

Apart but Not Alone

By Diya Patel

Being quarantined in NJ
Might feel the same everyday
We can't see our friends
Besides through a lens

But we can cope
There's still so much hope
Try and set a goal
Something you can control

Try yoga and meditation
Think of this as a work-vacation
Or practice a sport
You don't need a court!

Watch the Last Dance
Give cooking a chance
Get your body some rest
Take a breath and release the stress...

Watch your favorite movie
Or make a fruit smoothie
Code, read, write and sew
You'll be surprised how much there is to know!

Don't forget to laugh and smile
Make each day worth your while
Don't be scared of the unknown
Because we are apart but not alone