

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 CLIPPINGS
- SPECIAL MEMORIES



DRAW A PICTURE OF THE PEOPLE YOU ARE SOCIAL DISTANCING WITH HERE.

ALL ABOUT ME!

I AM

YEARS OLD

I STAND

INCHES TALL

I WEIGH

POUNDS

SHOE SIZE

MY FAVORITES

TOY: _____

COLOR: _____

ANIMAL: _____

FOOD: _____

SHOW: _____

MOVIE: _____

BOOK: _____

ACTIVITY: _____

PLACE: _____

SONG: _____

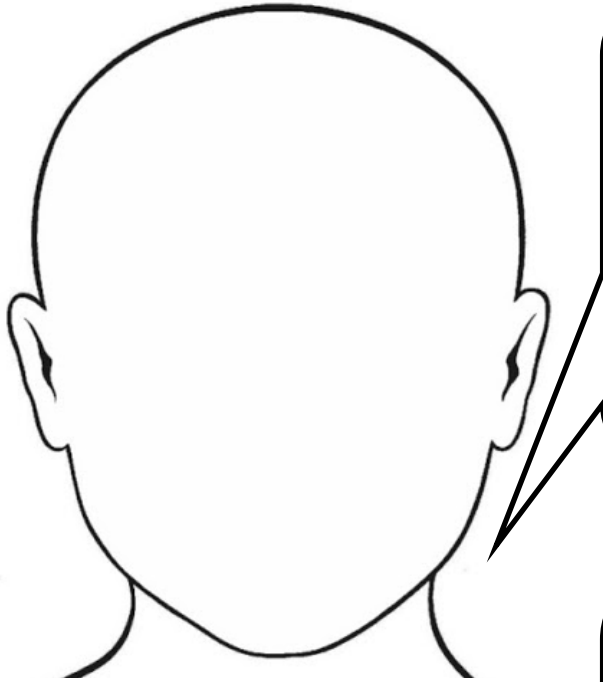
MY BESTIE IS:

WHEN I GROW UP I

WANT TO BE:

DATE: _____

HOW IM FEELING



HOW MY FACE LOOKS



**WORDS TO DESCRIBE
HOW I FEEL:**

**WHAT I HAVE LEARNED
FROM THIS EXPERIENCE:**

**I AM MOST
THANKFUL FOR:**

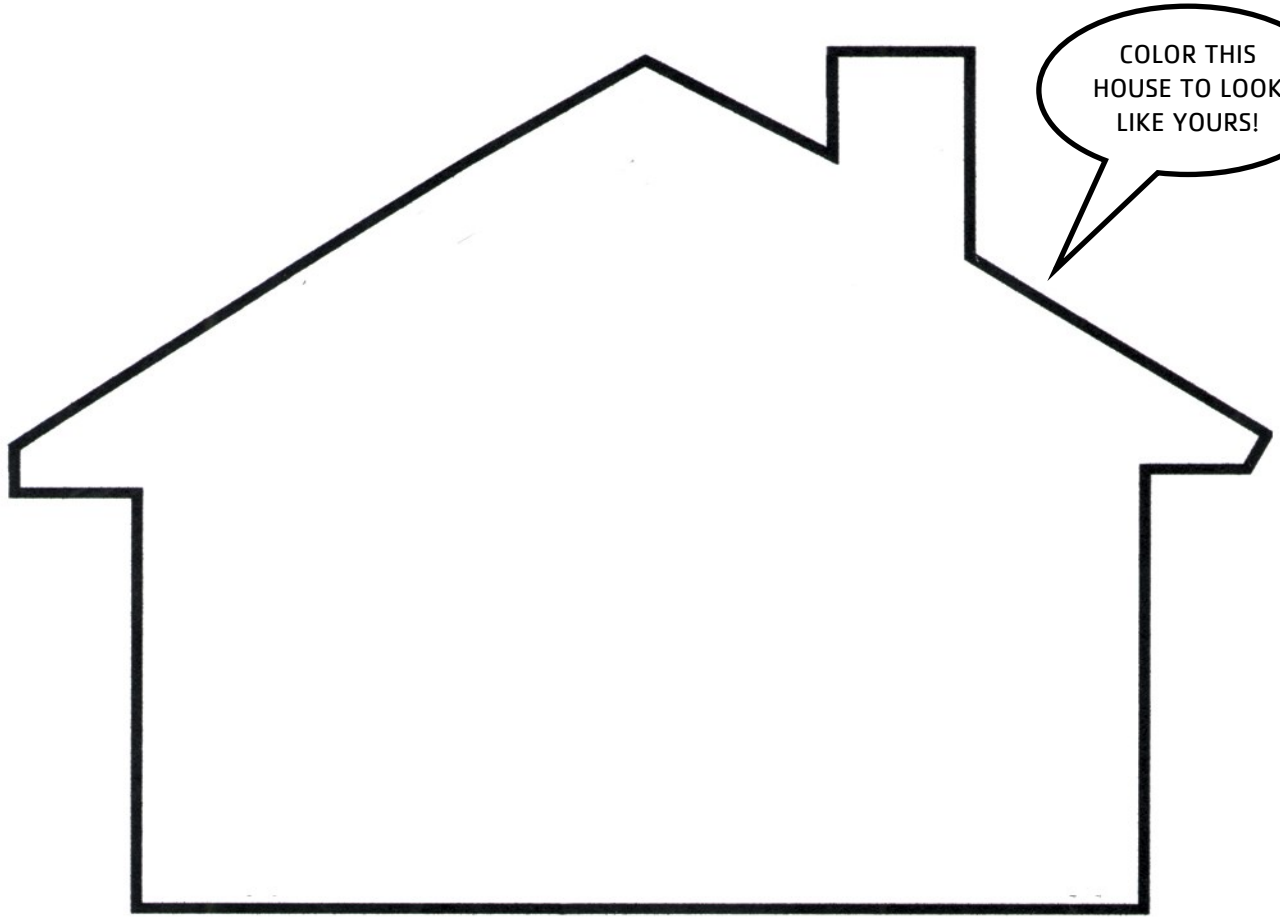
3 THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER:

①

②

③

MY COMMUNITY




COLOR THIS HOUSE TO LOOK LIKE YOURS!

WHERE I AM LIVING:



WHAT THINGS ARE YOU DOING TO HELP FEEL CONNECTED/HAVE FUN OUTSIDE (E.G. CHALK, RIDING BIKES, PLAYING WITH MY DOG)

YOU ARE NOT STUCK AT HOME,
YOU ARE SAFE AT HOME!



WHAT I AM
DOING TO
KEEP BUSY AT
HOME:

OUR HANDPRINTS



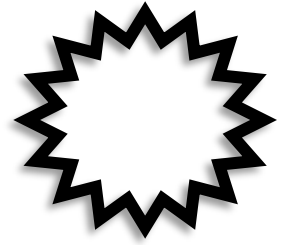
PRINT THE HANDS OF ALL THE PEOPLE LIVING IN YOUR HOME
(IN DIFFERENT COLORS) AND PLACE YOUR HANDS HERE



INTERVIEW YOUR PARENTS

WHAT HAS BEEN THE BIGGEST CHANGE??

HOW ARE YOU FINDING HOMESCHOOLING?



DAYS SPENT INSIDE

HOW ARE YOU FEELING?

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: _____

GOALS YOU HAVE:

YOUR NEW FOUND FAVORITE INSIDE FAMILY ACTIVITY:

FAVORITE FOOD TO BAKE: _____

FAVORITE TIME OF DAY: _____

LETTER TO MYSELF

DATE: _____

DEAR, _____

LOVE, _____

LETTER FROM YOUR PARENTS

DATE: _____

DEAR, _____

LOVE, _____