



### How the Internet Helped Us During Quarantine

Over lockdown many people we knew were communicating over video calls on a daily basis. It was a pleasant experience to interact with people and it was a similar feeling talking with friends in class and working together like you would be working in school. But, when calling for a break you could relax, talk and play online games like it was break in school. A game I found that really helped us connect was the video game, Minecraft. It's a game that helped us use our imagination and be creative. We would play on each other's 'worlds' and build houses, along with other creations. We found this helped reduce the stress of school work and bring a bit of normality back to our daily lives.

Although there is a stigma that too much time on the internet for children is bad for mental health, eyes and brain development, being online during quarantine has not impacted many people in a negative way, but this may not be the case for everyone. Being on a video call or Facetime with a friend made online school a really enjoyable experience.

For a few months over the Christmas holidays when we knew we were not going back to school, we lost a lot of contact with each other and this changed our mood immensely. We constantly felt upset and lonely. The thought of online school was daunting because we were unsure about how school would translate online, but turns out school wasn't too bad after all. Communicating over the internet really made online school seem more like a classroom rather than an empty screen.

The internet really helped us through quarantine, and we believe it brought us even closer than we already were and we would definitely recommend calling a friend if you haven't seen them in a while, because it can make you that much happier.

**Cerys S, Holly B and Meshaa S**