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
WHERE I AM LIVING DURING THIS TIME:

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:

PAGES BY LONG CREATIONS
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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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:

HOW ARE YOU FEELING?

PAGES BY LONG CREATIONS