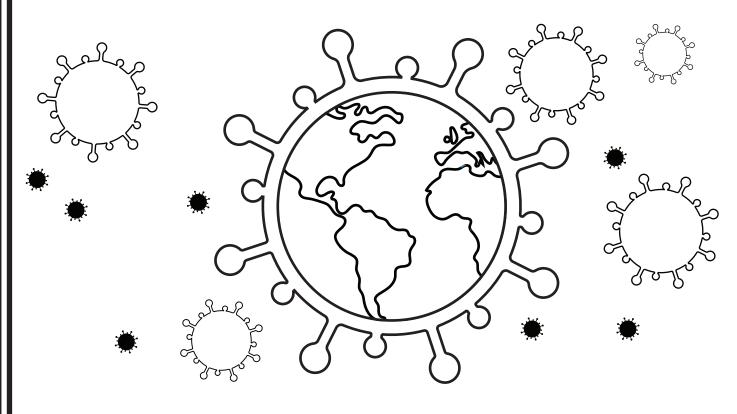
COVID-19 TIME CAPSULE



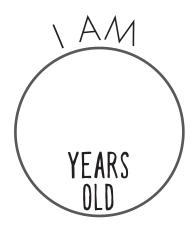
BY.

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:

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 PEOF	PLE YOU ARE SOCIAL DISTANCING WITH HERE	

VYALL ABOUT ME & V







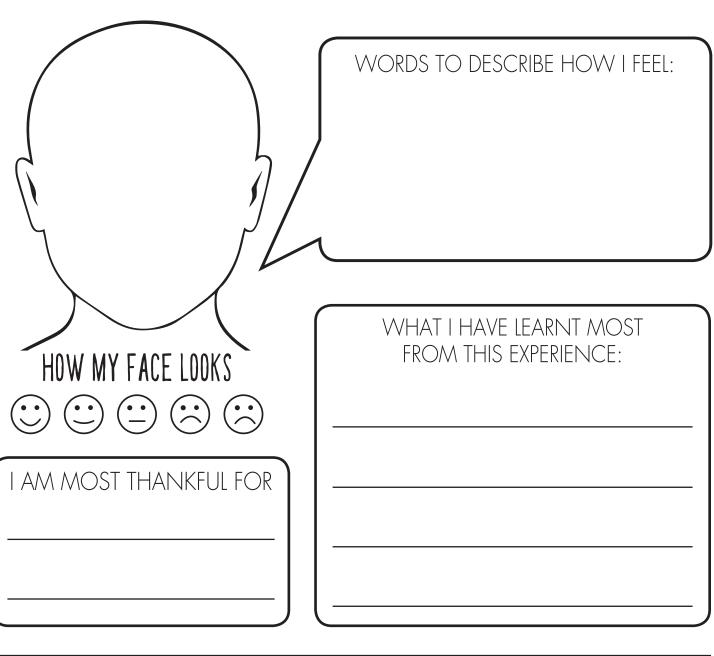


	MY FAVOURITES —
TOY:	
PLACE:	
SONG:	

MY BEST FRIEND/S:

DATE:

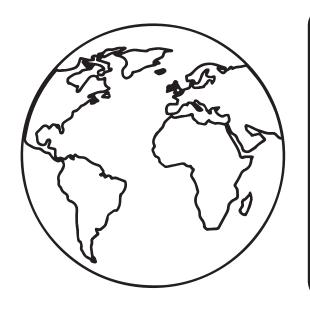
HOW IM FEELING



MY GOMMUNITY



WHERE I AM LIVING DURING THIS TIME:

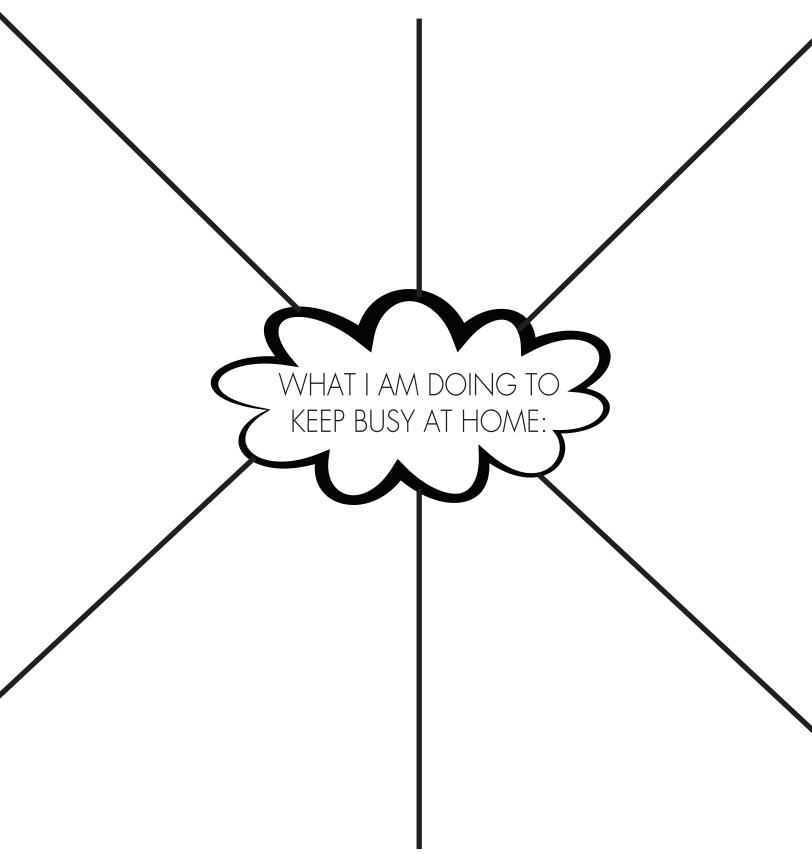


WHAT THINGS ARE YOU DOING TO HELP FEEL CONNECTED/HAVE FUN OUTSIDE (e.g hearts in windows, chalk notes on sidewalk, etc)

HOW ARE YOU CONNECTING WITH OTHERS?









SPECIAL OCCASIONS

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)

EVENT	DATE	HOW YOU CELEBRATED

LETTER TO MYSELF

DEAR,	
LOVE,	

INTERVIEW YOUR PARENTS

WHAT HAS BEEN THE BIGGEST CHANGE?

HOW ARE YOU FINDING HOMESCHOOLING?



HOW ARE YOU FEELING?

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE:

- 1. _____
- 2. _____
- 3.

WHAT ACTIVITIES/HOBBIES HAVE YOU MOST ENJOYED DOING?

WHAT ARE YOU MOST THANKFUL FOR?

WHAT TV SHOW YOU WATCHED:

YOUR NEW FOUND FAVOURITE INSIDE FAMILY ACTIVITY:

FAVOURITE FOOD TO BAKE:

FOVOURITE TIME OF DAY: ____

GOAL/S FOR AFTER THIS:

LETTER FROM YOUR PARENTS

D = 4 B	
DEAR,	
I () / E	
LOVE,	