

What is a time capsule?

The dictionary defines a time capsule as “A container storing a selection of objects chosen as being typical of the present time, buried for discovery in the future.” So think of items that represent the recent year and what you think someone would find interesting to discover or rediscover in the future!

There are no rules for a time capsule; the container itself can be anything from an envelope, a shoebox, or a pencil case. The fun part is you get to decide what to include.

How long does the time capsule need to remain closed?

It is up to you! 1 year, 5 years, 10 years, or more, it is your choice. On the outside of the container write “Do not open until 20xx” (fill in the year you would like to open it). If you think you may be tempted to open it before the date, give it to an adult to store or have them hide it from you.

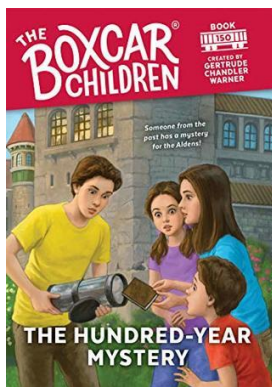
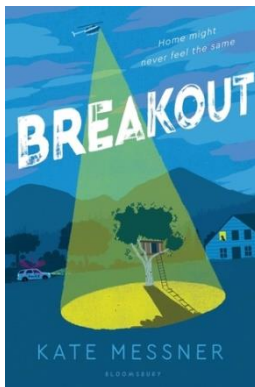
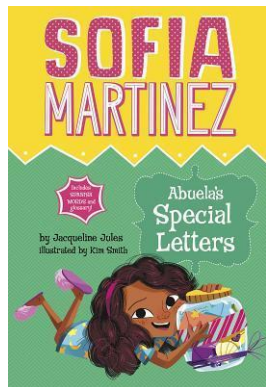
What can you put in the time capsule?

Anything you would like! Add photos, newspaper articles, a mask, a sheet of toilet paper . . . anything that will help you remember the previous year. When you open the time capsule, you will be reminded of your experiences living through this unique time in our history.

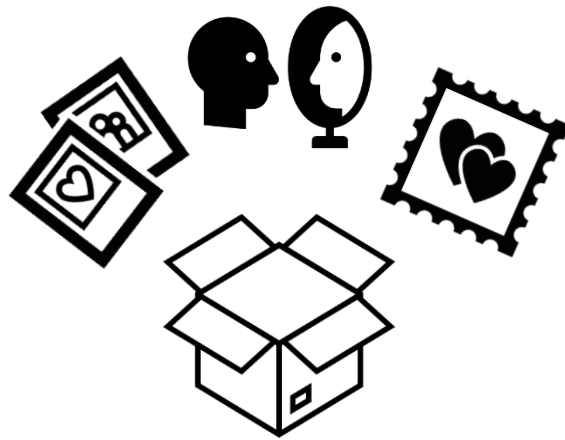
Included are some idea sheets to get you started. Feel free to personalize the sheets to your liking, or even add more questions or ideas to store away in your time capsule.

Decorate the outside of your time capsule. And don't forget to add when it can be opened and by whom! Have fun!

Books to read that include time capsules:



MY 2020 TIME CAPSULE

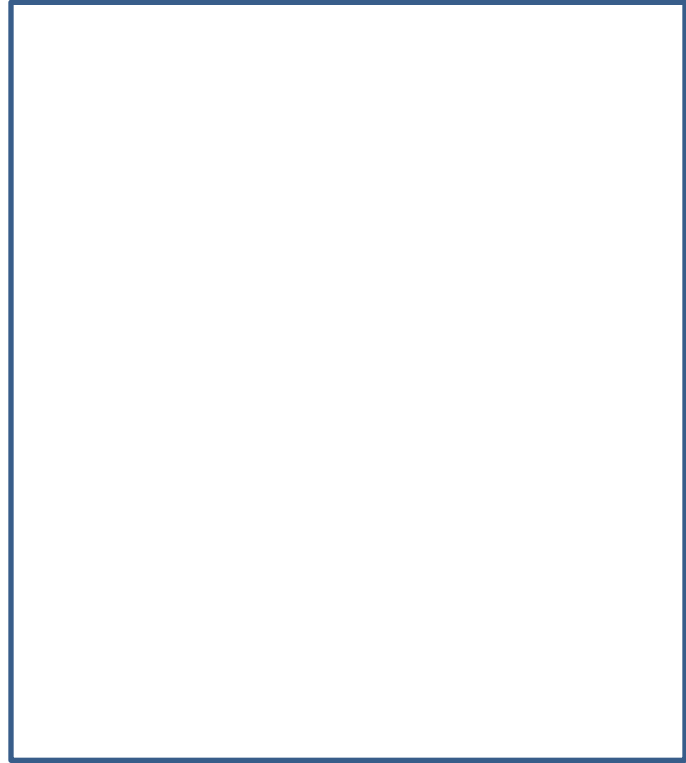


By: _____

Date: / / 2021



About me



My Name: _____

My Age: _____

I am in _____ grade.

What do I want to be when I grow up?

How do I feel right now?

My family members are:

Draw or paste a picture of yourself here!



My Favorites (You can have multiples!)



Color: _____

Animal: _____

Book: _____

Song: _____

Place: _____

Food: _____

Game: _____

Movie / TV Show: _____

Activity: _____

Sport: _____

Friend: _____



Home



Early in 2020, the lives of nearly every person changed dramatically because of COVID-19.

What do you remember about this time?

Who was in my home with me?

This is what my home looked like: (draw a picture or map of home)



School



I went to school at: _____

My favorite teacher was: _____

Was school different this year? What made it different? _____

Did you have to make a space for school in your home? What was that like? _____

If you could pick between normal school and how school was this year which would you choose? _____

How was your last day of school for 2019-2020 school year?

What was different about school for the 2020-2021 school year?

What is my favorite part of school currently?



Memories



Something I liked about this time:

Something I disliked about this time:

Something fun I did to pass the time:

Something I want to remember about this time:

What do you miss the most right now:

Something I am looking forward to doing in the future:



Random Acts of Kindness



What are some things I did for others during 2020?

What were some things others did for me during 2020?



About Your family



Did you get a haircut from anyone in your family?

What items have been difficult to get from the store?

What is your family's favorite thing to eat?

What are you thankful for?

How are the other people in your family feeling?

What are your favorite things to do with your family?

Do you have any new family activities?

Did you enjoy spending all of this time with your family?



Other important events



What other important events do you want to remember about the year 2020?

What do you remember about 2020 before COVID-19?

What was summer like? What was different?

Did you visit with family and friends? Were these visits different?

Letter to my future self: What do you want to tell your future self about this year?

Dear _____,

Multiple horizontal lines for writing the letter content.