

# My 2020 Quarantine Time Capsule



- 1 Find a jar, an empty shoe box, or other empty container. Cut out the title from the first page and glue it to your time capsule.
- 2 Decide which pages and objects you want to include in your time capsule (see some ideas below).
- 3 Once you have everything inside, seal your time capsule. As time passes by, open the capsule to remember this historic time!

## Other ideas to fill your capsule with:

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|--|--|
| <input type="checkbox"/> Photos from this time         | <input type="checkbox"/> A letter to your future self          |
| <input type="checkbox"/> Local newspaper cutouts       | <input type="checkbox"/> Stories from your grocery store trips |
| <input type="checkbox"/> A letter from your parents    | <input type="checkbox"/> List of things that were hard to find |
| <input type="checkbox"/> Cards from friends and family | <input type="checkbox"/> Family handprints                     |
| <input type="checkbox"/> Your artwork                  | <input type="checkbox"/> Your journal pages                    |

# Me and My Life During the Quarantine

My name \_\_\_\_\_

I live in \_\_\_\_\_

I am \_\_\_\_\_ years old

I live with \_\_\_\_\_

I mostly feel



...and sometimes  
I feel



What I'm mostly doing is

I wish I did more of

What I miss the most is

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The person I miss the most is

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Something I learned

Something new I tried

I'm most THANKFUL for

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After the quarantine is over, I can't wait to

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