MY 2020 COVID-19 TIME CAPSULE

BY: ___________________
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

MY FAVOURITES

TOY: ____________________________

COLOUR: ________________________

ANIMAL: ________________________

FOOD: __________________________

SHOW: __________________________

MOVIE: _________________________

BOOK: __________________________

ACTIVITY: ______________________

PLACE: _________________________

SONG: __________________________

MY BEST FRIEND/S: __________________________

WHEN I GROW UP I WANT TO BE: __________________________

DATE: __________________________

I AM
YEARS OLD
I STAND
INCHES TALL
I WEIGH
POUNDS
SHOE SIZE

I AM YEARS OLD
I STAND INCHES TALL
I WEIGH POUNDS
SHOE SIZE

PAGES BY LONG CREATIONS
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:
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)

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<th>EVENT</th>
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LETTER TO MYSELF

DEAR, __________________________

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LOVE, __________________________

PAGES BY LONG CREATIONS
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/HOBIES 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, ________________________________