

## Silent screens

Before screens started dominating our lives,  
we looked at each other, calm and alive.  
Time went by naturally, with heads held high,  
now it is quickly passing by, with eyes cast down.

Conversations and laughter filled the air,  
mornings began with the Sun's warm glare.  
Days were filled with play and delight,  
now sunshine glows from a phone's cold light.

No loud alarms,  
awoken by chirping sounds,  
a simple smile was all we needed  
to fill the space in our hearts.

Dusk was the time to head home,  
when tree climbing ceased and shouting stopped.  
Mom's remedies soothed every fall,  
preparing us for tomorrow's mischief call.

Dinner was a family affair,  
a time to talk, to share, to care.  
The aroma of mom's cooking spread afar,  
binding us together, our guiding star.

Morning arrived with faces aglow,  
bikes jumping with joy on paths we'd know.  
Friendships bloomed on those bumpy roads,  
now we pass each other with silent codes.

Heads bowed, thumbs in constant dance,  
feeling connected, yet in a trance.  
Real moments replaced by digital screens,  
waiting for messages, likes, and memes.

Memories fade, hours slip away,  
do we notice the cost we pay?  
The phone says when to smile or frown,  
if it isn't online, did it even go down?

How did we get to such a state?  
With true connection's erased,  
Instead of talking, we type with haste.  
Should we lift our heads and embrace?

See the faces beyond the screens,  
care for the moments in between.  
Do not let thoughts linger in chains,  
make it real and break the digital reins.