

# WHAT I HAVE LEARNED ABOUT MYSELF IN LOCKDOWN

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MARTHA KER 7Y/7AS

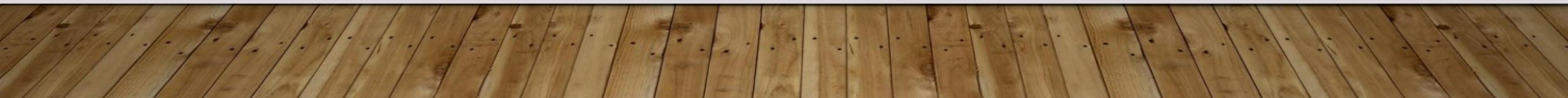


ALWAYS  
REMEMBER  
YOU ARE **BRAVER**  
than you think  
**STRONGER**  
THAN YOU SEEM AND  
**LOVED MORE**  
*than you know*

# I HAVE HAD TIME TO..

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- Try new foods
- Spend more time with my family
- Go on different walks
- Try new hobbies
- Find ways to adapt and still be able to play the sports I love
- Go running and try out new training schedules from my athletics club
- Realise how much I have taken for granted i.e. all the non essential shops that are near me, cinemas, swimming pools, restaurants, clothes shops that others may not have had access to







# I HAVE LEARNT...

- I have learnt that the more I put into lockdown, the more I will get out of it
- Everyone is experiencing lockdown, but it is important to support those who may have had a harder time
- Don't count the days, make the days count

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# QUOTES THAT HAVE INSPIRED ME

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**Lockdown Day 3**



We are all in this  
*together*



What you put into life is  
what you get out of it.

Clint Eastwood

 BrainyQuote



Life isn't about waiting  
for the storm to pass...  
It's learning to Dance  
in the rain!





# THANK YOU

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MARTHA KER 7Y