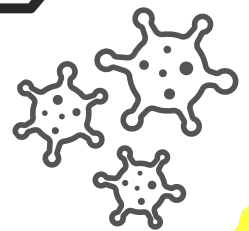


MY 2020 COVID-19

time capsule



BY: _____

ALL ABOUT ME

I AM

years old

My Favorites

I STAND

inches tall

I WEIGH

pounds

My Best Friend/s:

When I grow up, I want to be:

Date: _____

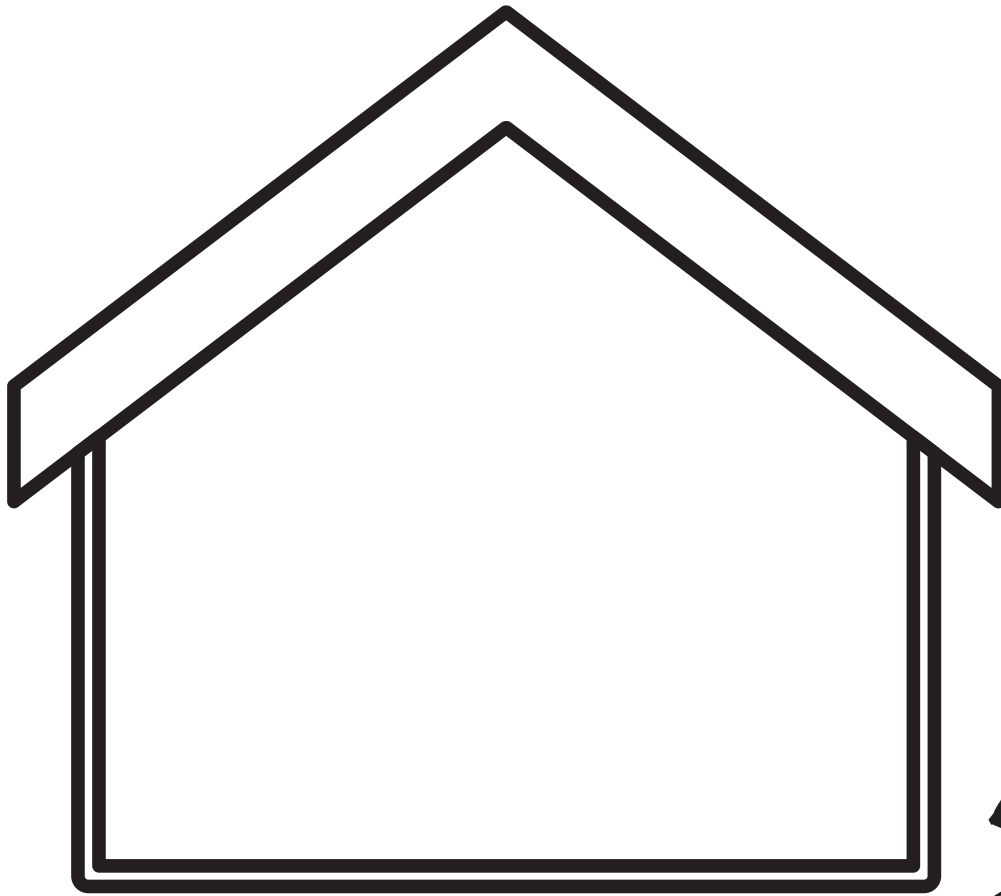


OUR HANDPRINTS

Print the hands of all the people living in your home
(in different colors) and place your hands here:



MY COMMUNITY



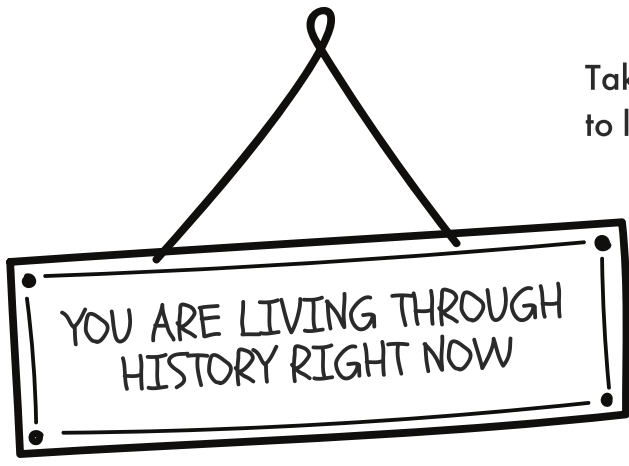
Color this house to
make it look like
yours



What things are you doing to help feel connected/have fun
outside (i.e. hearts in windows, chalk notes on sidewalk, etc.) ?

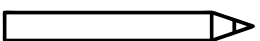


How are you connecting with others?



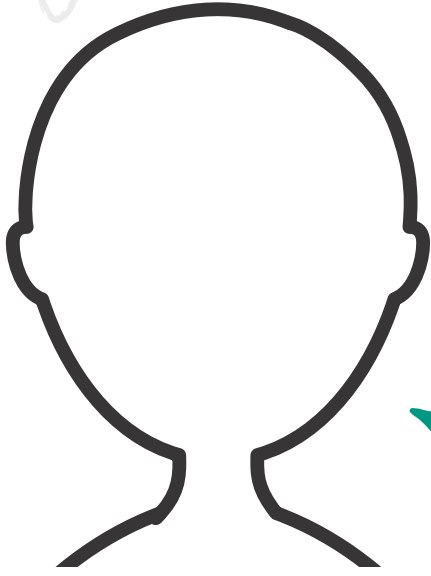
Take a moment to fill in these pages for your future self to look back on. Feel free to include some of these ideas:

- Photo snapshots
- Journal Notes
- Local newspaper clippings
- Artwork you created
- Family/Pet pictures
- Special Memories

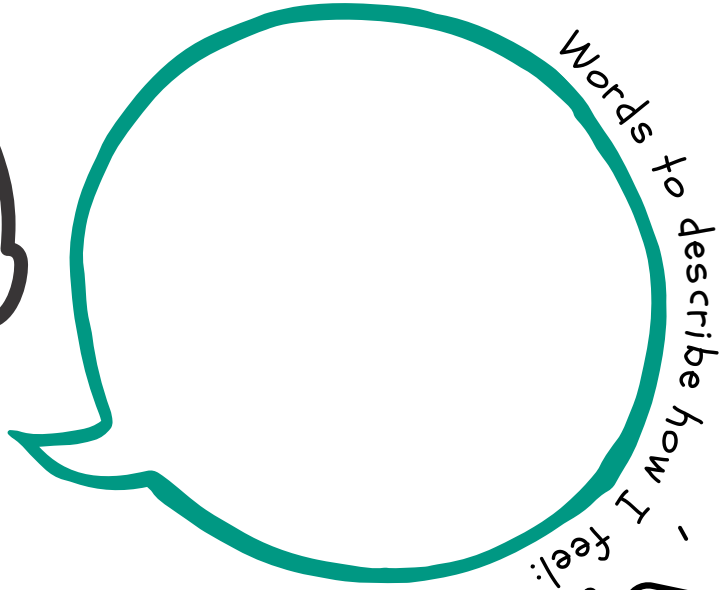


Draw a picture of the people you are social distancing with here.

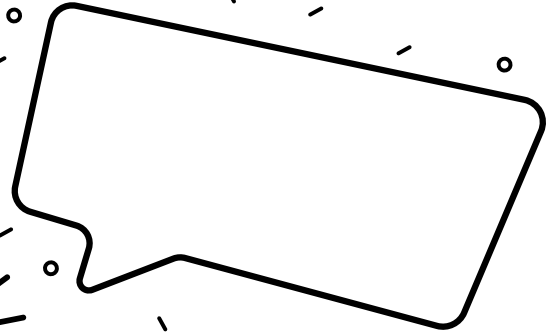
HOW I'M FEELING



HOW MY FACE LOOKS



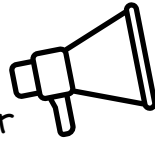
Words to describe how I feel:



THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER:

#1

I am MOST thankful for



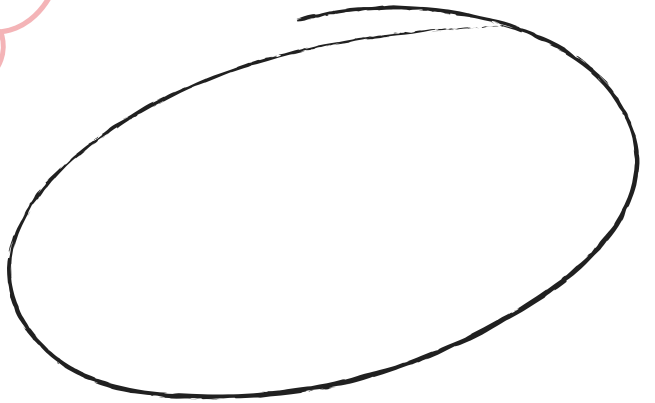
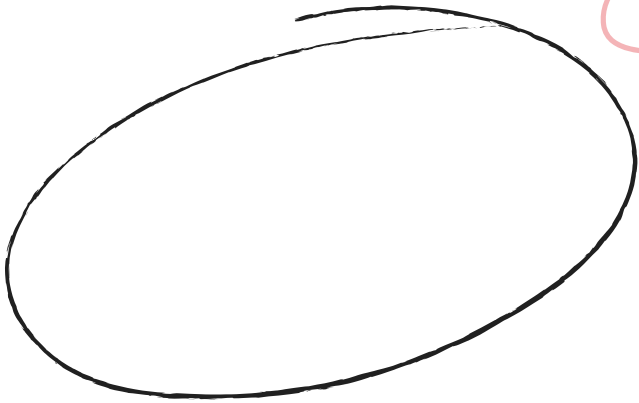
What I have learned from this experience:

#2

#3

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

What I am doing
to keep busy at
home:





LETTER TO MYSELF

DEAR,

LOVE,

LETTER FROM YOUR PARENTS



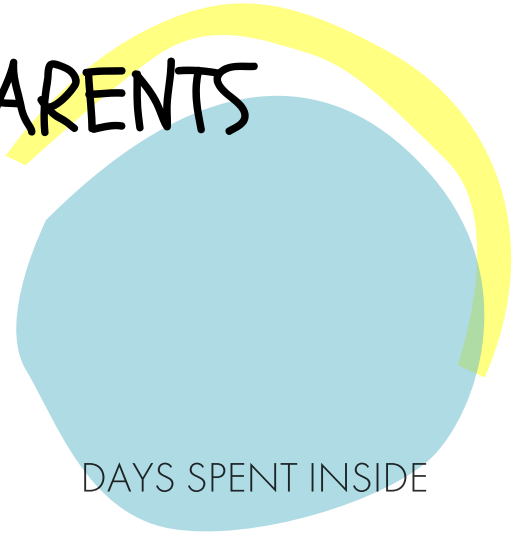
DEAR,

LOVE,

INTERVIEW YOUR PARENTS



What has been the BIGGEST change?



DAYS SPENT INSIDE



HOW ARE YOU FEELING?

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 Favorite Home Family Activity:

Favorite Food To Bake/Make:

Favorite Time of Day: _____



GOAL(S) POST-QUARANTINE: