

Written reflection on the COVID-19 pandemic

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Being home all day is like being trapped in a cage

(I know that's extreme but it feels that way).

I try to work out on the Peleton, try to engage

in the class and hear what the instructor on the screen has to say.

We tried to create a little gym

against the big mirror in my parents' room,

with mats

and bands

and weights.

I watch movies and shows on a whim

sometimes with my family, sometimes alone, any time of day. Boom!

I watch the captivating and dangerous missions of the Israeli soldiers on *Fauda*

My eyes are hooked and cannot leave the screen.

But at some point you get tired of it.

As I hear my alarm ring at 8:30 in the morning,

I grab my sweatshirt and click the link for my online zoom class.

After being on my vibrant computer screen for most of the day, always boring,

Headaches and migraines emerge, cutting like glass.

It becomes harder and harder to focus on what's said

For I am surrounded by constant distractions from my task:

The voices of my family,

My phone,

The birds chirping,

And the cars passing by.

I FaceTime with friends after school, staring at the ceiling on my bed.

Recurring questions like "so what did you do today" are often asked.

The answer is always "nothing what about you?"

After a certain point we get bored and lose interest in talking, why bother?

I feel like I'm standing on the shore and my friends are in the distant blue,

On a boat that moves every day farther and farther across the water.