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**
- **Years Old**
- **Inches Tall**
- **Pounds**

**I Stand**
- **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:**
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 YOU WATCHED: ____________________________

YOUR NEW FOUND FAVOURITE INSIDE FAMILY ACTIVITY:
__________________________

FAVOURITE FOOD TO BAKE: ____________________________

FAVOURITE TIME OF DAY: ____________________________

GOAL/S FOR AFTER THIS:
LETTER FROM YOUR PARENTS

DEAR,


LOVE,

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