

# MY 2020 COVID-19 TIME CAPSULE

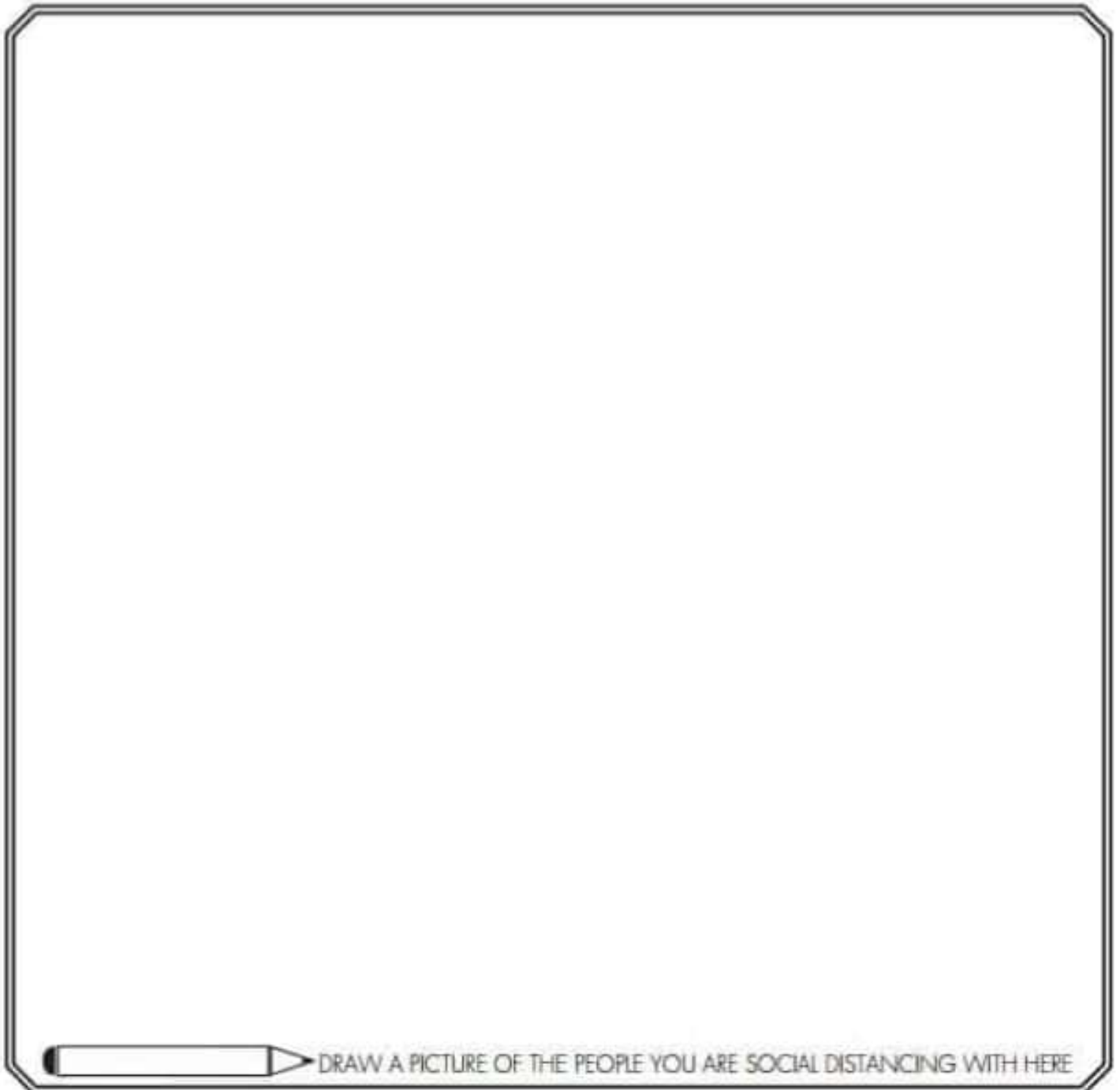



BY: \_\_\_\_\_

# 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

I STAND \_\_\_\_\_  
INCHES  
TALL

I WEIGH \_\_\_\_\_  
POUNDS

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:

\_\_\_\_\_

# HOW I'M FEELING



HOW MY FACE LOOKS



WORDS TO DESCRIBE HOW I FEEL:

---

---

---

---

WHAT I HAVE LEARNT MOST FROM THIS EXPERIENCE:

---

---

---

---

---

I AM MOST THANKFUL FOR

---

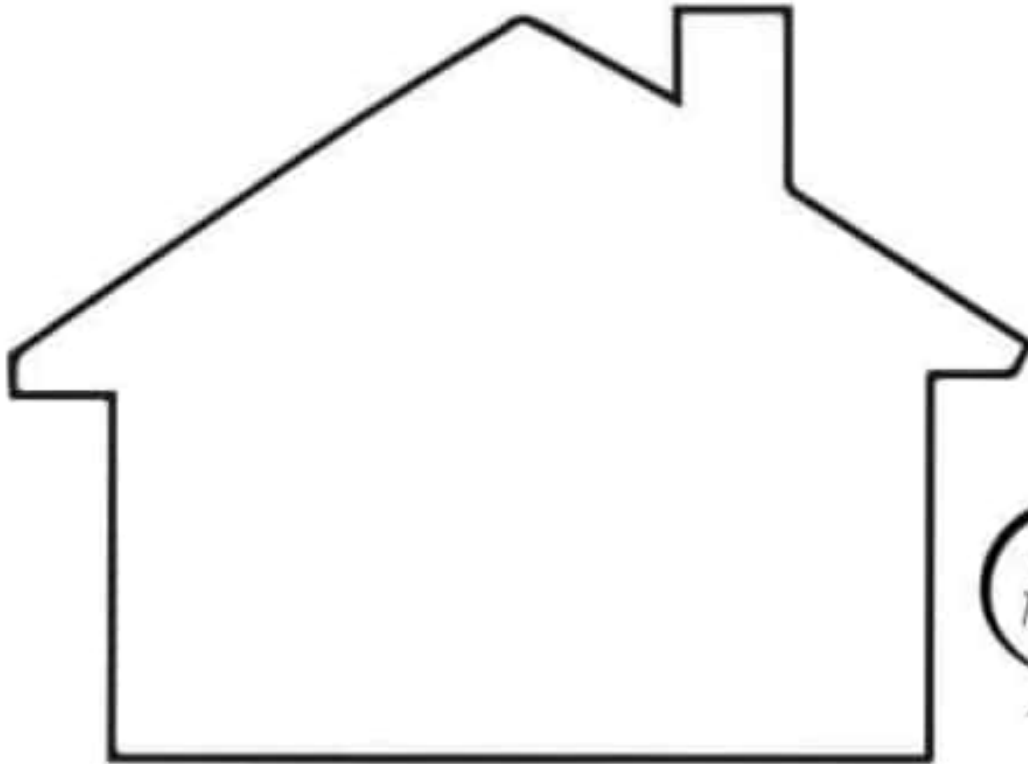
---

---

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

<p><b>1</b></p> <hr/> <hr/> <hr/>	<p><b>2</b></p> <hr/> <hr/> <hr/>	<p><b>3</b></p> <hr/> <hr/> <hr/>
-----------------------------------	-----------------------------------	-----------------------------------

# MY COMMUNITY



COLOUR THIS HOUSE  
TO LOOK LIKE YOURS

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 AT HOME:

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







# LETTER TO MYSELF

DEAR,

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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 : \_\_\_\_\_

GOAL/S FOR AFTER THIS:

YOUR NEW FOUND FAVOURITE INSIDE FAMILY ACTIVITY:

FAVOURITE FOOD TO BAKE: \_\_\_\_\_

FOVOURITE TIME OF DAY: \_\_\_\_\_

# LETTER FROM YOUR PARENTS

---

DEAR,

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

LOVE,

---