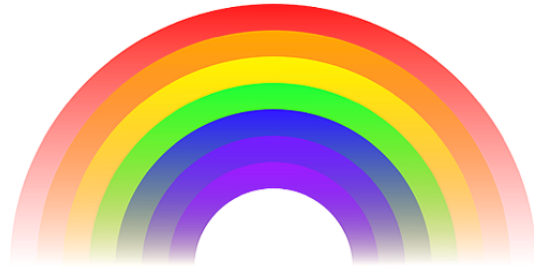
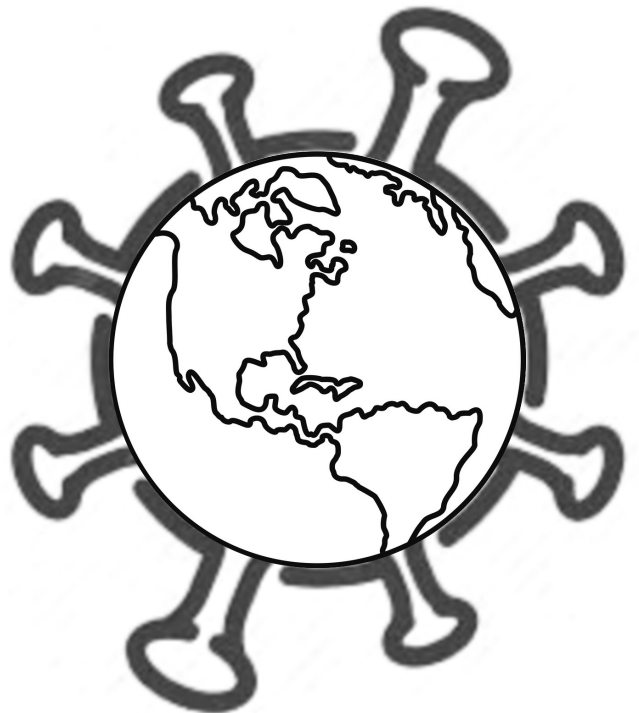


MY 2020 COVID-19



TIME CAPSULE



By: _____



Thank you for downloading our Covid 19 Time Capsule, remember to practice social distancing, and be safe. We are all in this together, and we are praying for all.

WHAT DO EACH OF THESE IMAGES REPRESENT?

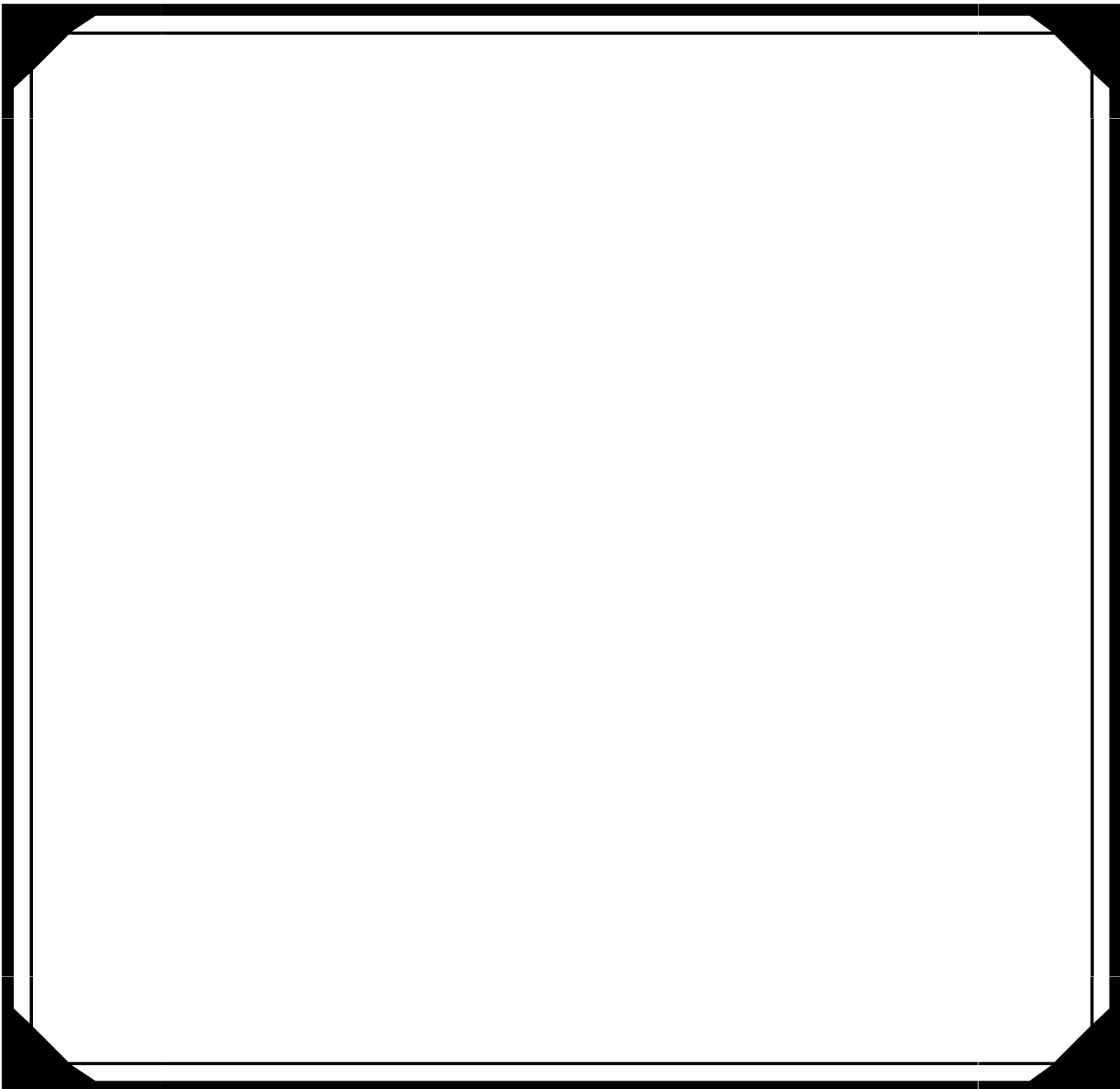




You Are Living Through A Historical Event

Take a moment to fill in the next few pages for your future self to look back upon and to share with your future family. Need some ideas of things to include? We listed a few.

- A News headline or clipping
- A journal entry of your new daily routines
- A drawing of what social distancing means to you
- A drawing of a rainbow



ALL ABOUT ME



I AM _____
_____ years Old

I AM _____
_____ Inches Tall

I Weigh _____
_____ Pounds

My Shoe
size is _____

MY Favorites



Toy: _____

Color: _____

Food: _____

Activity: _____

Book: _____

Movie: _____

Place: _____

Board Game: _____

Song: _____

Youtube Video: _____

Tik Tok: _____

Best Friend / Friends

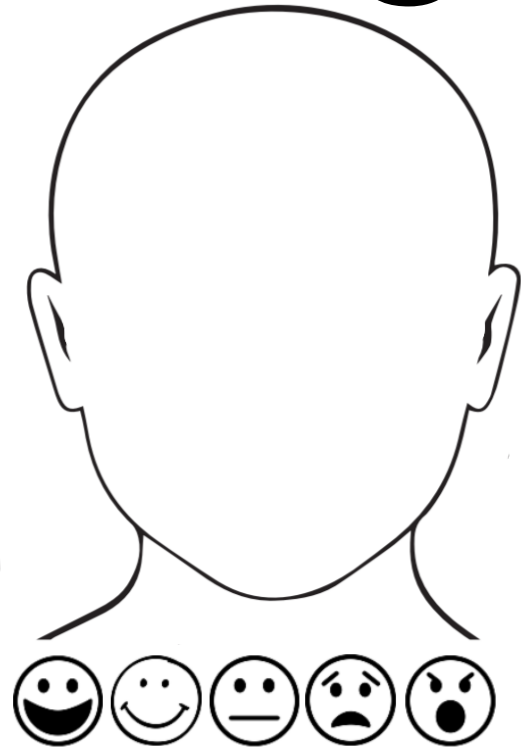


When I grow up, I want to be



How I'm Feeling

Words describing how I'm feeling.....

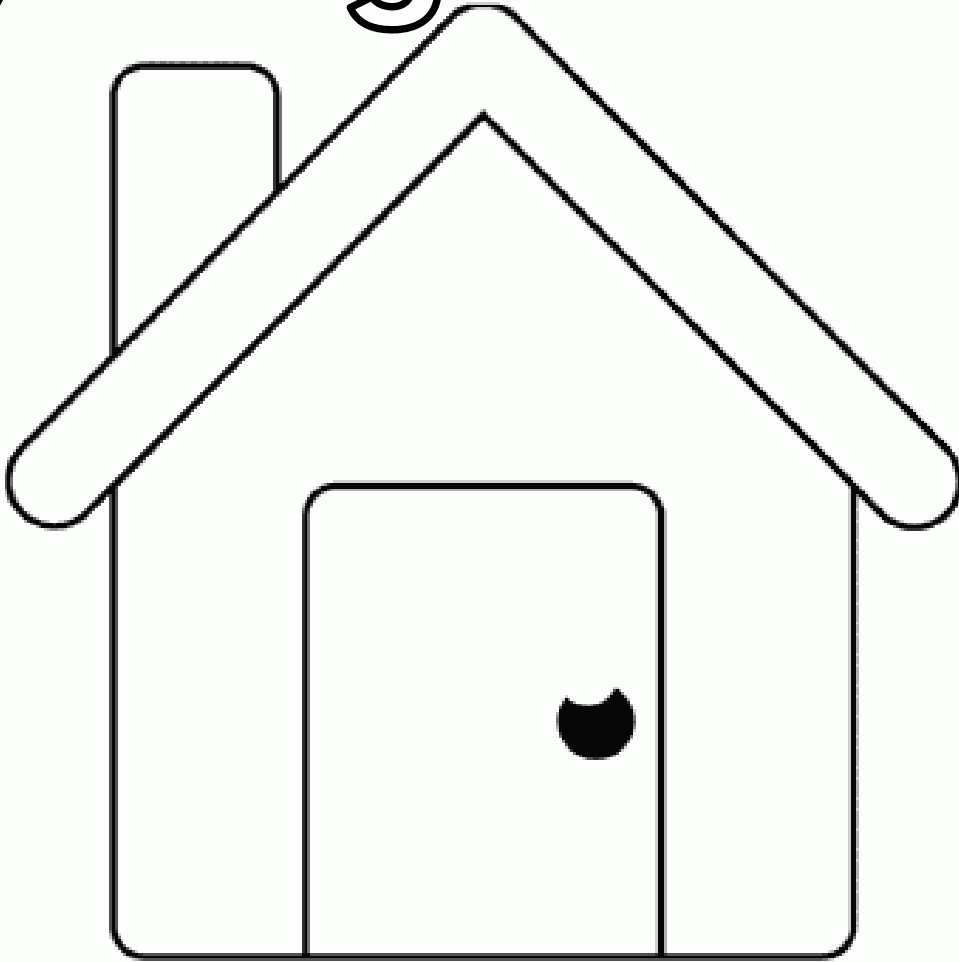


3 Lessons I have learned during
this Pandemic

3 Things I am most thankful for

3 Things I am most looking forward to doing when this is over

My Neighborhood



**Color in
this
house to
look like
yours!**

Where do you live?

What type of community
do you live in? (rural, suburban, urban)



What physical activities are you doing
outside while social distancing?

Yay! You are
safe at home!



**How I am
staying
busy...**

Fill in the sections

Our Handprints

Be creative, and share your handprints along with everyone living with you in a variety of colors. (Be sure to list on the bottom each persons name and hand color).

How are you showing kindness, compassion or love to others?

Choose one box a day.

Tell your family a joke

Video Chat a family member and tell them you love them

What is something you feel proud about?

Say something kind to yourself

Teach your parents how to play your favorite video game

draw a picture of a rainbow and put it in your window!

Send a friend a video,

TELLING THEM WHAT YOU LIKE ABOUT THEM

Share your favorite quote with a friend

Paint a rainbow on rocks

SHARE THEM WITH YOUR NEIGHBORS

Ask your parents to teach you an important life skill

Schedule a virtual playdate with a friend

Do Yoga for 30 minutes

Celebrations

How did you celebrate special occasions during this time? Like Holidays, Birthdays Anniversaries, and other special moments.

| EVENT / DATE | HOW YOU CELEBRATED |
|--------------|--------------------|
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |

Letter To Myself

explain how you are filling your days, what distance learning is like, what you miss the most, and what you love about this time.

Date

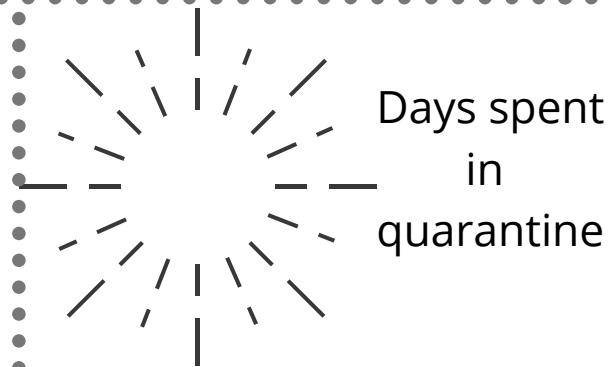
Dear _____

Parent Pandemic Interview

What has been your biggest challenge ?

What do you miss most?

What are you most thankful for?



What activities / hobbies are you enjoying?

What tv shows are you binge watching?

What is your new indoor favorite family activity?

What life skill have you taught your children?

GOALS / PLANS
(after this is over)

How are you feeling? How has this changed you?

Letter From My Parents

explain how you are filling your days, what distance learning is like for you (while working from home if it applies) , what you miss the most, and what you love about this time.

Date

Dear

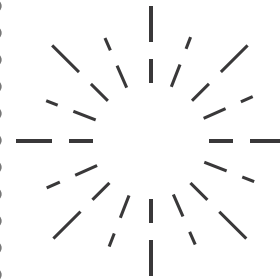
Love,

GrandParent Pandemic Interview

Have you experienced anything like this before? How was it similar?

What has been your biggest challenge?

What are you most thankful for?



Days spent
in
quarantine

What activities / hobbies are you enjoying?

What tv shows are watching?

What is your new indoor favorite family activity?

What life skill have you taught your grandchildren?

How are you feeling? How has this changed you?

GOALS / PLANS

(after this is over)

Letter From My GrandParents

explain how you are filling your days, how this is the same or different from something you have experienced in your lifetime, what you miss the most, and what you love about this time.

Date

Dear

Love,
