2020 • COVID-19

TIME CAPSULE

CREATED BY BREC
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:

<table>
<thead>
<tr>
<th>Color</th>
<th>Animal</th>
</tr>
</thead>
<tbody>
<tr>
<td>TV Show</td>
<td>Song</td>
</tr>
<tr>
<td>Meal</td>
<td>Sports Team</td>
</tr>
<tr>
<td>Toy</td>
<td>Activity</td>
</tr>
</tbody>
</table>

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: ____________
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:
A LETTER TO MYSELF

DEAR ________________,

DATE: ____________________

________________________________________

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________________________________________
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/HOBIES 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 _____________________________

________________________________________________________________

________________________________________________________________

________________________________________________________________

________________________________________________________________

________________________________________________________________

________________________________________________________________

When quarantine is over...
I took a nature walk...  
And this is what I found!

I saw:

<table>
<thead>
<tr>
<th>Color</th>
<th>Name something you saw in each color.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red</td>
<td></td>
</tr>
<tr>
<td>Orange</td>
<td></td>
</tr>
<tr>
<td>Yellow</td>
<td></td>
</tr>
<tr>
<td>Green</td>
<td></td>
</tr>
<tr>
<td>Blue</td>
<td></td>
</tr>
<tr>
<td>Purple</td>
<td></td>
</tr>
</tbody>
</table>

My favorite nature item I found:  
Tape your item here!

I heard:  

I smelled:  

I felt:  

My favorite thing about the outdoors is: