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

PAGES BY LONG CREATIONS
ALL ABOUT ME

I AM
YEARS OLD

I STAND
INCHES TALL

I WEIGH
POUNDS

SHOE SIZE

MY FAVORITES

TOY: ____________________________
COLOR: ____________________________
ANIMAL: ____________________________
FOOD: ____________________________
SHOW: ____________________________
MOVIE: ____________________________
BOOK: ____________________________
ACTIVITY: ____________________________
PLACE: ____________________________
SONG: ____________________________

MY BEST FRIEND/S:

________________________
________________________

WHEN I GROW UP I WANT TO BE:

________________________

DATE:

PAGES BY LONG CREATIONS
WHERE I AM LIVING DURING THIS TIME:

COLOR THIS HOUSE TO LOOK LIKE YOURS

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?
OUR HANDPRINTS
PRINT THE HANDS OF ALL THE PEOPLE LIVING IN YOUR HOME
(IN DIFFERENT COLORS) 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>
<thead>
<tr>
<th>EVENT</th>
<th>DATE</th>
<th>HOW YOU CELEBRATED</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
INTERVIEW YOUR HOUSEHOLD

WHAT HAS BEEN THE BIGGEST CHANGE?

HOW ARE YOU FINDING eLEARNING?

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 FAVORITE INSIDE HOUSEHOLD ACTIVITY:
_________________________________________________________

FAVORITE FOOD TO BAKE: ____________________________

FAVORITE TIME OF DAY: ____________________________

GOAL/S FOR AFTER THIS:

PAGES BY LONG CREATIONS