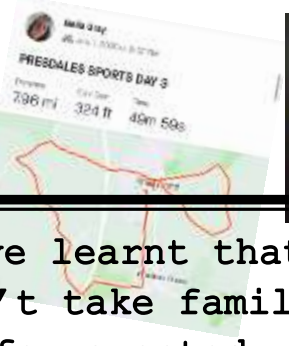
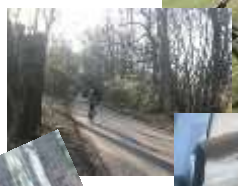
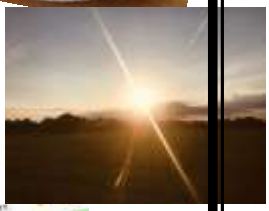
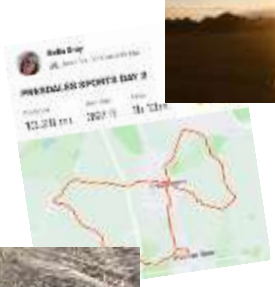
Things I've learnt about myself during lockdown...



I have learnt that I shouldn't take family and friends for granted. At the start of lockdown it was really hard not being able to see them which makes every time I do see them more special. I have also learnt to appreciate things more; such as food. Near the start, we weren't able to get the foods that I enjoy the most: I had to eat what we were able to get. As well as food, I have learnt to appreciate my surroundings, the countryside and nature. Lockdown has given me more time to go out on walks and bike rides which makes me relaxed and happy; it also takes my mind off of what is happening in the world around me.

-Bella Gray