

Theme of The Year: Solitude

4E Harini (9)

When I face isolation, I do feel lonely but I do welcome the peace and quiet.

Although I was with my huge family in Sri Lanka, I felt very lonely, even when many people were around. My normal life was in Hong Kong: going to school, and hanging out with my friends. When I was in Sri Lanka, it wasn't like that. My daily routine was breaking apart. I woke up late, not doing exercise, and not being around with my friends. I felt lonely, and I was missing the feeling of socializing with people. And the worst part was, I didn't have Wi-Fi or data to interact with my friends online.

But there was one important thing that I had realized in isolation. I used my phone less because of the connection problem, and this made me learn more about my surroundings, especially their exquisite beauty. The fresh air refreshed me as if I was breathing in peacefulness and joy and I let go of anxiety and pressure.

I had so much time, and during the first few months, all I did was waste it. After that, I gave myself a slap on the face and told myself that I couldn't be lazy. I decided to learn the Sri Lankan language, Sinhala. I spent my days with my family, learning Sinhala, doing my school homework and playing ball games with neighbours. I made every single day worth it. But when everyone was not free, I would play by myself, or with the dogs, have deep self-conversations, and also learn Sinhala by myself.

I felt lonely sometimes, and I wish I could have my old life back: going to school, hanging around with friends, and not wearing a mask on a daily basis. However, I really realized many things when I was in isolation. I made myself busy so that I wouldn't have to worry about my time being wasted. To make myself busy, I learnt my mother tongue, and spent more time with my friends and family exercising and making memories together.