

Happy Things and Sad Things

By Amira Petit-McClure

Happy things 

1. Time with family and pets feels happy. Happy feels like jumpy.
2. Time outside in nature feels calm. Calm feels like you are sleepy.
3. Playing with toys feels exciting. Exciting feels like screaming.
4. I get to go to school in person and it feels amazing. Amazing feels like
5. Learning to be protective of our community feels helpful. Helpful feels warm inside.
6. More time to cook feels content. Content feels full.
7. Time to get a new pet feels fun. Fun feels like running and rolling.

Sad things 

1. Wearing masks feels like I can't breathe as well.
2. Being online feels unsatisfying. It's not enough.
3. Not seeing friends feels lonely. Lonely feels alone.
4. Not able to travel as much feels antisocial. I don't always like being alone.
5. People dying feels scary. Scary feels shivering.
6. Can't do all the activities I did before COVID feels closed in. I want to be free again.