W6A – Lesson 3, Journal 3-4, Draft 2

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2020.07.19

**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 any exercise. So we decided to go climb a nearby mountain and breath some fresh air.

The next morning, my parents’ legs were very sore, 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. This year, I just stayed at home studying and never played with my friends, but my legs weren’t sore after climbing the mountain.

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

*Sophia: Great job! Which mountain did you climb? Who did you go climbing with? What did you see on the mountain? Please be more specific. Thanks!*

**Journal 4**

Here are my three reasons why the global pandemic is good:

Firstly, people are paying more attention to their health and habits. They have increased the frequency of hand washing, and have put more emphasis on exercise and a healthy diet.

Secondly, now there are more institutes to research coronavirus, which promotes the development of modern science. Also, people have become more adept to studying or working online. This promotes the development of information technology.

Thirdly, people have increased their awareness of protecting wild animals, which not only protects themselves, but also respects nature.

*Sophia: Great job! Please give an example for your third point.*