MY 2020 COVID-19 TIME CAPSULE

BY: ____________________
YOU ARE LIVING THROUGH HISTORY RIGHT NOW

TAKE A MOMENT TO FILL IN THESE PAGES FOR YOUR FUTURE SELF TO LOOK BACK ON. AND HERE ARE SOME OTHER IDEAS OF THINGS TO INCLUDE:

☐ SOME PHOTOS FROM THIS TIME  ☑ ANY ART WORK YOU CREATED
☐ A JOURNAL OF YOUR DAYS  ☐ FAMILY / PET PICTURES
☐ LOCAL NEWSPAPER PAGES OR CLIPPING  ☐ SPECIAL MEMORIES

DRAW A PICTURE OF THE PEOPLE YOU ARE SOCIAL DISTANCING WITH HERE
HOW I’M FEELING

WORDS TO DESCRIBE HOW I FEEL:

WHAT I HAVE LEARNT MOST FROM THIS EXPERIENCE:

I AM MOST THANKFUL FOR:

1.  

2.  

3.  

THE 3 THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER:

1.  

2.  

3.  

PAGES BY LONG CREATIONS
MY COMMUNITY

WHERE I AM LIVING DURING THIS TIME:

COLOUR THIS HOUSE TO LOOK LIKE YOURS

WHAT THINGS ARE YOU DOING TO HELP FEEL CONNECTED/HAVE FUN OUTSIDE (e.g. hearts in windows, chalk notes on sidewalk, etc)

HOW ARE YOU CONNECTING WITH OTHERS?

PAGES BY LONG CREATIONS
YOU ARE NOT STUCK AT HOME, YOU ARE SAFE AT HOME!

WHAT I AM DOING TO KEEP BUSY:
OUR HANDPRINTS
PRINT THE HANDS OF ALL THE PEOPLE LIVING IN YOUR HOME
(IN DIFFERENT COLOURS) AND PLACE YOUR HANDS HERE
WHAT OCCASIONS DID YOU CELEBRATE DURING THIS TIME?
WRITE THE LIST DOWN HERE AND WHAT YOU DID TO CELEBRATE
(E.G. ST. PATRICK’S DAY, EASTER, BIRTHDAYS, ANNIVERSARIES)

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<th>EVENT</th>
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INTERVIEW YOUR PARENTS

WHAT HAS BEEN THE BIGGEST CHANGE?

HOW ARE YOU FINDING HOMESCHOOLING?

DAYS SPENT INSIDE

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE:
1. __________________________
2. __________________________
3. __________________________

WHAT ACTIVITIES/HOBBIES HAVE YOU MOST ENJOYED DOING?

WHAT ARE YOU MOST THANKFUL FOR?

WHAT TV SHOW YOU WATCHED: __________________________

YOUR NEW FOUND FAVOURITE INSIDE FAMILY ACTIVITY:

________________________

FAVOURITE FOOD TO BAKE: __________________________

FAVOURITE TIME OF DAY: __________________________

GOAL/S FOR AFTER THIS:

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