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
- ☐ A JOURNAL OF YOUR DAYS
- ☐ LOCAL NEWSPAPER PAGES OR CLIPPING
- ☐ ANY ART WORK YOU CREATED
- ☐ FAMILY / PET PICTURES
- ☐ SPECIAL MEMORIES

DRAW A PICTURE OF THE PEOPLE YOU ARE SOCIAL DISTANCING WITH HERE
ALL ABOUT ME

I AM ____________________________

I STAND ____________________________

I WEIGH ____________________________

SHOE SIZE ____________________________

MY FAVOURITES

TOY: ____________________________

COLOUR: ____________________________

ANIMAL: ____________________________

FOOD: ____________________________

SHOW: ____________________________

MOVIE: ____________________________

BOOK: ____________________________

ACTIVITY: ____________________________

PLACE: ____________________________

SONG: ____________________________

MY BEST FRIEND/S: ____________________________

WHEN I GROW UP I WANT TO BE: ____________________________

DATE: ____________________________

PAGES BY LONG CREATIONS
HOW I’M FEELING

WORDS TO DESCRIBE HOW I FEEL:

What I have learnt most from this experience:

I am most thankful for:

The 3 things I am most excited to do when this is over:

1.
2.
3.
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?
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
SPECIAL OCCASIONS

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?

WHAT TV SHOW YOU WATCHED: _______________________________

YOUR NEW FOUND FAVOURITE INSIDE FAMILY ACTIVITY:
______________________________

FAVOURITE FOOD TO BAKE: _______________________________

FAVOURITE TIME OF DAY: _______________________________

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 ARE YOU FEELING?

GOAL/S FOR AFTER THIS:

WHAT HAS BEEN THE BIGGEST CHANGE?