

# Historical Significance

Families walking and biking and being active is important to capture because people walking is making a more active and healthy environment. This will change the way people live because now people will be more active and go outside more. I have seen so many people out in our neighbourhood over the month that I had never seen out walking or biking before.

I think this will be good for our countries overall health care system with the increase in healthy lifestyles.



# Continuity and Change

I didn't expect people to be this kind and thoughtful. People are genuinely trying to make people happy and put a smile on the face of a stranger. This is a random act of kindness that is showing respect to others. There are many rocks like this on the trails where i live and I find it awesome. People recognize that this is stressful and they are hoping to ease the feeling of stress.

I am hoping that this is a change that continues to be a regular thing. People doing something that makes them feel good but also might make someone else's day too.



# Historical Perspective

This photo of hearts in people's windows is showing respect and support for frontline workers who are putting themselves at risk with the virus to do their job and help people. The community is telling a story about how much they appreciate the people who are on the frontline. It has spread across the country and even beyond as a symbol of showing thanks.





# Cause and Consequence

This picture of playgrounds being closed off was unexpected to me but now it makes sense because kids would be spreading germs on there and then the equipment could be infected. This is a good way to stop spreading germs at this time in life and later on in the future they may even make rules for a certain number of people being allowed on playgrounds and at other larger venues where people gather.

