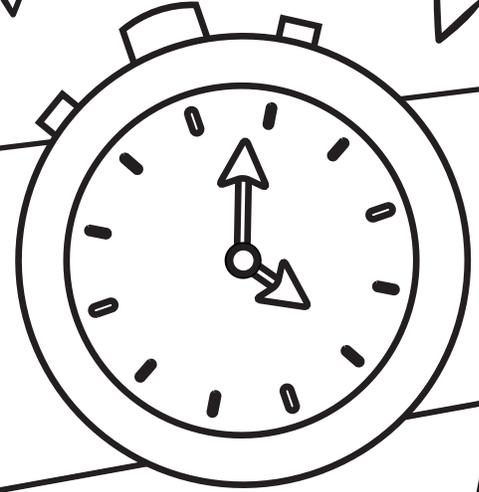




2020 • COVID-19

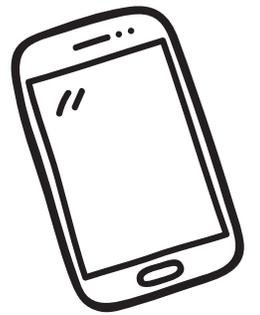
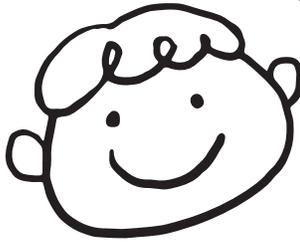
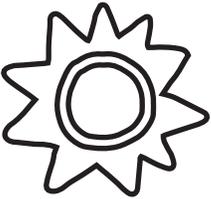
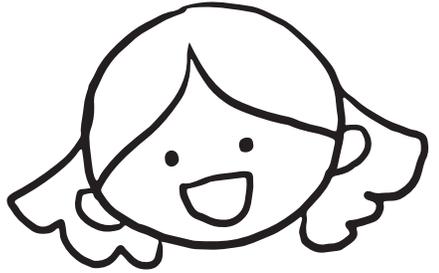


TIME

CAPSULE



CREATED BY \_\_\_\_\_





# ABOUT ME



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

I stand \_\_\_\_\_ feet tall.

I weigh \_\_\_\_\_ pounds.

I wear a \_\_\_\_\_ size shoe.



## THESE ARE A FEW OF MY FAVORITE THINGS:

Color

Animal

TV Show

Song

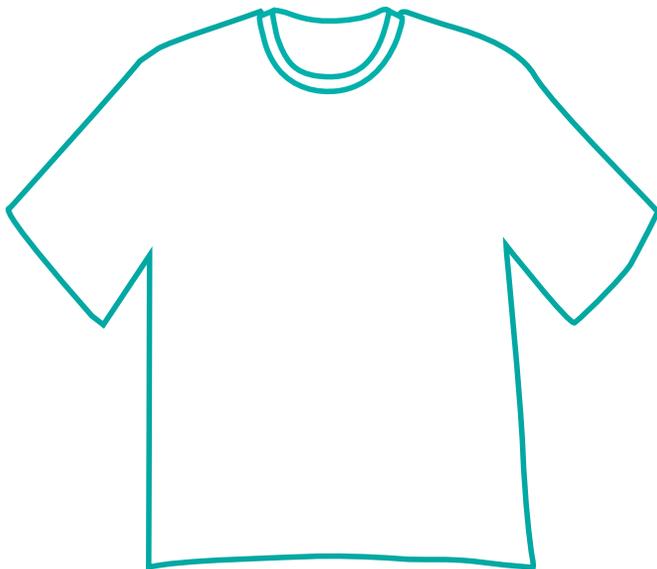
Meal

Sports Team

Toy

Activity

## DRAW YOUR FAVORITE SHIRT:



## THE BEST THING THAT HAS HAPPENED TO ME THIS YEAR WAS:



\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## WHEN I GROW UP I WANT TO BE:

\_\_\_\_\_

TODAY'S DATE: \_\_\_\_\_





**DRAW YOUR HOUSE:**

**TODAY'S WEATHER:**

A simple illustration of a yellow sun with rays, positioned to the right of the weather input field.

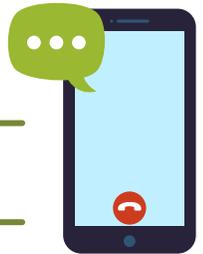
In my neighborhood I've seen people \_\_\_\_\_

\_\_\_\_\_

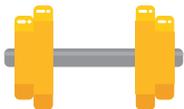


How are you connecting with others? \_\_\_\_\_

\_\_\_\_\_



How are you staying active at home? \_\_\_\_\_



\_\_\_\_\_

**FAVORITE BREC PARK**

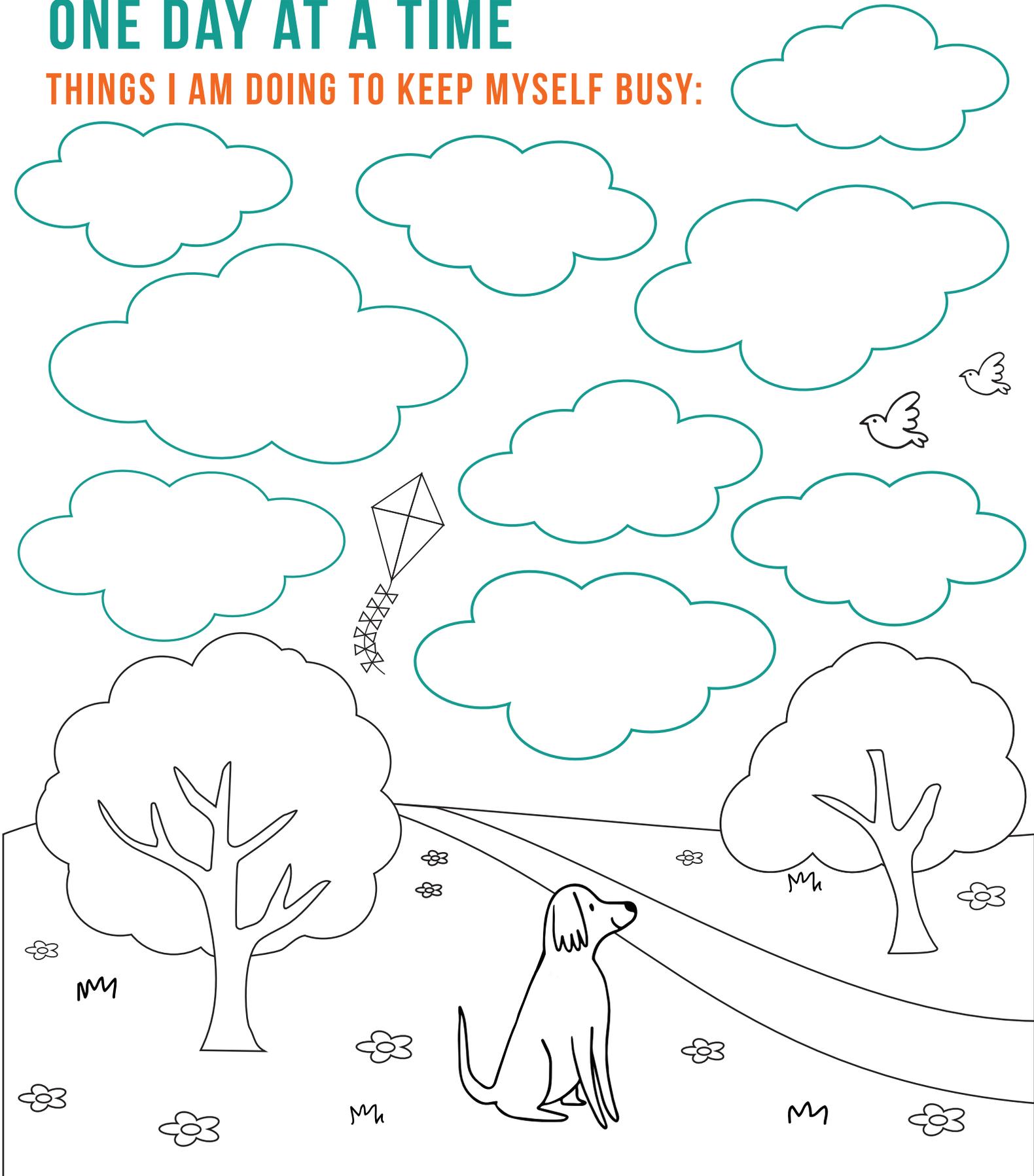
What is the first thing you want to do in the park?





# ONE DAY AT A TIME

THINGS I AM DOING TO KEEP MYSELF BUSY:







# MY PARENTS INTERVIEW

WHAT HAS BEEN THE BIGGEST CHANGE?

WHAT DO YOU MISS THE MOST?



WHAT ARE YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE?

- 1
- 2
- 3

WHAT IS THE MOST EXCITING NEW LESSON YOUR CHILD HAS LEARNED?



WHAT ARE YOU MOST THANKFUL FOR?



WHAT ACTIVITIES/HOBBIES HAVE YOU MOST ENJOYED DOING?



Most watched TV show:

Your newfound favorite inside family activity:

Favorite food to bake:

Favorite Time of Day:

GOALS FOR AFTER THIS:





# IN 20 YEARS...

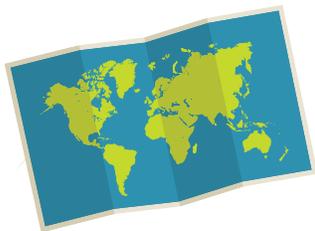
In 20 years, I will be \_\_\_\_\_ years old. I will live in \_\_\_\_\_.

I will be a \_\_\_\_\_ and I will have \_\_\_\_\_

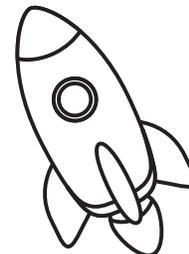
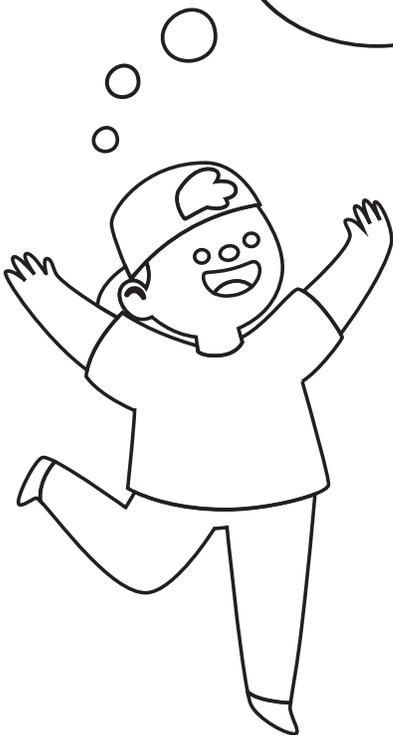
\_\_\_\_\_. I will still love \_\_\_\_\_ and

\_\_\_\_\_. I still won't want to \_\_\_\_\_.

And most importantly, I will be \_\_\_\_\_.



**PLACES I WANT TO VISIT**





# DEAR OLDER ME,

HERE IS SOME ADVICE FOR YOU WHEN YOU BECOME A GROWN UP.

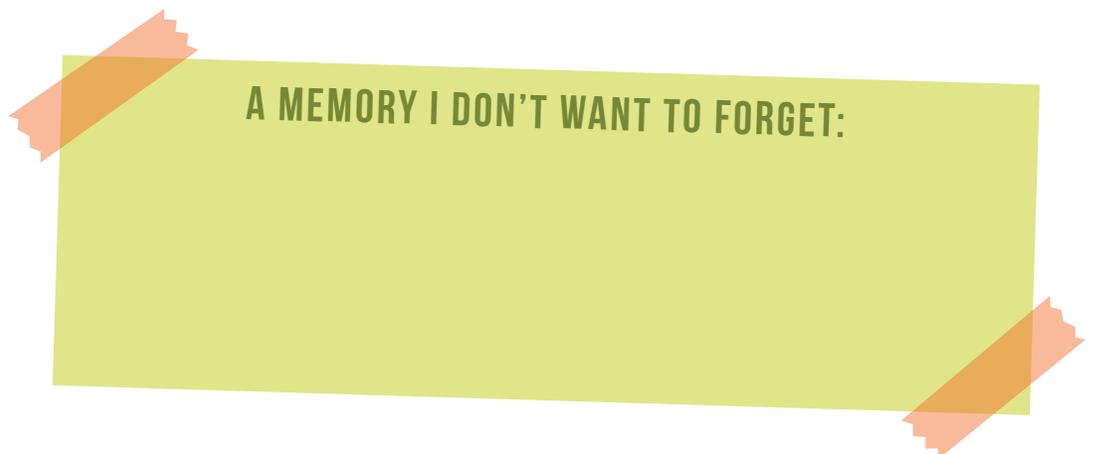
1 Always \_\_\_\_\_ 

2 Never \_\_\_\_\_ 

3 Make sure you \_\_\_\_\_

4 I hope you always remember \_\_\_\_\_

5 Don't forget the most important thing in life is \_\_\_\_\_



A MEMORY I DON'T WANT TO FORGET:



# MY FIRSTS AFTER QUARANTINE

## WHEN QUARANTINE IS OVER...

The first place I will go \_\_\_\_\_

The first thing I will do \_\_\_\_\_

The first person I will see \_\_\_\_\_

The first restaurant I will visit \_\_\_\_\_

The first outfit I will wear \_\_\_\_\_

The first story I will tell \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





# I TOOK A NATURE WALK... AND THIS IS WHAT I FOUND!



## I SAW:

NAME SOMETHING YOU SAW IN EACH COLOR.

Red

Orange

Yellow

Green

Blue

Purple



## MY FAVORITE NATURE ITEM I FOUND:

TAPE YOUR ITEM HERE!

I HEARD: \_\_\_\_\_



I SMELLED: \_\_\_\_\_



I FELT: \_\_\_\_\_

## MY FAVORITE THING ABOUT THE OUTDOORS IS:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

