

JOHN Lockdown sucks. I can't play football. I can't see my cousins. It's like I'm a prisoner.

BARRY That's a bit over the top. It's not great but being in prison is worse.

LUCY That doesn't help, though, does it? I mean, you can't be happier about your life just because someone else's is worse.

MARIE I don't know. Whenever I don't want dinner, dad says, "Think about the starving people."

JOHN Does that work?

MARIE No. It puts me off eating. But he thinks it should make me feel lucky I'm eating at all.

JOHN We've got family in New Zealand. Everything's back to normal out there. I'm so jealous.

BARRY Well, if you can be jealous of them, you can be glad you're not in prison.

JOHN But I haven't done anything! Why would I be in prison?

BARRY Well, why would you be in New Zealand either? If you can feel sad because you're not in New Zealand, you can feel glad because you're not in prison.

LUCY I don't think it makes any difference whether you think about New Zealand, or prison, or starving people, or nothing at all. Lockdown just sucks. It's a fact.

TIM I think it sucks more if you think about how much it sucks. There were some good things about last lockdown. My dad learned to cook, for a start. You can look for the good things in any situation.

MARIE I don't think I want to be in lockdown long enough for my dad to learn to cook. I want to leave home when I'm 18.

LUCY I think it's easy for you to say you can look for the good things. You've got good things to look for. If you've got no money, no job, no family and you're stuck on your own, you can't just look for the good things. Where would you even start?

**TIM You're always in charge of yourself. So, it's up to you how you think.**

**LUCY But you're not in charge of what happens to you. Some things are bad whatever you think.**

**MARIE I don't think it's up to you how you think, either. What if you're really depressed? Or really anxious? People don't choose to think that way. I think the people in charge need to change things, not tell people to change how they think.**

TIM OK, maybe not. But if you *can* think it's up to you how you think, maybe that's better for you than thinking you can't.

JOHN I think I'll have to think about that.

