

# Arts provide students comfort in quarantine

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While the rest of the world is unsettled, senior Ethan Hardin sits at his piano playing Rachmaninoff's Prelude in C# minor. He somehow manages to tune out the chaos and confusion of the world around him with the music he is playing and the passion in which he possesses.

Despite the hardships, quarantine has given students and teachers the opportunity to find new hobbies and rediscover old talents.

"It has not only helped me keep busy, but it has also allowed me to explore new interests and talents that I never knew I had," said freshman Jady Bowers.

While many people search for new forms of entertainment, others use their free time to develop familiar skills.

Junior Mark Lowney, who has been playing *Animal Crossing New Horizons* and writing a script for a movie, said, "This has helped me because I love Nintendo and screenwriting. Doing things you're passionate about is a great way to keep yourself entertained at home."

With more time to themselves than ever before, students and teachers seek any form of at-home entertainment.

"In the absence of social connections face-to-face, they are possibly searching for connections within themselves, and a way to express those connections is with visual art," said art teacher Theresa Applegate.

Applegate said that amidst

taking care of her two young children and converting her classes to an online format, she has been working on a wall mural.

People that would have never considered themselves to be artists are discovering creative talents during this time, too.

"I think people are bored and use art and entertainment to pass the time. Painting helps me pass time and is very relaxing," said sophomore Natalie Lukinovich.

While boredom could seemingly lead to inactivity, it has inspired creation and innovation.

"Art is a way to express your pent up creativity and energy, while entertainment simply helps keep you from being bored, which is very important," said Lowney.

During this time of quarantine, without entertainment and socialization, people could easily become anxious or stressed.

"Being trapped at home with no social interaction can be a really bad stressor in anyone's lives," said Hardin.

However, in the absence of a normally fast-paced life, students now have time to devote to themselves.

"Quarantine has given me a lot of time to relax, which has positively impacted my mental health," said Lukinovich.

In many cases, teachers and students use art and entertainment as an outlet from their hectic lives.

"Art keeps your mind and hands busy in a time when they may need extra help to stay 'quiet' because of anxiety," said Applegate.



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Using art to combat anxiety and stress is a useful tool and coping mechanism.

"The freedom of focusing on the process and just enjoying the doing without worrying if anyone will see or judge is a welcome release during uncertain times," said Applegate.

Art gives a person the power to block out the uncertainty of the outside world, while allowing them to focus on themselves.

"I've been able to block out distractions and drama so that I can focus on myself and what's truly important," said Bowers.

During this time of pandemic and isolation, students recognize the importance of self-care.

"I feel that a lot of people, like myself, can be stressed at times during this quarantine and try to look for some sort of positive escape during it," said Hardin.

While finding the bright side of this current situation is often difficult, students seem to have found their way through art and entertainment.

Hardin said, "Playing the piano has helped me not be as stressed during the quarantine and turn this bad situation into something positive."

## Artistic quarantine activities

- Discover new music
- Paint by number
- Practice an instrument
- Try digital art
- Make a photo wall
- Play a video game
- Start a blog
- Use sidewalk chalk
- Write/compose a song
- Binge an old show
- Scrapbook