1. My 2020 Covid-19 Time Capsule

We are all living through history right now, so it would be a great idea to create a time capsule of memories that you and your family can look back on in years to come.

Fill in these pages for your future self to look back on.
Here are some ideas of things to include:

- Photos from this time
- A diary of your days
- Newspaper clippings
- Artwork you have created
- Photos or drawings of your friends, family and pets
- Special memories

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

What date did you start isolation?

What date did you end isolation?

2. All about me

USE THE BOXES PROVIDED OR A BLANK PIECE OF PAPER IF YOU RUN OUT OF ROOM

I am

years old

I stand

inches tall

My shoe size is

My best friend(s)

.....

.....

.....

.....

.....

.....

My favourite things

Colour:

Food

TV show:

Film:

Book:

Activity:

Place:

Song:

Animal:

Person:

Thing about being at home:

When I grow up I want to be:

3. How I'm feeling

What does my face look like?

Words to describe how I feel:

What I have learned most from this experience:

My biggest goal in life going forward is:

Three things I am most excited to do when this is over:

1. .....

2. .....

3. .....

4. My community

Draw a picture of where you are living during this time:

How are you keeping in touch with your friends and family?

Who are you looking forward to seeing when this is all over?

What will you do together?

What are you doing to help feel connected and show your support of other people during this time? (Drawing rainbows in windows, clapping for carers, etc.)

5. Staying safe at home

It's important to remember that you are not 'stuck' at home, you are staying 'safe' at home!

And it's important to keep both your minds and bodies active during this time.

Draw pictures or list the things you have been doing to keep busy and active:

6. Facts from this time

Popular TV shows:

Popular music artists:

The prime minister is:

.....

Number one song in the charts:

.....

Popular games:

The average price of:

Petrol: £ .....

Milk: £ .....

Bread: £ .....

Eggs: £ .....

A bar of chocolate: £ .....

A packet of crisps: £ .....

A pizza takeaway: £ .....

A can of fizzy drink: £ .....

7. Special occasions

Just because we are in lockdown it doesn't mean we can't celebrate special occasions like birthdays, anniversaries or Easter!

What occasions did you celebrate during this time and what did you do?

Event	Date	How you celebrated

8. Things to remember

What has been the biggest change during this time?

How did it make you feel?

What are your top three memories from this experience?

1. .....

2. .....

3. .....

Three things I will not take for granted anymore:

1. .....

2. .....

3. .....

What are you most thankful for?

What are your hopes for the future?

What do you hope you will never forget about this time?

9. Letter to my future self

When all of this is over, or in years to come, it will be special to look back at your time capsule and remember the unique time you lived through.

Here is your chance to tell yourself all about it, share memories you don't want to forget, or offer advice you'd like to take in the future.

Today's date:

Dear...

From...

10. Notes from your household

Finally, ask the members of your household to leave you notes in the space below or on separate pieces of paper that you can look back on and remember this special time you spent together.