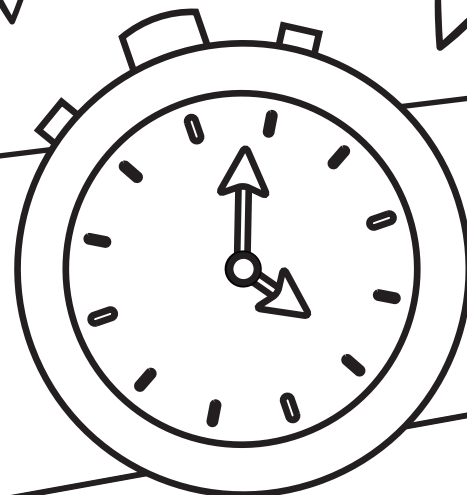




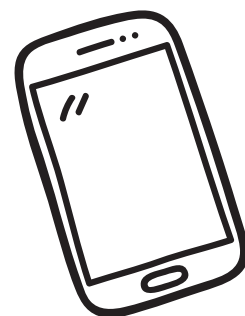
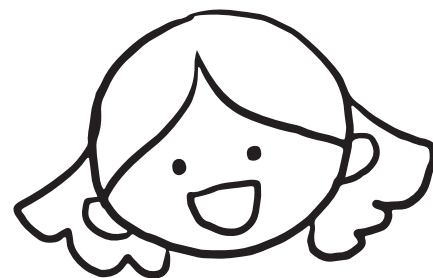
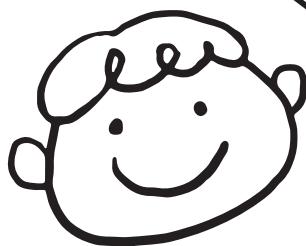
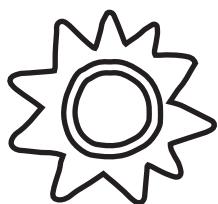
2020 • COVID-19

TIME



CAPSULE

CREATED BY _____





ABOUT ME

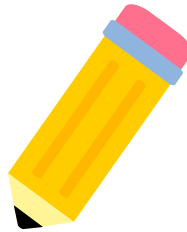


I am _____ years old.

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

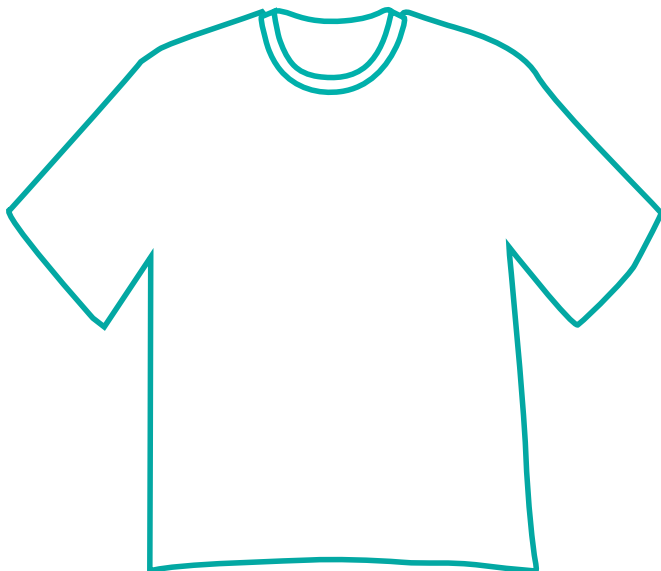
Meal

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:

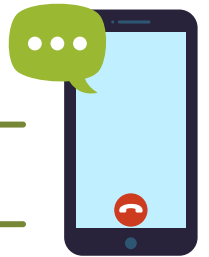
TODAY'S WEATHER:



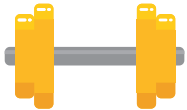
In my neighborhood I've seen people _____



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?

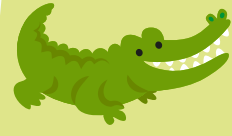




ONE DAY AT A TIME

THINGS I AM DOING TO KEEP MYSELF BUSY:





POST

DATE:

[illegible]

FUTURE MAIL



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...

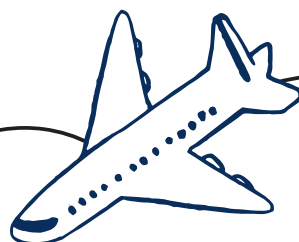
In 20 years, I will be _____ years old. I will live in _____.

I will be a _____ and I will have _____

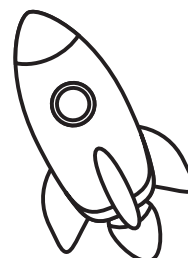
_____. I will still love _____ and

_____. 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 _____

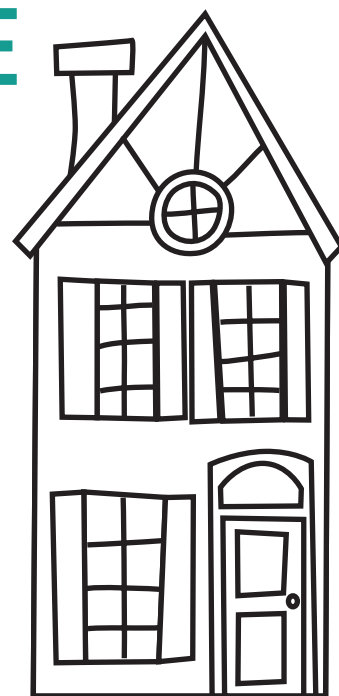
The first thing I will do _____

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

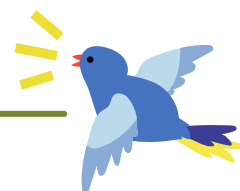
Purple



MY FAVORITE NATURE ITEM I FOUND:

TAPE YOUR ITEM HERE!

I HEARD: _____



I SMELLED: _____



I FELT: _____

MY FAVORITE THING ABOUT THE OUTDOORS IS:

