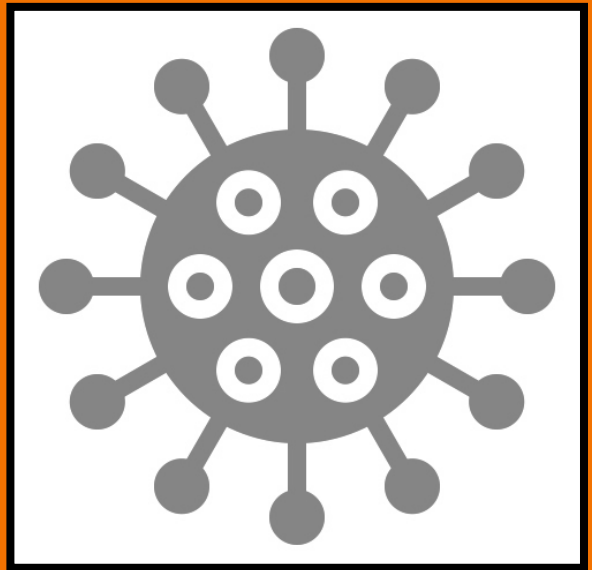


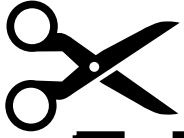
**COVID-19**



**MY OWN  
HISTORICAL  
TIME CAPSULE**



# Envelope Seal



(Cut Along the Dotted Line and Glue on Sealed Envelope)

Dont Open Until:

\_\_\_\_\_



**MY**

**COVID-19**

**TIME CAPSULE**

# ABOUT ME

## Favorites

Color \_\_\_\_\_

Animal \_\_\_\_\_

Food \_\_\_\_\_

Show \_\_\_\_\_

Movie \_\_\_\_\_

Book \_\_\_\_\_

Activity \_\_\_\_\_

Game \_\_\_\_\_

Sport \_\_\_\_\_

Place \_\_\_\_\_

Song \_\_\_\_\_

Instrument \_\_\_\_\_

Toy \_\_\_\_\_

Years Old

Height

Weight

Foot Size

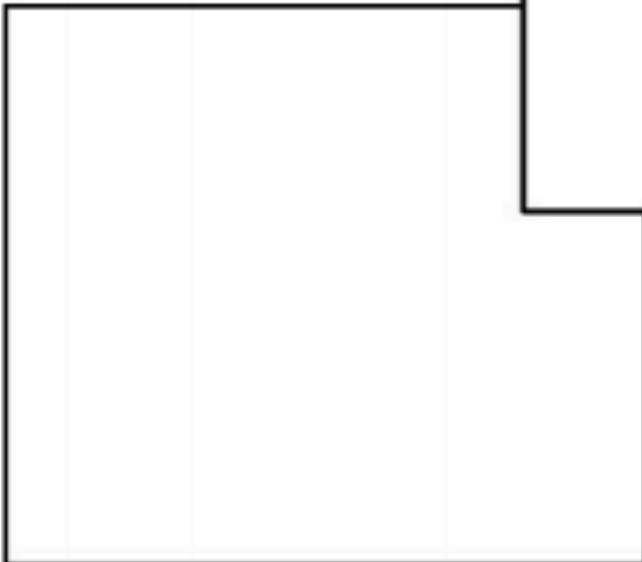
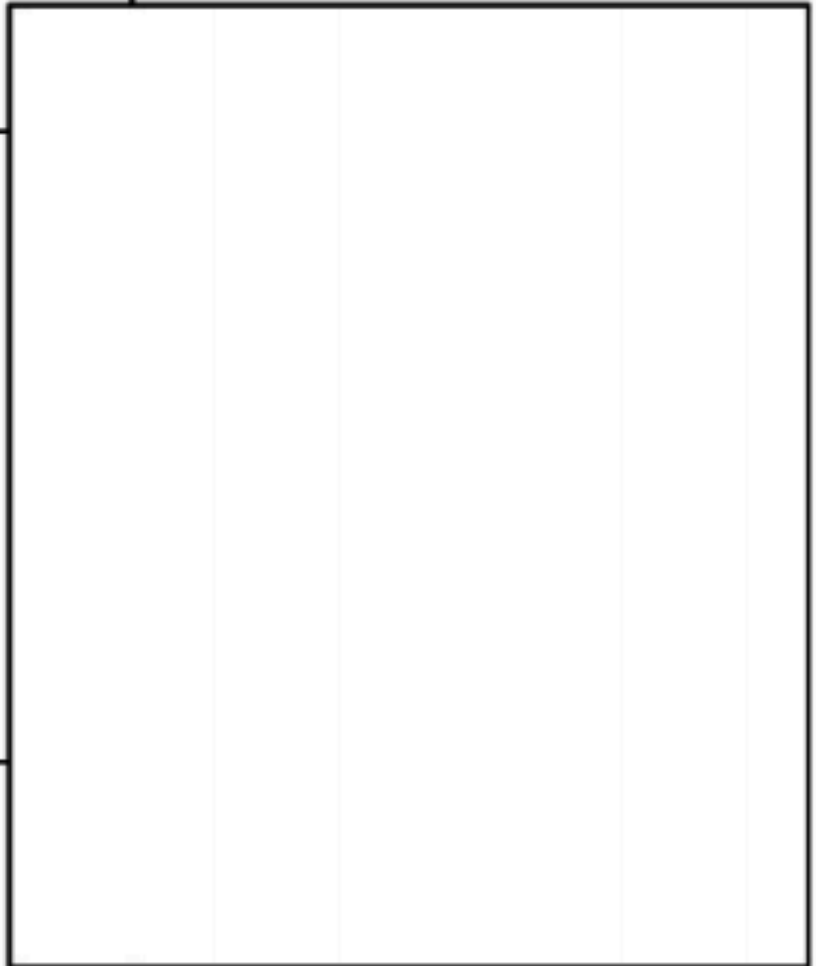
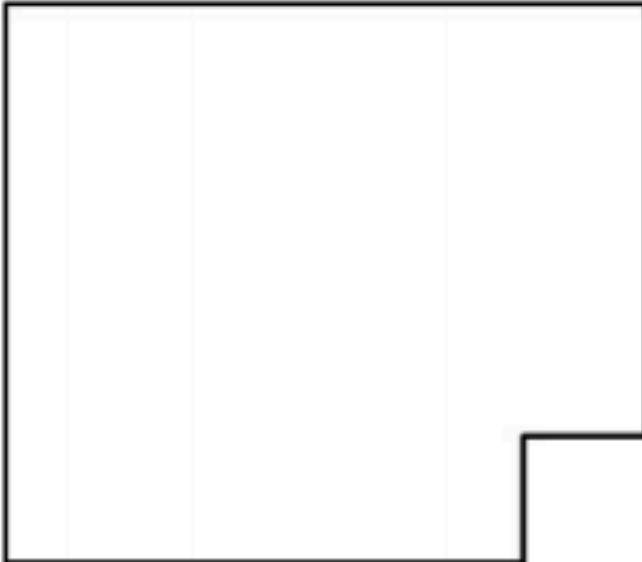
Date \_\_\_\_\_

# **TOP Eight**

## **WAYS MY LIFE CHANGED**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

# Things I'm Doing To Keep Myself Busy At Home





I feel ...

My own understanding of COVID-19.

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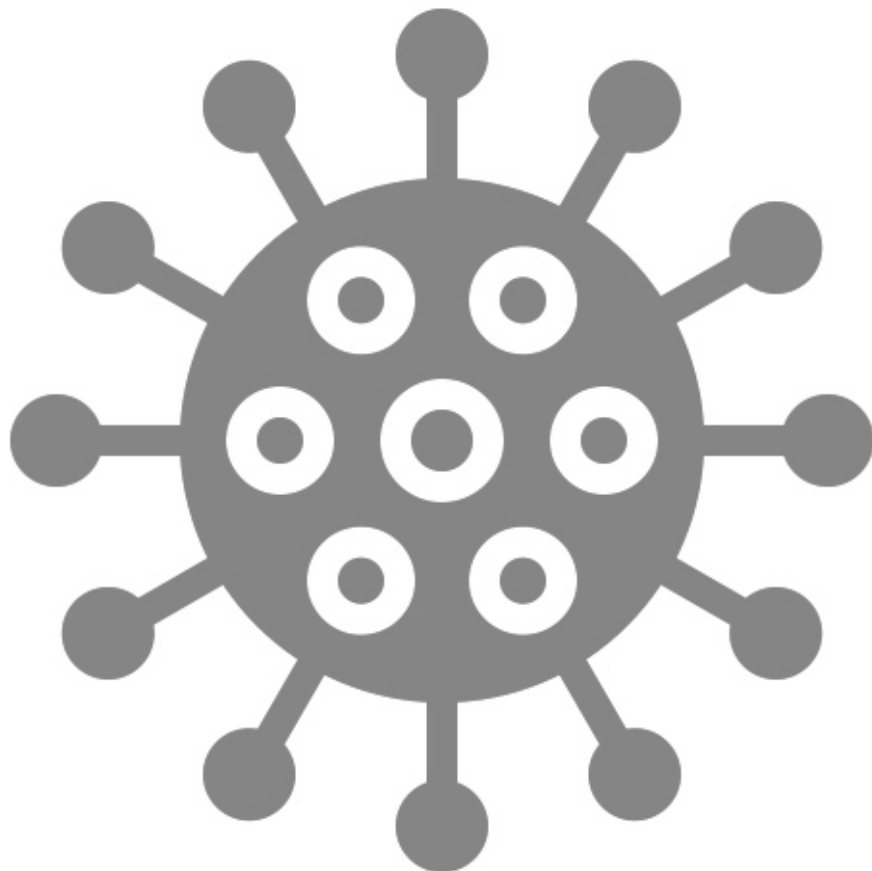
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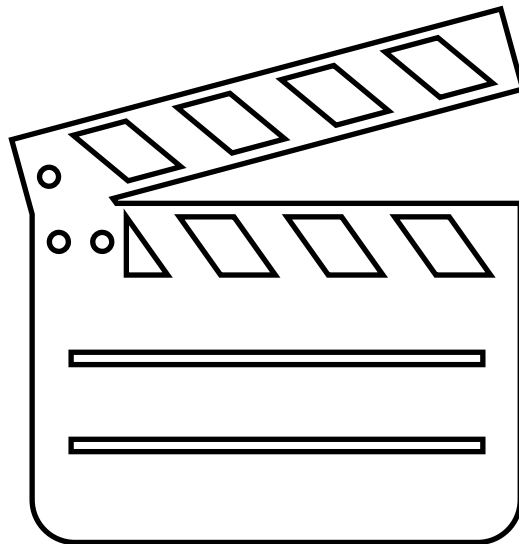
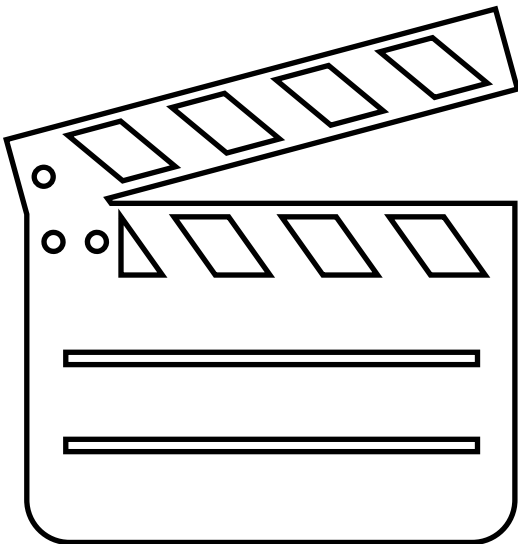
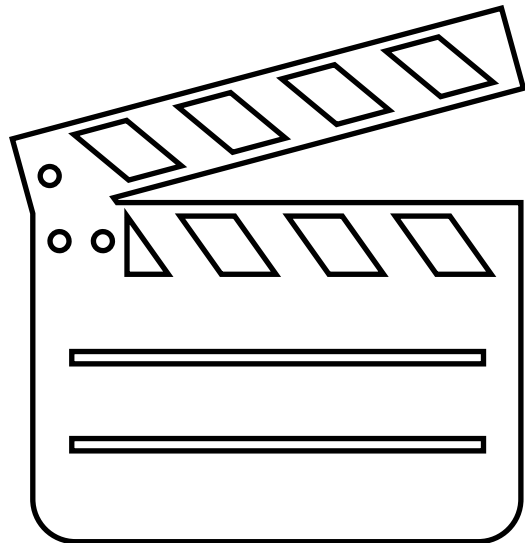
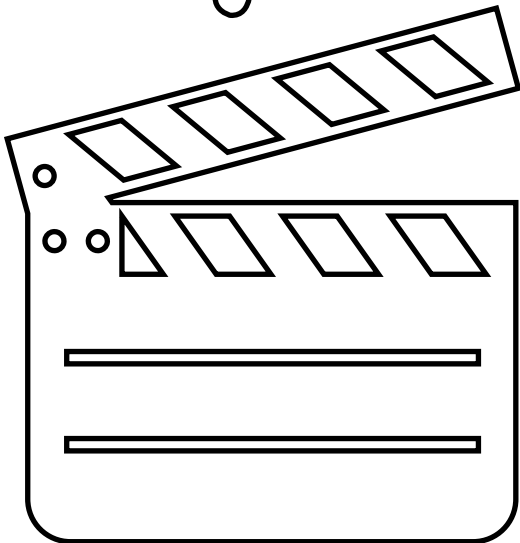
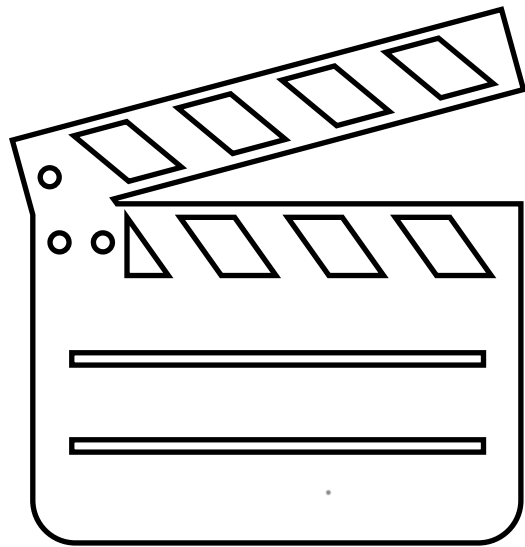
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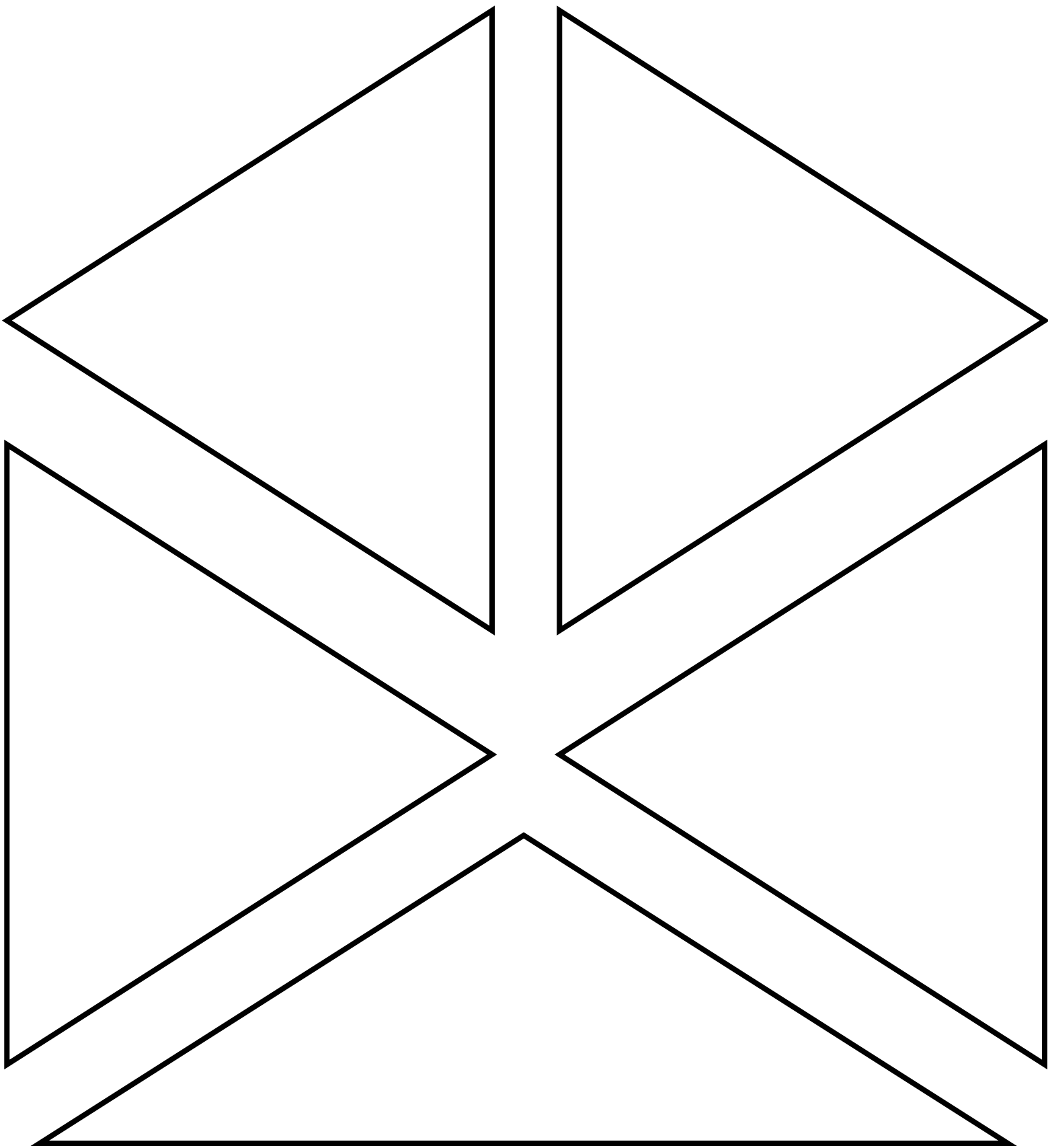
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What Movies,  
television shows,  
You-tube  
Channels  
I'm watching



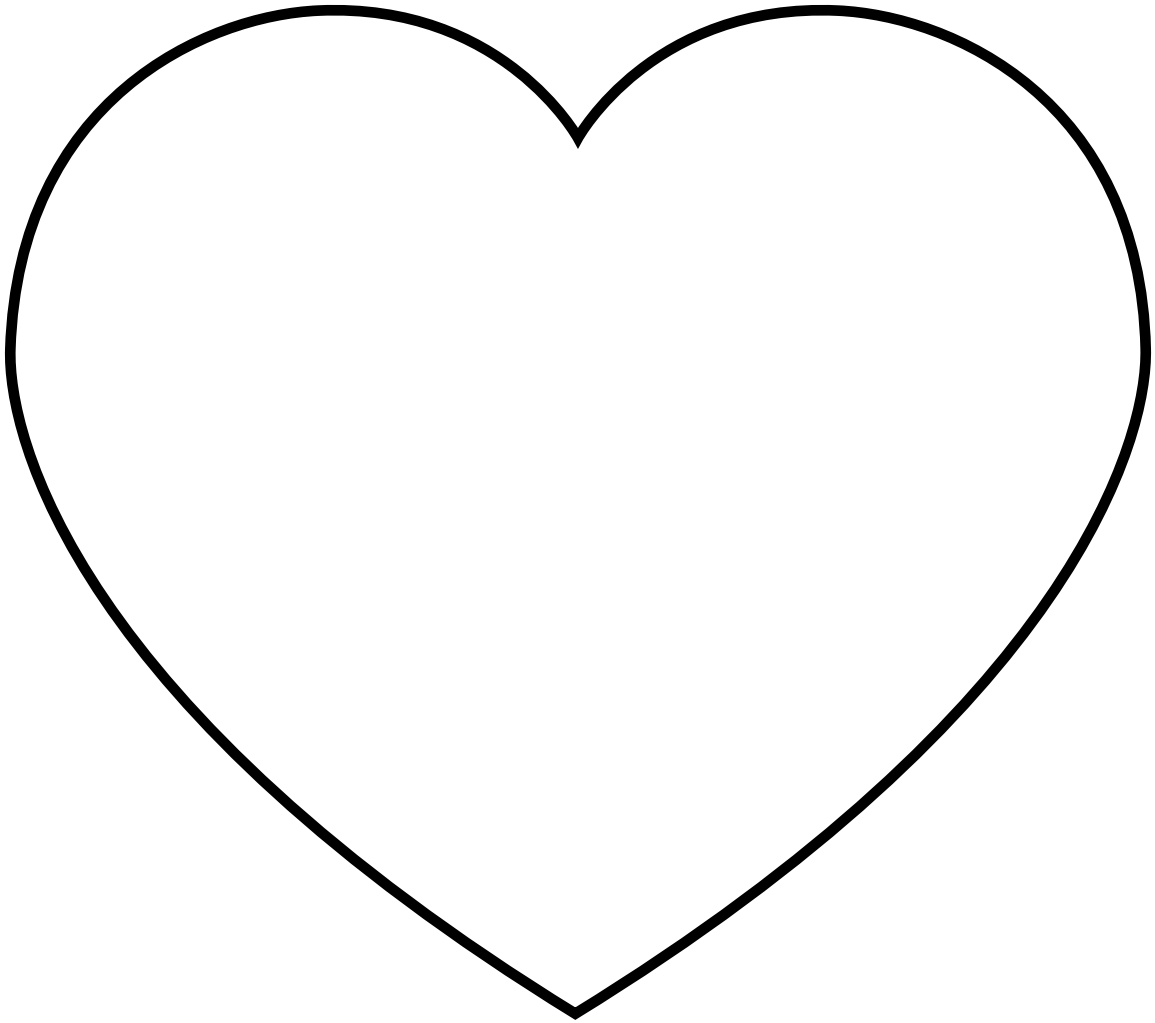




**5**

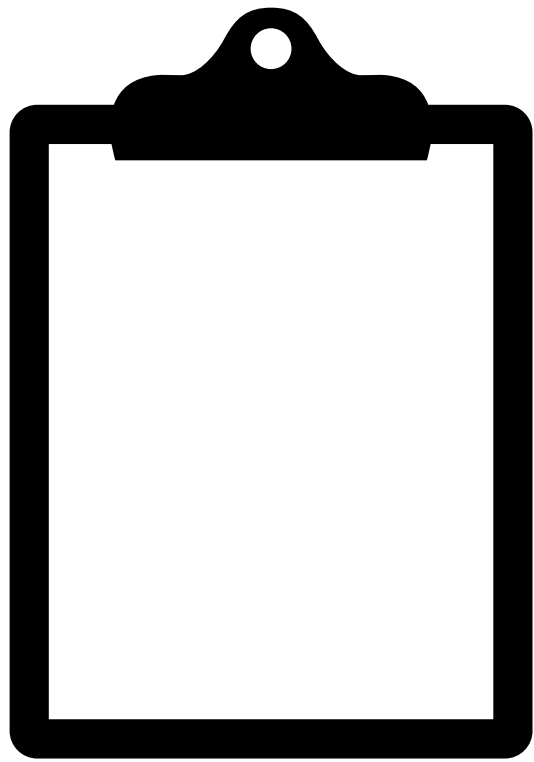
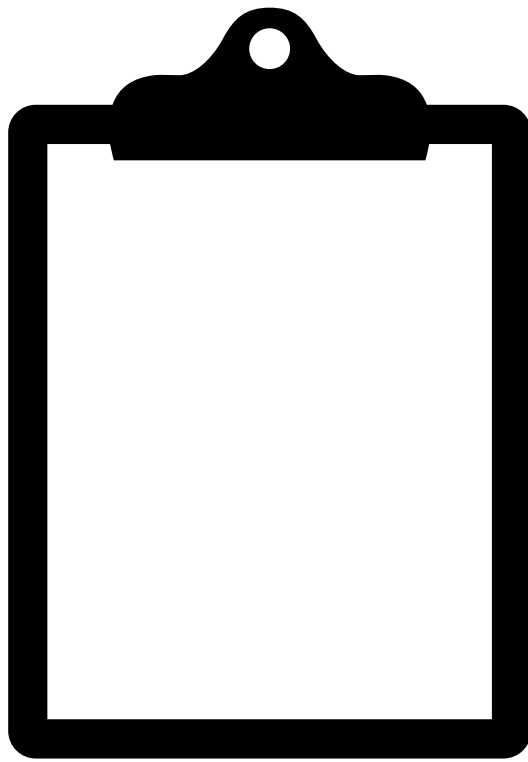
Life Lessons I Am  
Learning From This  
Experience

Friends I miss being with

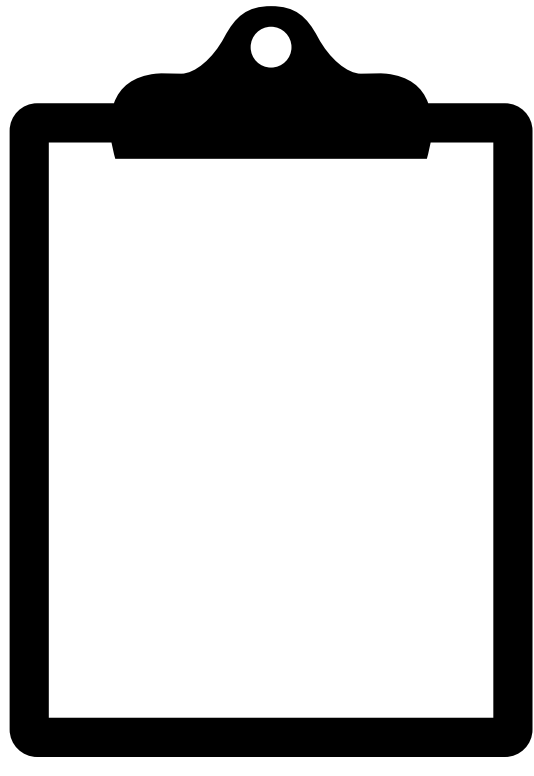
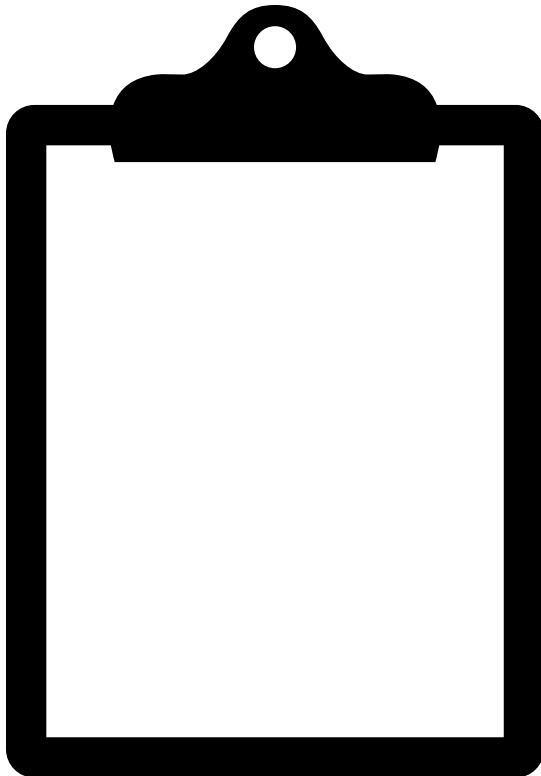


and Three ways I stay connected with them

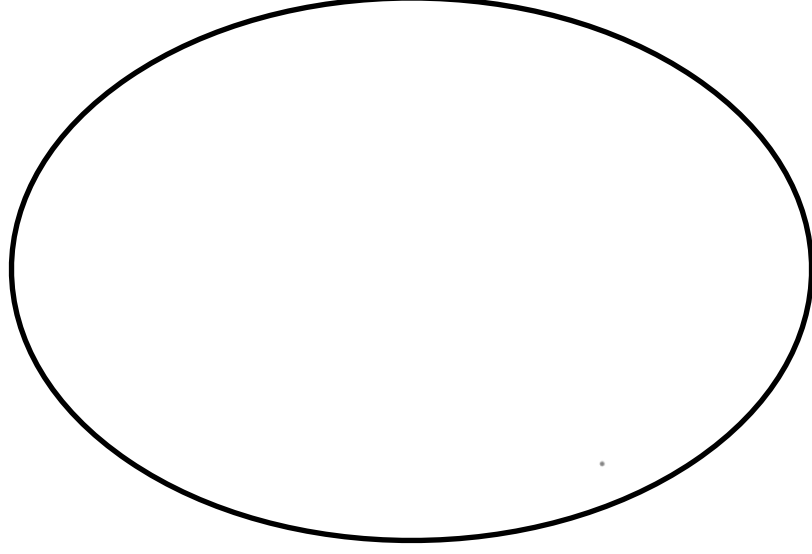
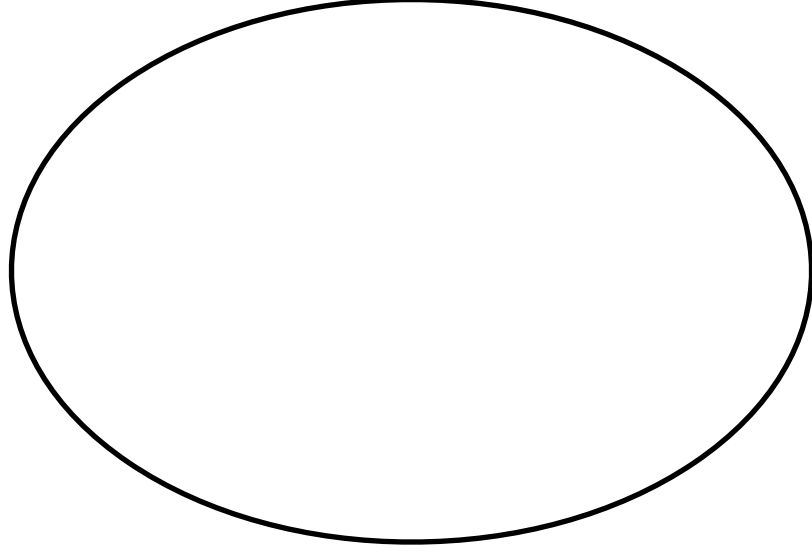
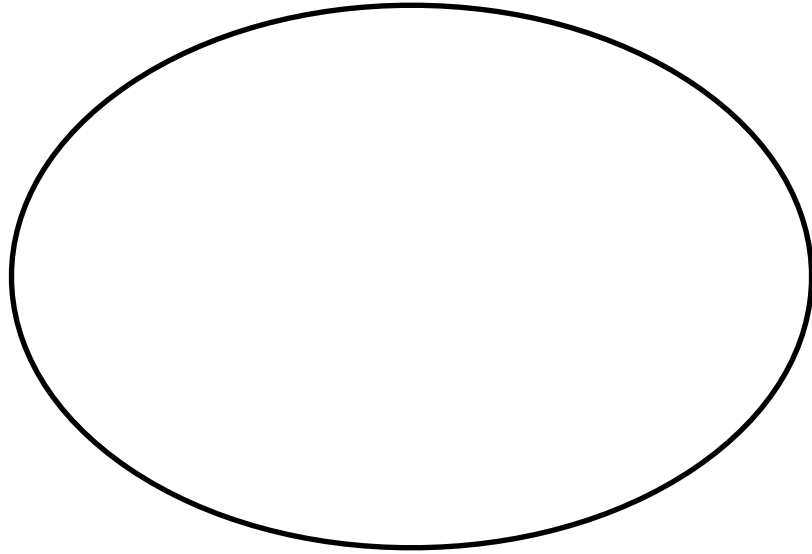
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four Things I Plan To Achieve  
While In Quarantine



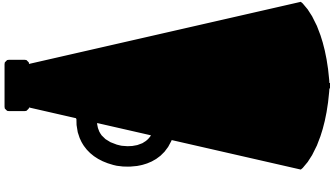
**3 things my family and I  
are doing to keep us safe.**



# Five Things I Am Excited To Do When This Is Over

A large, hollow outline of a five-pointed star. The star is formed by five triangles meeting at a central point. The top triangle is inverted, with its base at the top edge of the page. The other four triangles are upright, with their bases forming the left, right, and bottom edges of the page. The central area where the triangles meet is a small cross shape. This graphic is intended to be used as a template for writing five things one is excited to do when a current situation is over.

EXTRA, EXTRA, READ ALL ABOUT IT!



Five Current Headlines in the News Today

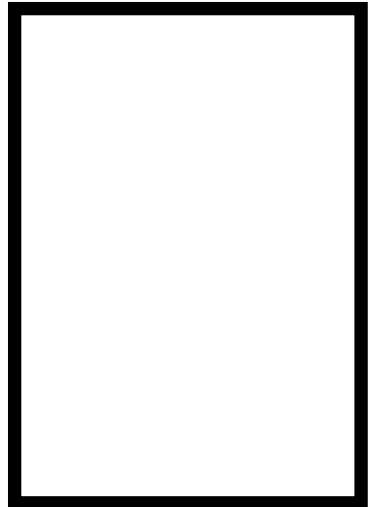
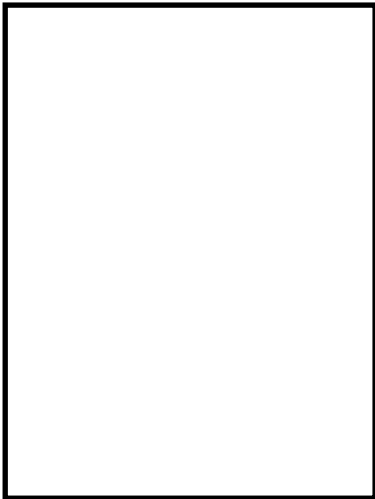
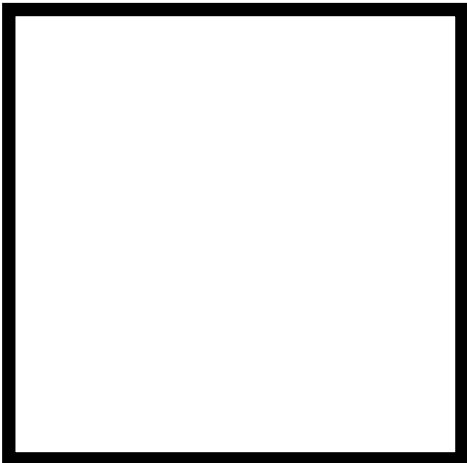
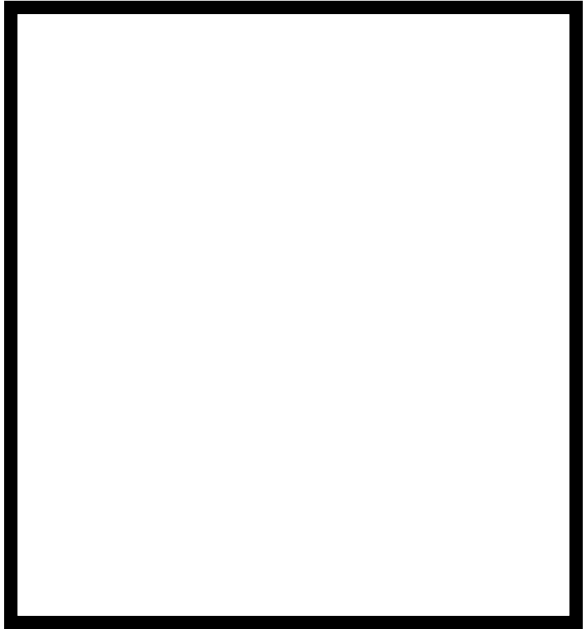
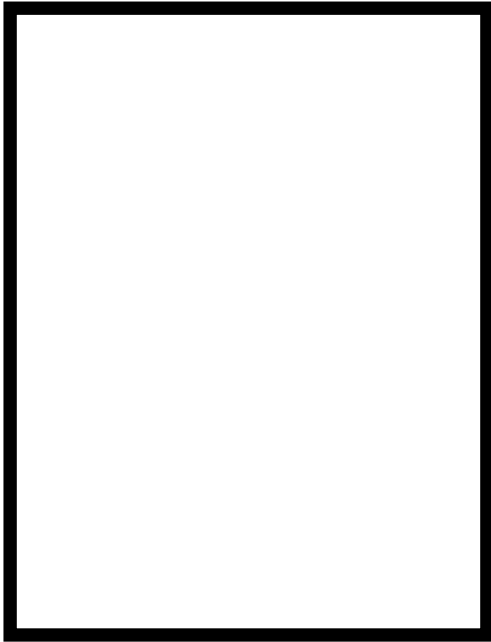
A large rectangular box with a dashed border, intended for writing a headline.

A large rectangular box with a dotted border, intended for writing a headline.

A large rectangular box with a dashed border, intended for writing a headline.

A large rectangular box with a dotted border, intended for writing a headline.

A large rectangular box with a dashed border, intended for writing a headline.



The Unexpected Heroes

# - My Parent Interview -

What has been the **BIGGEST** change for you?

Things I'm Thankful For .....

HOW ARE YOU FEELING?

How is home schooling going?

What goals do you have at this time?

## Top 3 Moments From This Experience

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_





# - My Sibling Interview -

What has  
been  
the  
**BIGGEST**  
change  
for you?

Things I'm Thankful For .....

HOW ARE YOU FEELING?

How is home schooling going?

What goals do you have at  
this time?

## **Top 3 Moments From This Experience**

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_



# Occasions

Occasions I Celebrated During this time

The Event	The Date	How You Celebrated





## Other Things to Consider to add to your Time Capsule:

- Photos
- Art You have Created
- Newspaper Articles
- Zoom Snapshots
- Recipes You tried
- Home Schooling Work
- Mail You Received

