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:

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:
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?

COLOUR THIS HOUSE TO LOOK LIKE YOURS
YOU ARE NOT STUCK AT HOME, YOU ARE SAFE AT HOME!

WHAT I AM DOING TO KEEP BUSY:
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, 

_____________________________________

PAGES BY LONG CREATIONS
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: