

## Quarantine Time Capsule

This time capsule is meant to serve two purposes. First, it is a fun activity for you to complete with the children in your lives. Second, it will be a fascinating way for them to learn about their own personal experience when they are older and able to understand that they lived through a significant historical event.

I've created two versions of these pages to make them adaptable for a range of ages of children. This version focuses on the child writing their own answers. If your child is comfortable writing, they may still enjoy drawing pictures to accompany their answers. In unusual and unsettling times, drawing can be especially comforting, so I would encourage you to embrace that if your child would rather draw than write.

If you are making a time capsule with multiple children, you will want to print a page for each child. You can decide whether each child will have their own time capsule, or if you are making one together as a family. There are some pages you might want to print multiple of (like the book reviews) and other pages you might wish to skip.

The last page is titled "The Tough Stuff" and discusses coronavirus specifically, whereas the rest of the file is somewhat vague. You may choose to leave this page out, or you may wish to use it to help talk about the big feelings that come along with this time. I hope with all my heart that you and your family stay healthy, but this page can help record the experience if you or anyone you know does become sick.

Stay healthy and hopeful!  
Sarah Leedale

This file includes:

- How to make a time capsule
- About Me
- My Routines Then and Now
- Book Reviews
- TV/Movie Reviews
- The Good, The Bad and Looking Forward
- The Tough Stuff

Other things to add if you wish:

- Photos
- Artwork or crafts
- News article (printed from online or a newspaper)
- Grocery store receipt
- A letter written by you about your thoughts and fears from this time

## How to make your time capsule

All you need is something to hold all your memory items - also known as “mementos” - and art supplies to decorate it.

Your time capsule could be made with:

- An envelope
- An old shoebox
- An oatmeal container
- A big canister like oatmeal comes in
- Any box

You can decorate it with:

- Pencil crayons
- Markers
- Stickers
- Paint
- Anything else that seems fun to you!



I chose to make mine using a cereal box. Here's how I did it!



I opened my box along the bottom seam and the side seam where it was glued. You don't need scissors - just be careful as you pull it apart so that you don't tear it.

You now have one long piece of cardboard. If you would like to decorate it, this is the easiest time to do it!



Fold your cardboard on each seam the opposite way from normal, turning it inside out. Tape along the side seam and the bottom seam. If you have fun tape, now is a great time to use it, but any tape will work! Don't tape the top seam until your time capsule is done.

Ta-da! A time capsule!

## A little bit about me:

This is what I look like.

My full name is: \_\_\_\_\_

I am \_\_\_\_\_ years old and I am in the \_\_\_\_\_ grade.

My favourite color/colour is \_\_\_\_\_

I live in \_\_\_\_\_ (city) in \_\_\_\_\_

(state/province/territory) in \_\_\_\_\_ (country).

My favourite subject at school is \_\_\_\_\_

When I grow up I want to be \_\_\_\_\_

My favourite food is  
\_\_\_\_\_

My favourite toy/game is \_\_\_\_\_

My favourite book is \_\_\_\_\_

My favourite movie is \_\_\_\_\_

My closest friends are named \_\_\_\_\_

I am very proud that I can \_\_\_\_\_

I would like to get better at \_\_\_\_\_

If I had a million dollars, I would buy \_\_\_\_\_

## My Routines Then and Now

When I normally wake-up: \_\_\_\_\_

When I wake up now: \_\_\_\_\_

What I normally eat for breakfast:

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What I eat for breakfast now:

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What I normally do in the morning:

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What I do in the morning now:

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What I normally eat for lunch:

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What I eat for lunch now:

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What I normally do in the afternoon:

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What I do in the afternoon now:

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What I normally do in the evening:

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What I do in the evening now:

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What I normally do on Saturdays:

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What I do on Saturdays now:

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What I normally do on Sundays:

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What I do on Sundays now:

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## Books I Read

Title: \_\_\_\_\_ Author: \_\_\_\_\_

What I liked about it: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Title: \_\_\_\_\_ Author: \_\_\_\_\_

What I liked about it: \_\_\_\_\_

\_\_\_\_\_

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Title: \_\_\_\_\_ Author: \_\_\_\_\_

What I liked about it: \_\_\_\_\_

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Title: \_\_\_\_\_ Author: \_\_\_\_\_

What I liked about it: \_\_\_\_\_

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\_\_\_\_\_

Title: \_\_\_\_\_ Author: \_\_\_\_\_

What I liked about it: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## Movies and TV Shows I've Watched

Title: \_\_\_\_\_

What I liked about it: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Title: \_\_\_\_\_

What I liked about it: \_\_\_\_\_

\_\_\_\_\_

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Title: \_\_\_\_\_

What I liked about it: \_\_\_\_\_

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Title: \_\_\_\_\_

What I liked about it: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Title: \_\_\_\_\_

What I liked about it: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## The Good, The Bad and Looking Forward

There have been some good things about this time in my life:

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I've stayed in touch with my friends and family by:

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There have been some bad things about this time in my life:

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I will be so excited to do these things again:

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## The Tough Stuff

We are experiencing something called a pandemic. A pandemic is:

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My family is currently practicing social distancing or quarantine. This means that:

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I am helping myself and others stay healthy by:

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I don't know anyone who got sick. or  These are the people I know who got sick:

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I did not get sick. or  I got sick, too. This is what it was like:

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This experience has made me feel:

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In the end, we stayed home due to social distancing or quarantine for this long:

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