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

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:

1

2

3
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
**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)

<table>
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<tr>
<th>Event</th>
<th>Date</th>
<th>How You Celebrated</th>
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DEAR, __________________________

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LOVE, __________________________
INTERVIEW YOUR PARENTS

WHAT HAS BEEN THE BIGGEST CHANGE?

WHAT TV SHOW YOU WATCHED: 

YOUR NEW FOUND FAVOURITE INSIDE FAMILY ACTIVITY:

FAVOURITE FOOD TO BAKE:

FAVOURITE TIME OF DAY:

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?

HOW ARE YOU FEELING?

WHAT HAS BEEN THE BIGGEST CHANGE?

GOAL/S FOR AFTER THIS:

WHAT TV SHOW YOU WATCHED: ........................................

YOUR NEW FOUND FAVOURITE INSIDE FAMILY ACTIVITY:

FAVOURITE FOOD TO BAKE: ........................................

FAVOURITE TIME OF DAY: ........................................