

Everyday, hearing the news worsen
News of the invisible threat, spreading person to person
Condemned to a life inside
Staring out the window, wide eyed

Watching the world turn apocalyptic
Teachers on computer screens
Seeing the world turn futuristic
Waiting to get injected with vaccines

What's going to come next?
How's the world going to look?
How can the virus leave all perplexed?
How will we come back after being shook?

Masks strapped across our faces
Terror in our eyes
Six feet apart in all places
Forced to hide our feelings behind this filtered disguise

Overwhelmed with sadness and anxiety
Knowing these feelings have notoriety
Wondering how we can make our mark on society
Sometimes dealing with them silently

It is not too late
If we're really feeling down,
We can call 888-222-2228
We can turn our situations around

Even if we have feelings that we never felt
A global pandemic is not something we have ever dealt
Let's use this time wisely
Let's work on making our houses nice and tidy

Learn to be more organized
According to NiCole R. Keith, Ph. D., professor and scientist
It can help you feel productive and energized
Maybe we can brush up on our sciences

Track, soccer, basketball you name it
We can sharpen our skills and improve our game

We'll keep trying and won't quit
Work on our throws, hits, and aim

You can start studying for the SAT
Get ahead of your peers
Study hard, make Harvard a guarantee
Continue hobbies you haven't done in years

Start learning the recipes from your cookbook
Keep trying until it tastes right
Keep trying until you've surpassed a master cook
Your smile will brighten with every bite

Use this time to call old friends
It's doesn't take long to use your phone
This is the perfect time to forgive and make amends
Because we are apart but not alone

Find out ways to help your community
You can still help without being a nurse
Use every chance to demonstrate unity
Let's do everything to keep from making circumstances worse

Your life is not on pause
This is the time to be alive
Stay inside, follow the laws
Trust yourself and you will continue to thrive

Seeing how difficult this is on the world
Make a promise to to help
To become a better member of society
And to always strive to better humanity