*Reflections of Covid: Adjusting, Adapting (Embracing) and Improving*

Kennedy Hines, 8th grade, 8th Grade Riverdale Country School

Covid-19 had the initial impact of fear, of loneliness and even sadness. However, gradual moments of community, a need to embrace life in the moment and to the reminder to love those in your space and to just be happy that someone lived in your space – brought joy.

The sense of community in hearing pots and pans symbolizing the recognition of essential workers – (even in Westchester and in my complex) gave me hope and a sense of belonging. Cooking, music, prayer, watching our house plants grow gave me peace. Seeing the true blue hues of the sky without the haze of air pollution, and the formerly gray water of the Hudson turn blue was peaceful. The cleaning of the environment and emergence of animals formerly hidden away from humans in the woods was confirmation that the world coming to a complete stop had its positives as the environment was able to recover on its own. The results might even getter us closer to 2030 and meeting SDG targets. In the end, I know that all things are possible with faith, that I and my family and the world can indeed adapt to change and when we are challenged – we find a way to move beyond race and gender only and focus on the humanness of kindness, care, and compassion as – humans and as a society.