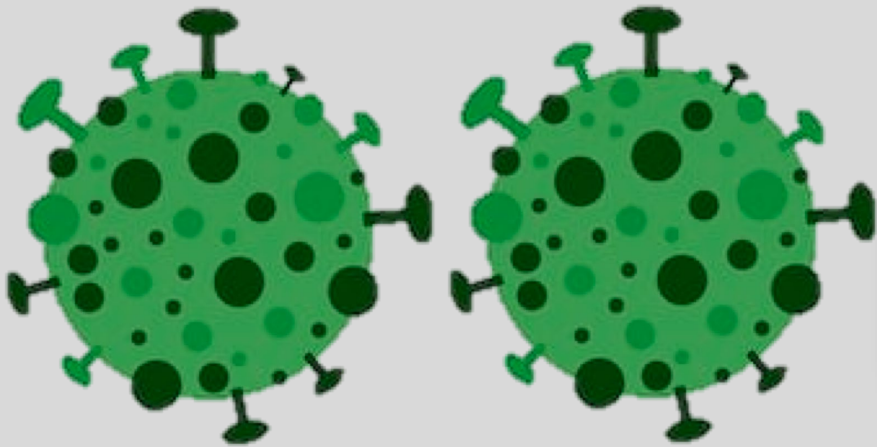


COVID-19

TIME CAPSULE



Your name

WE ARE LIVING THROUGH HISTORY RIGHT NOW

TAKE SOME TIME TO FILL IN THESE PAGES FOR YOUR FUTURE SELF TO LOOK BACK ON.

I AM SOCIAL
DISTANCING WITH...



ALL ABOUT ME

Insert a picture of yourself
here

I AM

I STAND

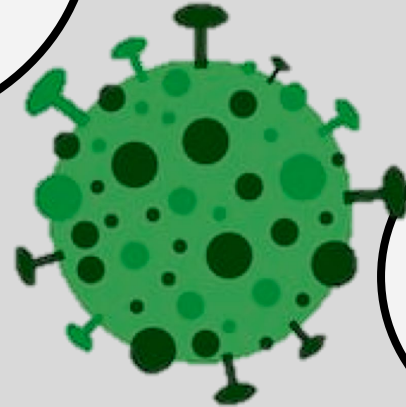
YEARS
OLD

INCHES
TALL

I WEIGH

POUNDS

SHOE SIZE



ALL ABOUT ME

-----MY FAVORITES-----

Game:

COLOR:

ANIMAL:

FOOD:

SHOW:

MOVIE:

BOOK:

PLACE:

SONG:

MY STRENGTHS
ARE:

WHEN I GROW
UP I WANT TO
BE:

ALL ABOUT ME

WORDS TO DESCRIBE HOW I
FEEL...

INSERT A
PICTURE OF
YOURSELF HERE

HOW I'M FEELING

HOW I'M FEELING

I AM THANKFUL
FOR

WHAT I HAVE LEARNED MOST FROM THIS
EXPERIENCE



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

1.

2.

3.

MY COMMUNITY

INSERT A PICTURE OF
THE FRONT OF YOUR
HOUSE

CITY AND STATE



CONNECTION WITH OTHERS



WHAT THINGS ARE YOU DOING TO FEEL
CONNECTED?
(SIDEWALK CHALK, FACETIME, ZOOM, ETC.)

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

WHAT I AM DOING TO KEEP BUSY:

SPECIAL OCCASIONS

DATE	EVENT	HOW YOU CELEBRATED

LETTER TO MYSELF

DEAR,

LETTER FROM A FAMILY MEMBER

DEAR,

INTERVIEW A FAMILY MEMBER

WHAT HAS BEEN THE
BIGGEST CHANGE?

HOW DO YOU FEEL
ABOUT
HOMESCHOOLING?

DAYS SPENT

AT HOME

HOW ARE YOU FEELING?

INTERVIEW A FAMILY MEMBER

TOP THREE TIMES YOU WILL
REMEMBER FROM THIS
EXPERIENCE...

WHAT ACTIVITIES HAVE YOU ENJOYED
DOING?

WHAT ARE MOST THANKFUL FOR?

INTERVIEW A FAMILY MEMBER

TV SHOWS YOU HAVE WATCHED:

FAVORITE INSIDE ACTIVITY:

FAVORITE FOOD TO COOK:

FAVORITE FAMILY ACTIVITY:

LESSONS LEARNED:

MY GOALS

(FOR
AFTER
THIS)