**Silver Lining Paragraph**

“These trees look lovely today; five, six, seven; guy south east, back door, back door.” During this devastating time period of COVID-19, these are phrases that I get to enjoy daily. Even though COVID-19, is a tough time for all, there are still silver linings for us all to enjoy. One of the biggest silver linings for me is more family time. Being at home has allowed me to spend way more time with my family. I can go on 5 km walks with my mom every morning. Out on these walks we enjoy the smell of the crisp fresh air and the sight of newly sprouting flowers and cherry blossoms. My dad is working from home which allows him to get out of work earlier. This is nice because we are now able to see him more in the evenings than usual. Another benefit to dad being home earlier is we now always get to watch a movie or T.V. shows in the evening. The next silver lining is my personal fitness and training. Being at home all the time has allowed me to work out everyday. This has tremendously improved my fitness. I have multiple different workouts that work muscles all over the body. I am also able to shoot hockey pucks everyday. Before COVID-19 it was hard for me to shoot pucks as I was at school all day and when I came home, I had to do homework, but now I am able to shoot for more than an hour everyday. Another silver lining that has come from having to stay at home due to COVID-19, is I have been able to stay connected with my friends virtually. On social media and video games I have been able to connect with my friends. I have connected with friends that I haven’t seen in months and I even connected with a friend I used to play hockey with that now lives in Minnesota. I have had a virtual sleepover where I have stayed up until midnight playing video games. We played video games and munched on berry skittles. A worldwide silver lining is pollution and global warming have decreased substantially. For example, in China air pollution from nitrogen dioxide, gas produced by cars, power plants and factories, fell by 40% due to temporary restrictions put in place to contain COVID-19. Although COVID-19 is a stressful and anxious time for many, there are always silver linings that can be found.