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

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:

1

2

3
WHERE I AM LIVING DURING THIS TIME:

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 AT HOME:
OUR HANDPRINTS
PRINT THE HANDS OF ALL THE PEOPLE LIVING IN YOUR HOME
(IN DIFFERENT COLORS) AND PLACE YOUR HANDS HERE
WHAT OCCASIONS DID YOU CELEBRATE DURING THIS TIME?
WRITE THE LIST DOWN HERE AND WHAT YOU DID TO CELEBRATE
(E.G. ST. PATRICK’S DAY, EASTER, BIRTHDAYS, ANNIVERSARIES)

<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>
</tbody>
</table>
LETTER TO MYSELF

DEAR, ____________________________

_______________________________

_______________________________

_______________________________

_______________________________

_______________________________

_______________________________

_______________________________

_______________________________

_______________________________

_______________________________

_______________________________

_______________________________

_______________________________

_______________________________

_______________________________

_______________________________

_______________________________


LOVE, ____________________________

PAGES BY LONG CREATIONS