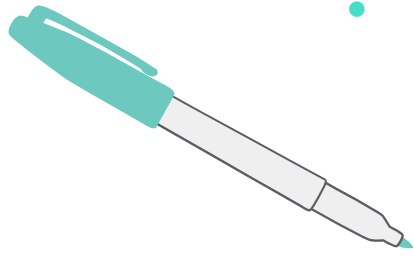
 Cut out any parts of this page and use it to decorate the outside of your time capsule.



A Covid-19 TIME CAPSULE



PREPARED BY:



Use markers, pencils, and crayons to express yourself.

may 2020

TIME FLIES BY SO FAST
SOON THIS WILL BE HISTORY,
SO I AM TAKING A MOMENT TODAY
TO CREATE A MEMORY,
I'M FILLING THIS CAPSULE
WITH THOUGHTS AND FEELINGS
THAT FILL MY HEART,
SO WHEN I GROW OLDER AND WANT TO SHARE
I WILL HAVE A PLACE TO START.

Signed: _____
Today's Date: _____

A Covid-19
Time Capsule
(My version of events)

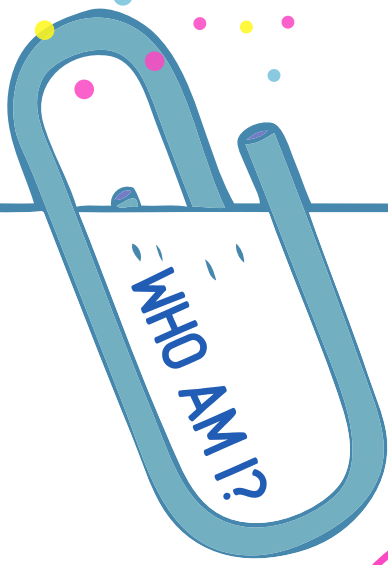


PREPARED BY:



SARAYOUNGER.COM

Use markers, pencils, and crayons to express yourself.



A LITTLE ABOUT ME...

I LIVE

IN: _____

My

SCHOOL: _____



I LIVE WITH:

(list your family members)



(Draw your face)

My AGE: _____

My GRADE: _____

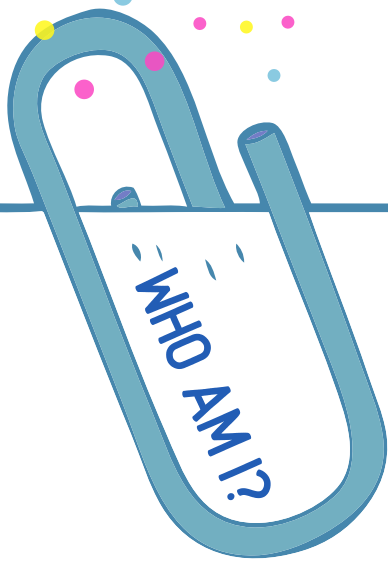


This is My Family.

(Draw your family or glue on a picture of them)



Use markers, pencils, and crayons to express yourself.



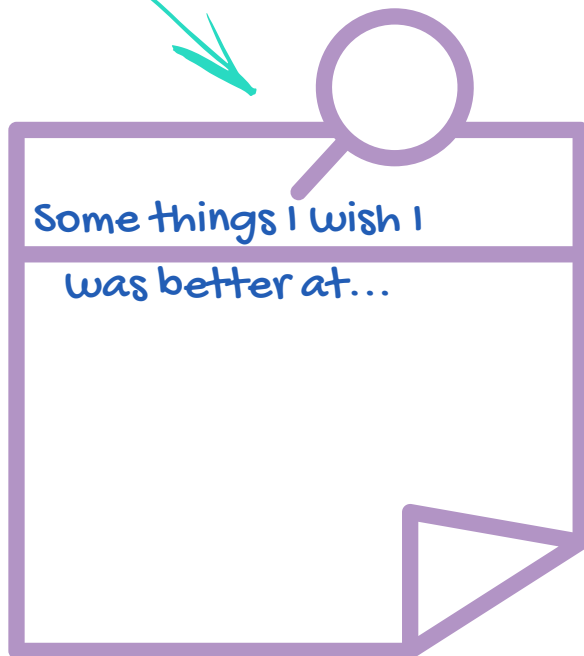
Look
Here



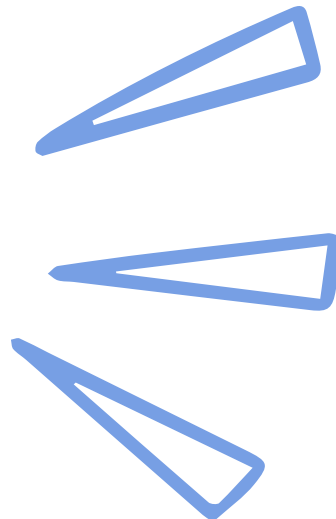
SACK OF STRENGTHS:

(Write some things you are really good at!)

I'M GETTING
BETTER...



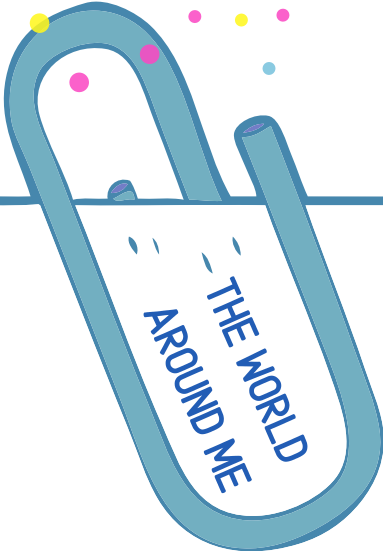
Some things I wish I
was better at...



(Write some things you struggle that are hard for you)

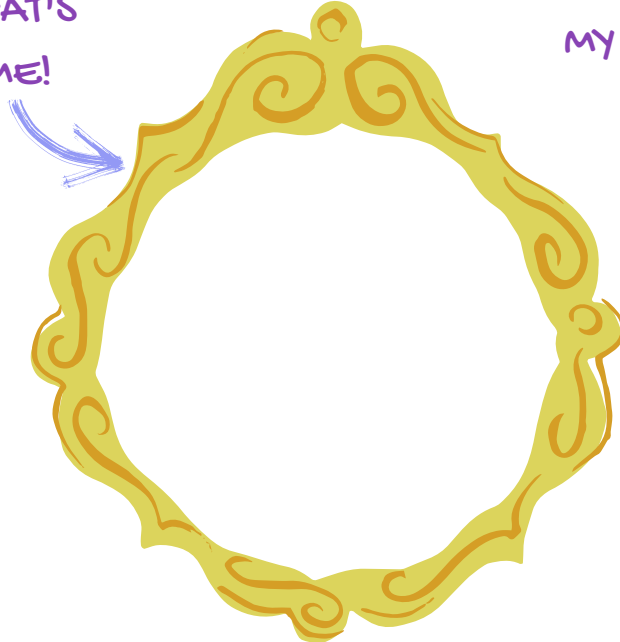


Use markers, pencils, and crayons to express yourself.

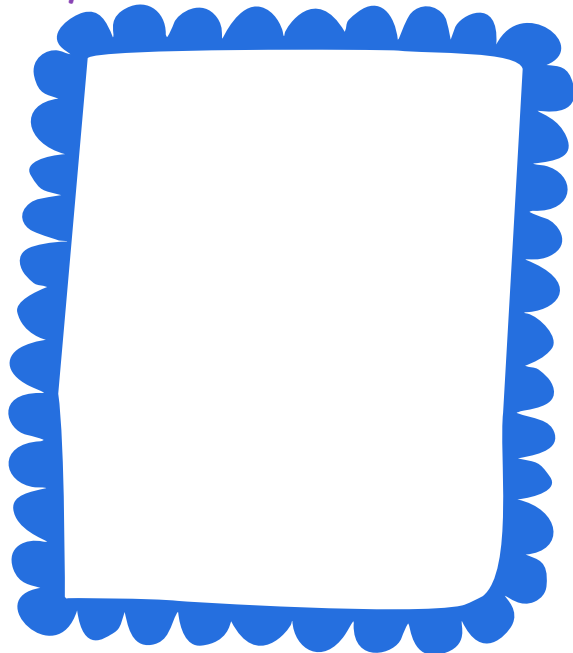


MY WORLD IN PICTURES

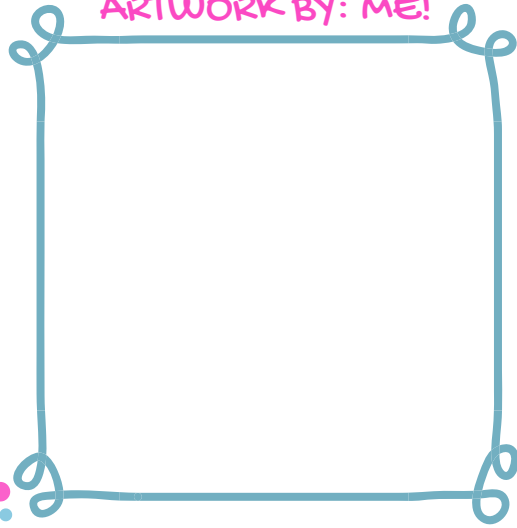
THAT'S
ME!



MY VERY BEST FRIENDS WITH ME



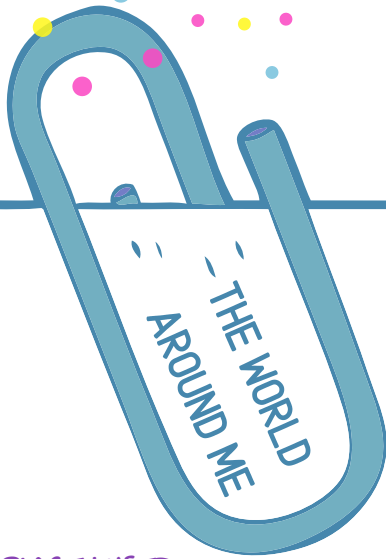
ARTWORK BY: ME!



MY ROOM



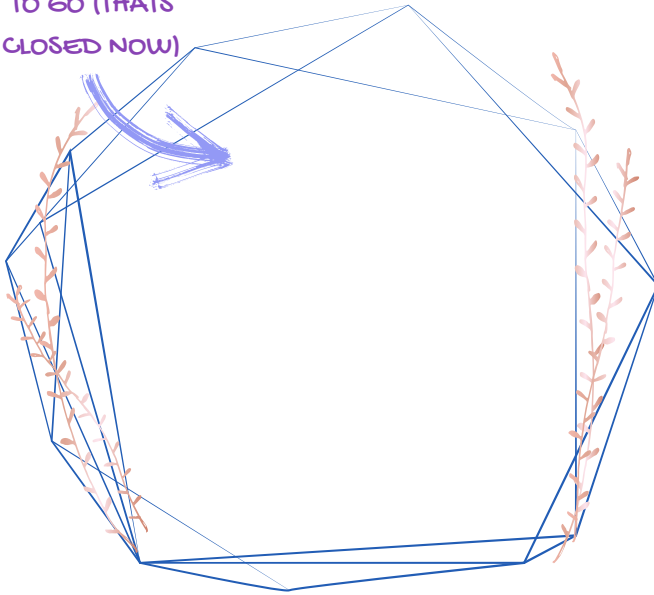
Use markers, pencils, and crayons to express yourself.



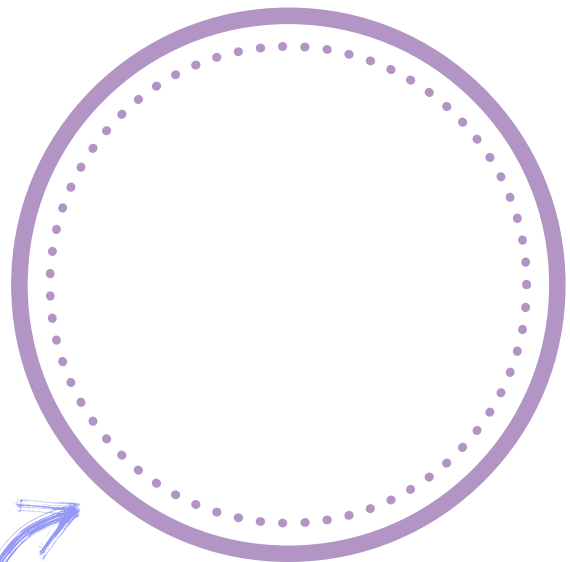
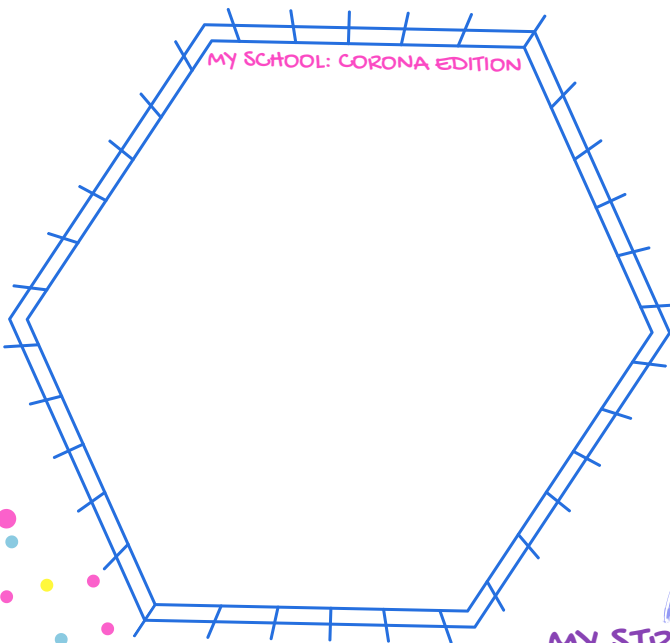
THE WORLD

(around me) IN PICTURES

A PLACE I USED TO GO (THAT'S CLOSED NOW)

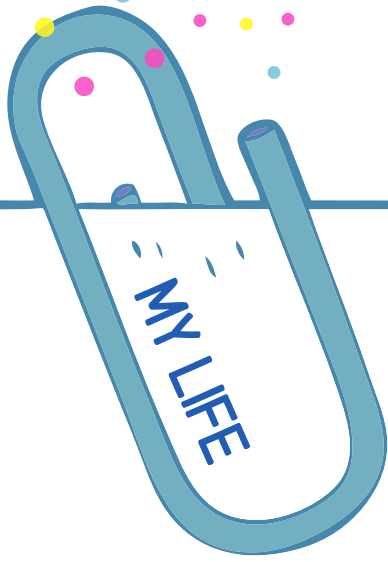


A PICTURE/CLIPPING FROM A NEWSPAPER



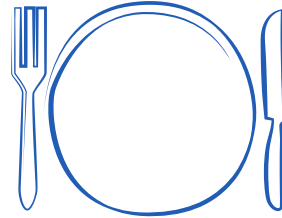
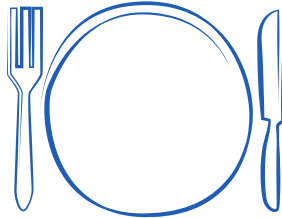
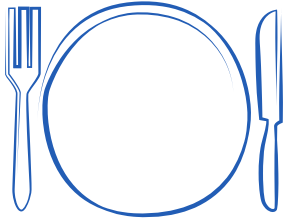
MY STREET/BLOCK DURING CORONA

Use markers, pencils, and crayons to express yourself.



A DAY IN MY LIFE DURING CORONA...

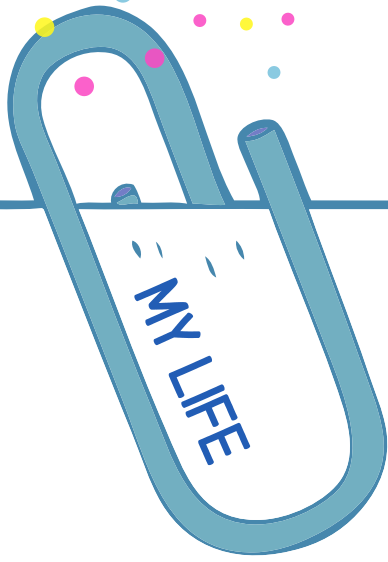
This is what I've been eating:
(draw your favorites here!)



Treats: (So many they need their own area!)



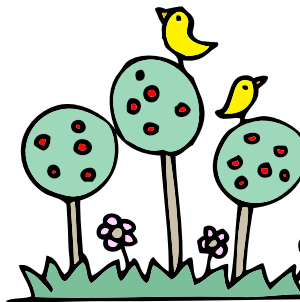
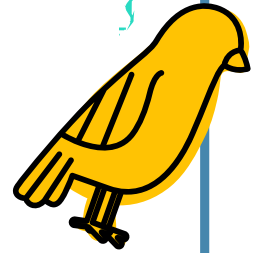
Use markers, pencils, and crayons to express yourself.



A DAY IN MY LIFE DURING CORONA...

This is how I've been keeping busy:

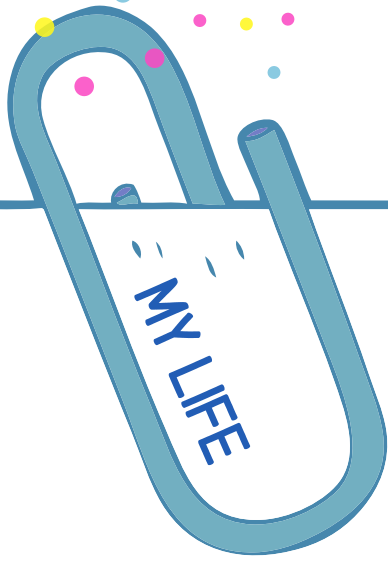
(Can you think of some ways you have been spending the many hours in quarantine?)



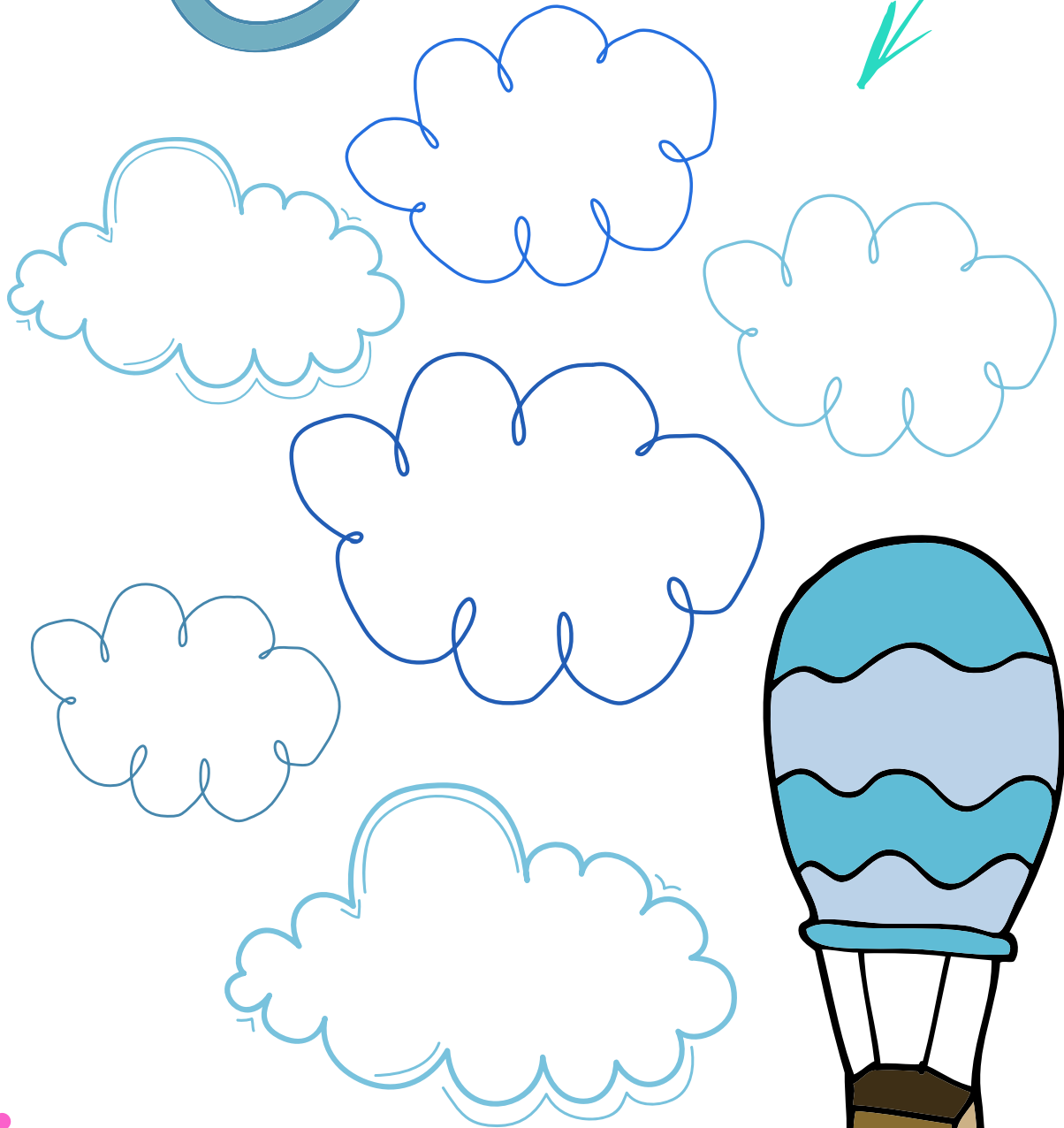
(You know, when I wasn't bored!)



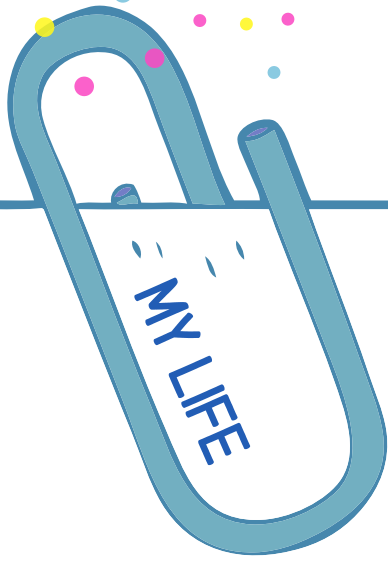
Use markers, pencils, and crayons to express yourself.



PEOPLE I
MISS...



Use markers, pencils, and crayons to express yourself.



STAYING IN TOUCH

(Quarantine connection takes a little bit of imagination)

Who & how I've been keeping in touch.

A large blue-bordered frame contains a 2x2 grid of smaller blue-bordered boxes. The top-left box is empty. The top-right box contains a yellow smartphone illustration. The bottom-left box contains a cartoon girl with pink hair, a green shirt, and a waving hand, with three red hearts floating above her. The bottom-right box contains a colorful cityscape illustration with houses, trees, and a sun.

Use markers, pencils, and crayons to express yourself.

MY FEELINGS

TOUGH ONES!

THE TIME DURING CORONA WASN'T EASY & THESE ARE SOME OF THE THINGS THAT I FELT.

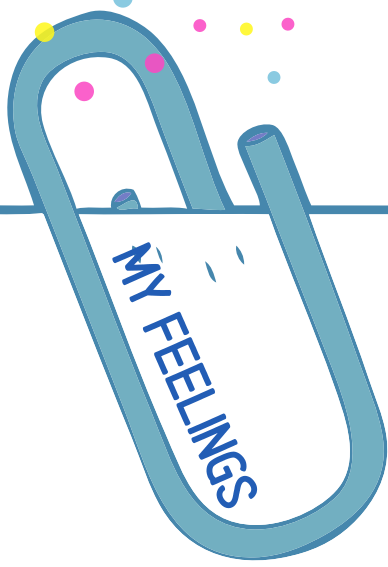
THINGS I WISHED NEVER HAPPENED:

SOME THINGS I'M SAD ABOUT:

THINGS THAT MADE ME CRY:

THINGS I LEARNED FROM:

Use markers, pencils, and crayons to express yourself.



FUN
FEELINGS



EVEN DURING THE
HARD TIMES THERE
WERE LOTS OF HAPPY
MOMENTS....HERE
ARE SOME OF THOSE!

