W6A – Lesson 3, Journal,

Sophia Yu

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Journal 3

My family and I went climbing on July 16th 2020. During the coronavirus pandemic, we stayed at home all day, and hardly did exercise. we decided to go climbing the mountains and breath some fresh air the day before.

Next day morning, my parents’ legs were very painful, but mine were not. It’s really beyond my expectation! Because last year after we climbed the mountains, my legs were a little bit hurt. We just stayed at home, studying, and never playing with my friends this year, but my legs weren’t hurt.

Then I realized, though I was at home, I had dancing class online every week, and it made my body hurt every time. When we were climbing the mountains, we slowed down. Perhaps that is why my legs weren’t get pain.

Journal 4

The three reason why the global pandemic is good:

First, people pay more attention to their health and habits. They have increased the frequency of hand washing, put more emphasis on exercise and healthy diet. Second, there are more institutes to research coronavirus, that promotes development of modern science. And people are adept to studying or working online. This promotes the development of information technology. Third, people have increased their awareness of protecting wild animals, which not only protect themselves, but also respect nature.