

# 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 you could include:

- Photos from this time
- A journal of your days
- Local newspaper clippings
- Art work you have created
- Family / pet pictures
- Special memories

Draw a picture of the people you are social distancing with here.

# ♥♥ ALL ABOUT ME ♥♥

I AM

YEARS OLD

I STAND

INCHES TALL

I WEIGH

POUNDS

SHOE SIZE

## My Favourites

Toy: \_\_\_\_\_

Colour: \_\_\_\_\_

Animal: \_\_\_\_\_

Food: \_\_\_\_\_

Show: \_\_\_\_\_

Movie: \_\_\_\_\_

Book: \_\_\_\_\_

Activity: \_\_\_\_\_

Place: \_\_\_\_\_

Song: \_\_\_\_\_

My Best Friends

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

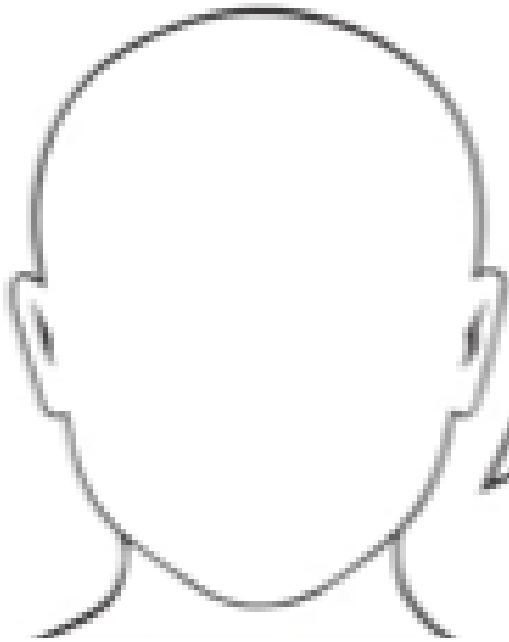
When I grow up I want to be:

\_\_\_\_\_

\_\_\_\_\_

Date:

# HOW I'M FEELING



Words to describe how I feel:

How my face looks;



I am most thankful for;

What I have learnt most from this experience;

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

1

2

3

# MY COMMUNITY



*Colour the house to  
look like yours.*

Where I am living during this time;



What things are you doing to help feel connected /  
have fun outside? (e.g. rainbows in the window,  
chalking on the pavement etc.)

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How are you connecting with others?



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.

# SPECIAL OCCASIONS

What special occasions did you celebrate during this time?

Write a list down here and what you did to celebrate (e.g  
Easter, birthdays, anniversaries.)

Event	Date	How you celebrated



# LETTER TO MYSELF

DEAR,

LOVE,

# INTERVIEW YOUR PARENTS

What has been the biggest change?

How are you finding home learning?



Days spent inside

How are you feeling?

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; \_\_\_\_\_

Goals after this;

Your new found favourite inside family activity;

Favourite food to bake; \_\_\_\_\_

Favourite time of day; \_\_\_\_\_

# LETTER FROM YOUR PARENTS

DEAR,

LOVE,