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.
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
HOW I’M FEELING

HOW MY FACE LOOKS

WORDS TO DESCRIBE HOW I FEEL:

WHAT I HAVE LEARNED MOST FROM THIS EXPERIENCE:

I AM MOST THANKFUL FOR

THE 3 THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER:
MY COMMUNITY

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?
YOU ARE NOT STUCK AT HOME, YOU ARE SAFE AT HOME!

WHAT I AM DOING TO KEEP BUSY:
OUR HANDPRINTS
PRINT THE HANDS OF ALL THE PEOPLE LIVING IN YOUR HOME
(IN DIFFERENT COLORS) AND PLACE YOUR HANDS HERE
<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>
</tbody>
</table>
INTERVIEW YOUR HOUSEHOLD

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/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