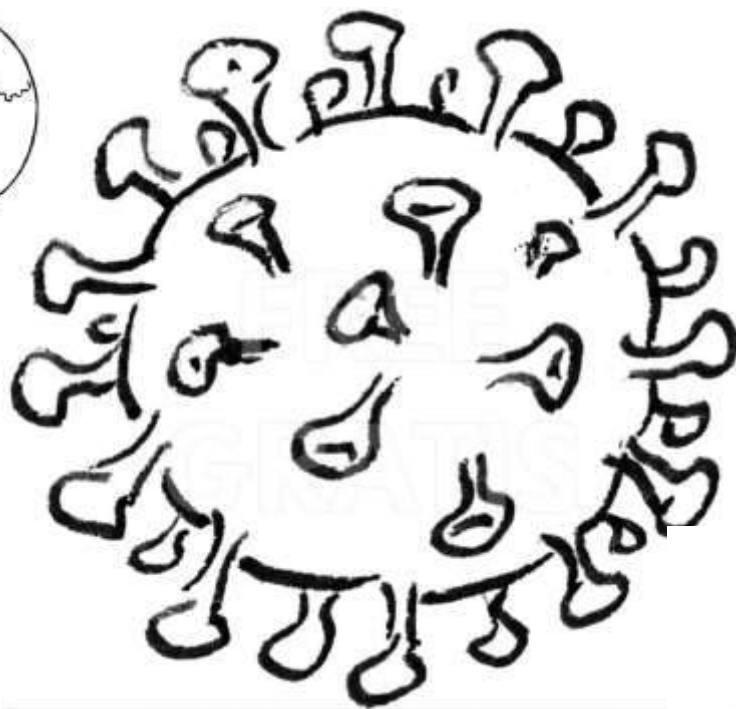


My 2020



Covid-19

Time Capsule



By : _____



You are living through history right now

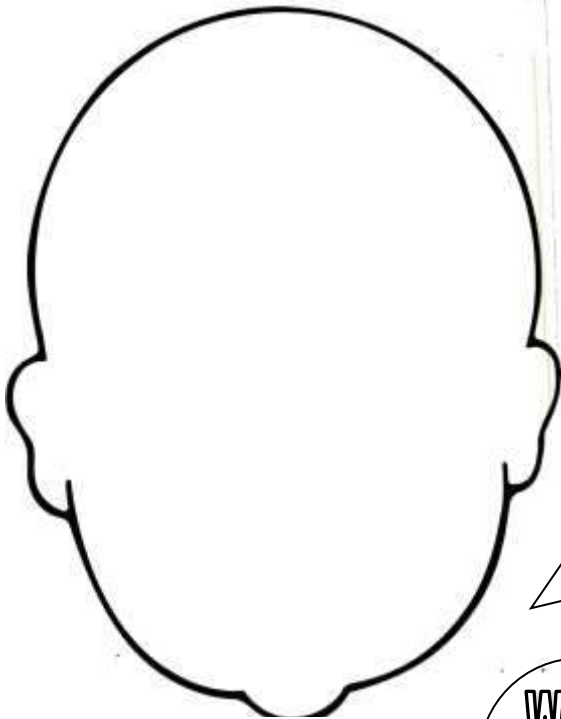
Take a moment to fill in these pages for your future self to look back on. Here are some other ideas of things to include:

- ◇ Some photographs from this time
- ◇ Any art work you have created
- ◇ A journal of your days
- ◇ Family / Pet pictures
- ◇ Local newspaper clippings
- ◇ Special memories



Draw who you are social distancing with

How I'm Feeling



Words to describe how I'm feeling:

What I have learnt from this experience:

How my face looks
I Have Feelings



Happy



Sad



Mad



Scared

The 3 things I am most excited to do when this is over:

My Community



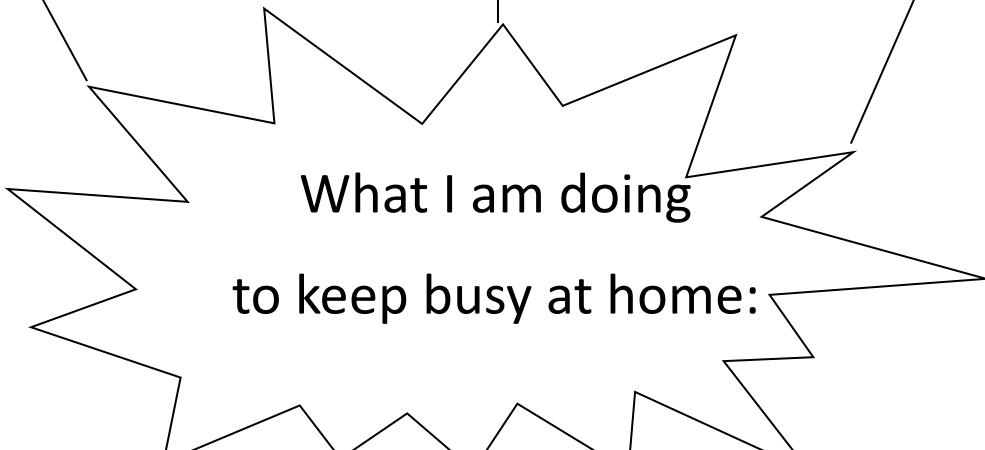
Where I am living during this time:



What things are you doing to help feel connected/ Have fun?

E.g. rainbows in windows, calling friends...

**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

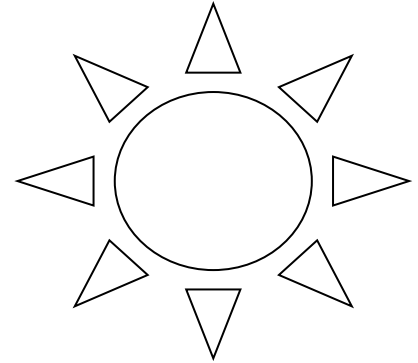
What occasions did you celebrate during this time?

Event	Date	How you celebrated

Interview someone

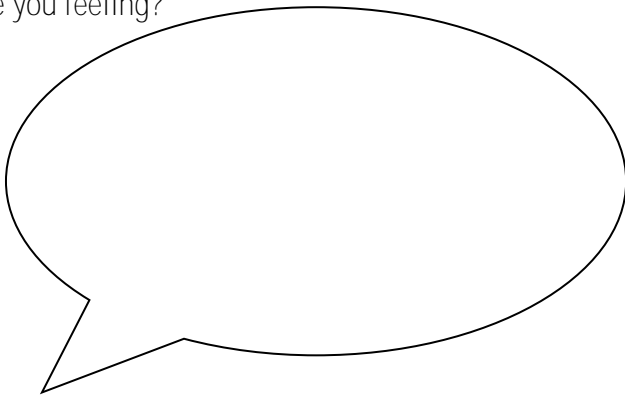
What has been the biggest change?

How are you finding Homeschooling?



Days spent inside

How are you feeling?



Your top 3 moments:

1. _____
2. _____
3. _____

WHAT ACTIVITIES / HOBBIES HAVE YOU MOST ENJOYED?

What are you most thankful for?

What tv show have you watched? _____

Your new found favourite activity is _____

Favourite food to make? _____

Favourite time of the day? _____

Goals for the future:

Letter to Myself

Dear _____

From _____