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

<table>
<thead>
<tr>
<th>MY FAVOURITES</th>
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<tr>
<td>TOY:</td>
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<td>COLOUR:</td>
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<td>ANIMAL:</td>
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<td>BOOK:</td>
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<td>ACTIVITY:</td>
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<td>PLACE:</td>
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<td>SONG:</td>
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**I AM**

- **YEARs OLD**
- **INCHES TALL**
- **POUNDS**
- **SHOE SIZE**

**My Best Friend/s:**

- 
- 

**When I grow up I want to be:**

- 

**Date:**
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:
OUR HANDPRINTS
PRINT THE HANDS OF ALL THE PEOPLE LIVING IN YOUR HOME
(IN DIFFERENT COLOURS) AND PLACE YOUR HANDS HERE
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>
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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:

PAGES BY LONG CREATIONS
DEAR,

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LOVE,