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
HOW I'M FEELING

WORDS TO DESCRIBE HOW I FEEL:

HOW MY FACE LOOKS

I AM MOST THANKFUL FOR

WHAT I HAVE LEARNT MOST FROM THIS EXPERIENCE:

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 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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<tr>
<th>EVENT</th>
<th>DATE</th>
<th>HOW YOU CELEBRATED</th>
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LETTER TO MYSELF

DEAR,

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____________________________________________________________________

LOVE,

____________________________________________________________________
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:

PAGES BY IONS CREATIONS