

# Join our COVID-19 Window Walk of Solidarity



*The Love Heart and the Shamrock are being displayed in windows to visually unite our isolated communities.*



The sending of Love and Hope is already uniting neighbourhoods and creating opportunities for families to join together and send their good thoughts. Maybe send one to your local residential home to let them know you are thinking of them and care very much about them.



Below you will see how The Space Man is being used to provide mission statements to passing children, to help add interest and excite neighbourhood walks, over the long weeks ahead. This aims to let our parents know we recognise their challenge over the months ahead and we care about them.

Join your community with your Window Walk Decorations. Send messages of hope and love that can be read by those staying active on isolation walks.

*We look forward to seeing your community connect and feel a sense of solidarity and community cohesion.*

*Sarah Lewis and David Plummer*

on behalf of Devon and Torbay Mental Health Support Teams in School.



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## LOVE HEART

Love can mean a lot of things to different people, and can be expressed in different ways. One of the meanings of love is to feel connected. In times like these it is important to stay connected with one another in as many ways as we can. We want to see your own love heart displayed in your window and/or local areas to show your connection to the people around you- see if you can see hearts being displayed in the places that you are able to visit! You can use scraps of paper and colouring pens, crayons, and glitter; whatever you have lying around to create yours!



## SHAMROCK

The word shamrock comes from the Gaelic word Seamrog, meaning "little clover". The three leaves of a shamrock are also said to stand for faith, hope and love. Make your own Shamrock and put it in your window or in local parks to show your faith, hope and love that we will all get through these times and stay connected. Again, you can use scraps of paper, pens and anything lying around to be creative and pass some time.

Participate as a family or with friends via Facetime and as a school community. Join us in the Window Walk of Community Love, Hope and Solidarity





*MISSION: Walk the next 20 steps as if you were walking on the moon! Can you then do that again backwards?*

