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

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:
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:
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 AT HOME:
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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<thead>
<tr>
<th>EVENT</th>
<th>DATE</th>
<th>HOW YOU CELEBRATED</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 have you watched?

### Your new found favourite inside family activity:

### Goals for after this:

### Favourite food to bake:

### Favourite time of day:
LETTER FROM YOUR PARENTS

Dear,


