **I try to make my parents happy by helping more around the house.**
- **I read a lot more this week as a way to escape into the world of my book, which was a good distraction.**

Week 3 - 9th April - Birthday!

- I was super excited for my birthday - my mum had organised a zoom call with my cousins in Australia and facetime with my Nanny and Poppy, also in Australia. That made me feel happy and *loved!*
- I felt that technology helped make my isolation Birthday a lot more special.
- I felt overwhelmed by the number of family and friends around the world that thought to make contact with me and buy me lots of PRESENTS!
- I was given monopoly, jenga and swing ball - I have had so much fun playing these games with my family and without lockdown I probably would have been gifted something different. A nice change.

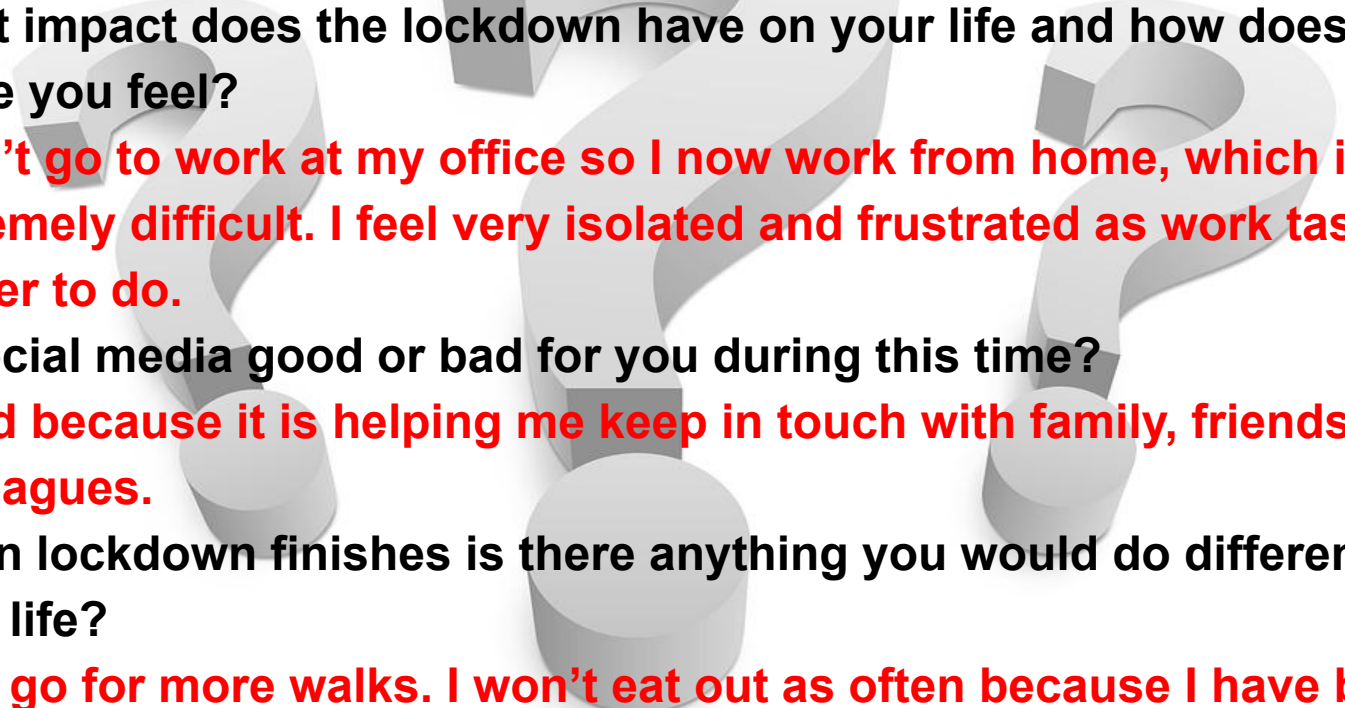
Week 4 Feelings & Emotions...

- **I feel that I have gotten used to isolation and the new routine of my day-to-day life. I still have not left the house except for my one-hour walk every afternoon.**
- **I am thankful that the weather has been nice and sunny as this has lifted my mood. I facetime My friends and family often, which also makes me feel happy and connected to them.**
- **What has been annoying me this week is when we are walking many people are still not abiding by the two-metre distancing rule. One of our neighbours is continuing with building work and the builders are not abiding by these rules either.**
- **Most importantly I feel relieved and happy this week.**

How Covid-19 Effects my Neighbour...

- What impact does the lockdown have on your life?
- “I miss close contact with my family and friends, I can’t continue my social hobbies such as orchestra and choir. On the positive side it’s made me more tolerant.”
- Is social media good or bad for you during this time?
- “I am still bored and disappointed by Facebook, I have used WhatsApp a lot more and zoom with friends, which has been a bonus.”
- When lockdown finishes will you do anything different in your day-to-day life?
- “Not buy so much ‘stuff’. Visit more museums and talk to people in the street more often.”

How Covid-19 Effects my Auntie...

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- What impact does the lockdown have on your life and how does this make you feel?
 - I can't go to work at my office so I now work from home, which is extremely difficult. I feel very isolated and frustrated as work tasks take longer to do.
 - Is social media good or bad for you during this time?
 - Good because it is helping me keep in touch with family, friends and work colleagues.
 - When lockdown finishes is there anything you would do differently in your life?
 - I will go for more walks. I won't eat out as often because I have been forced back into cooking, which I have enjoyed.

The Unity Of My Neighbourhood...

Throughout the Lockdown period, my neighbourhood has collaborated with each other to help the vulnerable and to lift our mood.

- Our street placed a box at the end of the road, which we filled with books, DVD's and games for passers by to take - we realise that not everyone has the spare money to buy and order online.
- We food-shop and collect medicines for our next-door-neighbour as they are in the high risk category. This makes me feel caring and supportive towards them.
- Every Thursday at 8pm we open our windows and clap for the NHS.
- A craft group in Berkhamsted is helping the NHS by making scrubs and bags for the hospital staff.

This shows that my neighbourhood truly cares about the wellbeing of the people within our community using creative ideas to assist others.

Captain Tom - A True Inspiration...

Captain Tom is a 99-year-old army veteran who served in India and Myanmar, then known as Burma in the Second World War.

His ambitious goal to help raise funds for the NHS was to walk 100 laps (1.6 miles) around his garden, with the aid of a frame, before his 100th birthday.

His initial hope was to raise £1,000 but that is now a distant memory as he has raised more than £21 million.

Captain Tom has given the UK hope and has proven to be a true hero in these uncertain times.



Conclusion...

Throughout the Lockdown, I have experienced many emotions and feelings from sadness, anxiety and frustration to now feeling happiness, hope and thankfulness.

I feel fortunate I have a garden that I can get fresh air, play football, swingball and watch magnificent birds in the trees. I am also Thankful for technology, which helps me stay in contact with my friends and family.

One positive that I will take from this experience is to appreciate the simpler things in life such as going to the park more and playing more boardgames with my mum and dad.