



# MY 2020 COVID-19 TIME CAPSULE



BY: \_\_\_\_\_

# What is a Time Capsule?

Time capsules are containers of some kind which hold a selection of objects, picked because they have a special meaning in the time that we're living in.

For example, time capsules have been found from as early as 1874 in the UK with photographs and letters, describing daily events happening that year

# Why are we making one?

With the coronavirus pandemic, we are all living through an important moment in history. Many people want to help future generations learn about this time using time capsules, full of things that show what life under lockdown was like.

As much as everyone keeps saying it, these really are unprecedented times that no one alive today has ever experienced before. In the future, children in schools will be learning about social distancing, lockdown and the coronavirus in their history classes. It will be kept on school premises and will be opened at some point in the future; maybe by your grandchildren, your great grandchildren or your great-great grandchildren.

So why not make a piece of history with your child, by completing this booklet so that we can add it to our Covid-19 time capsule. You can also add photos, newspaper clippings, artwork that you have created or any special memories that you have had. I look forward to seeing all your creations.

Tracy King  
Trinity PFA Chair

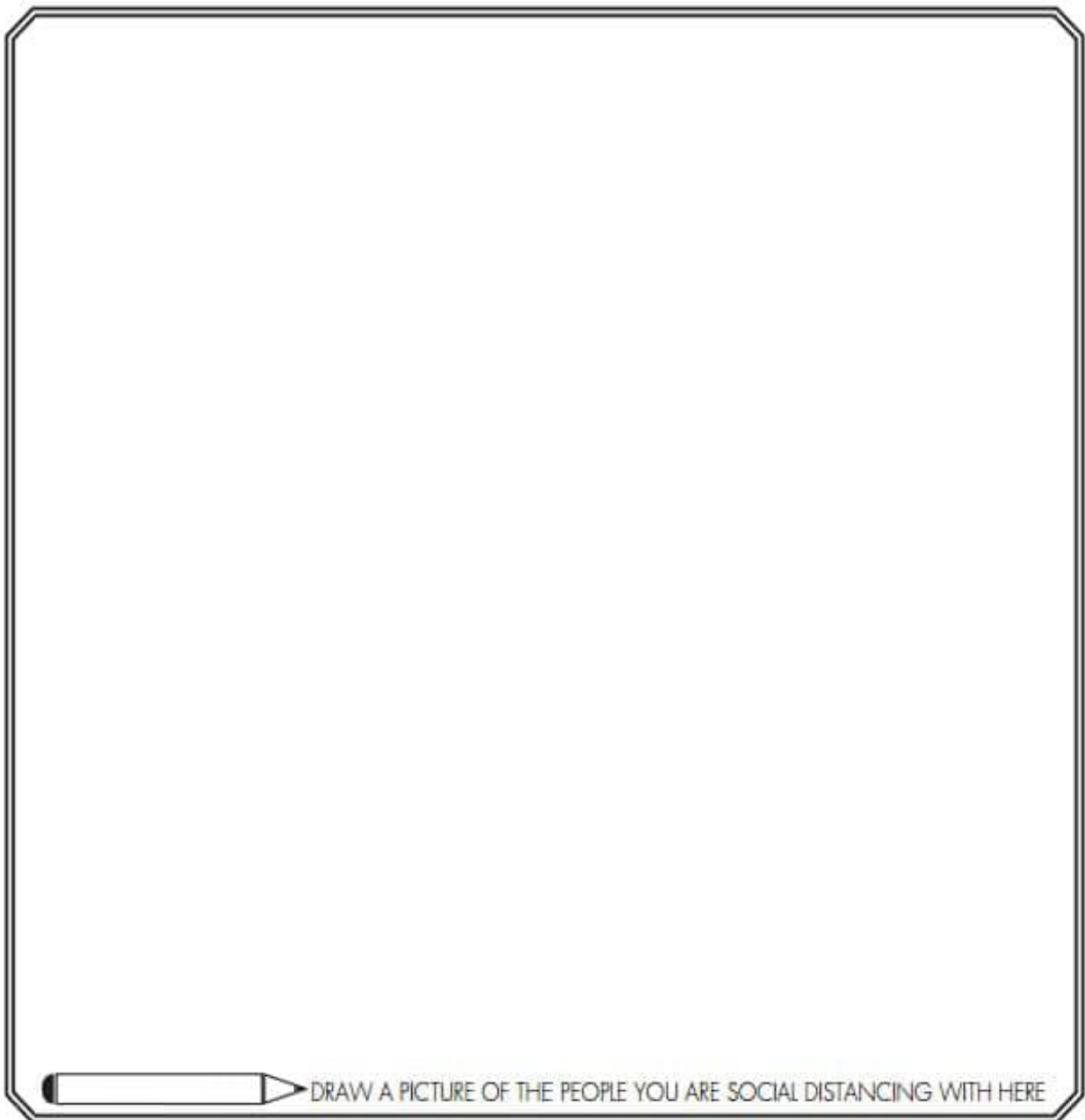



Trinity Parents and Friends Association

## YOU ARE LIVING THROUGH HISTORY RIGHT NOW

TAKE A MOMENT TO FILL IN THESE PAGES FOR YOUR FUTURE SELF TO LOOK BACK ON. AND HERE ARE SOME OTHER IDEAS OF THINGS TO INCLUDE:

- SOME PHOTOS FROM THIS TIME
- ANY ART WORK YOU CREATED
- A JOURNAL OF YOUR DAYS
- FAMILY / PET PICTURES
- LOCAL NEWSPAPER PAGES OR CLIPPING
- SPECIAL MEMORIES



 DRAW A PICTURE OF THE PEOPLE YOU ARE SOCIAL DISTANCING WITH HERE

# ♥♥ ALL ABOUT ME ♥♥

I AM  
\_\_\_\_\_  
YEARS  
OLD

I STAND  
\_\_\_\_\_  
INCHES  
TALL

I WEIGH  
\_\_\_\_\_  
POUNDS

SHOE SIZE  
\_\_\_\_\_

MY FAVOURITES

TOY: \_\_\_\_\_

COLOUR: \_\_\_\_\_

ANIMAL: \_\_\_\_\_

FOOD: \_\_\_\_\_

SHOW: \_\_\_\_\_

MOVIE: \_\_\_\_\_

BOOK: \_\_\_\_\_

ACTIVITY: \_\_\_\_\_

PLACE: \_\_\_\_\_

SONG: \_\_\_\_\_

MY BEST FRIEND/S:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

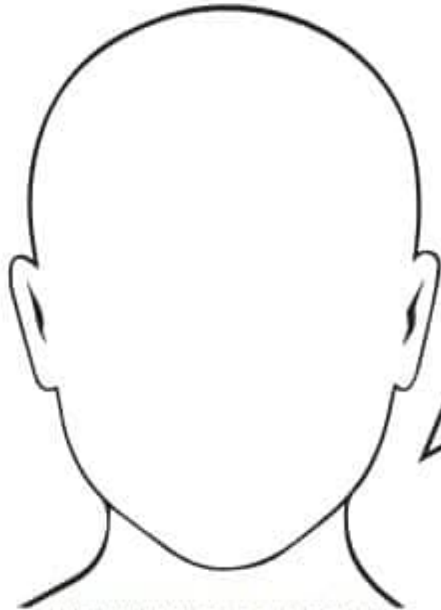
WHEN I GROW UP I WANT TO BE:

\_\_\_\_\_

\_\_\_\_\_

DATE: \_\_\_\_\_

# HOW I'M FEELING



HOW MY FACE LOOKS



I AM MOST THANKFUL FOR

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WORDS TO DESCRIBE HOW I FEEL:

WHAT I HAVE LEARNT MOST FROM THIS EXPERIENCE:

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THE 3 THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER:

1

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2

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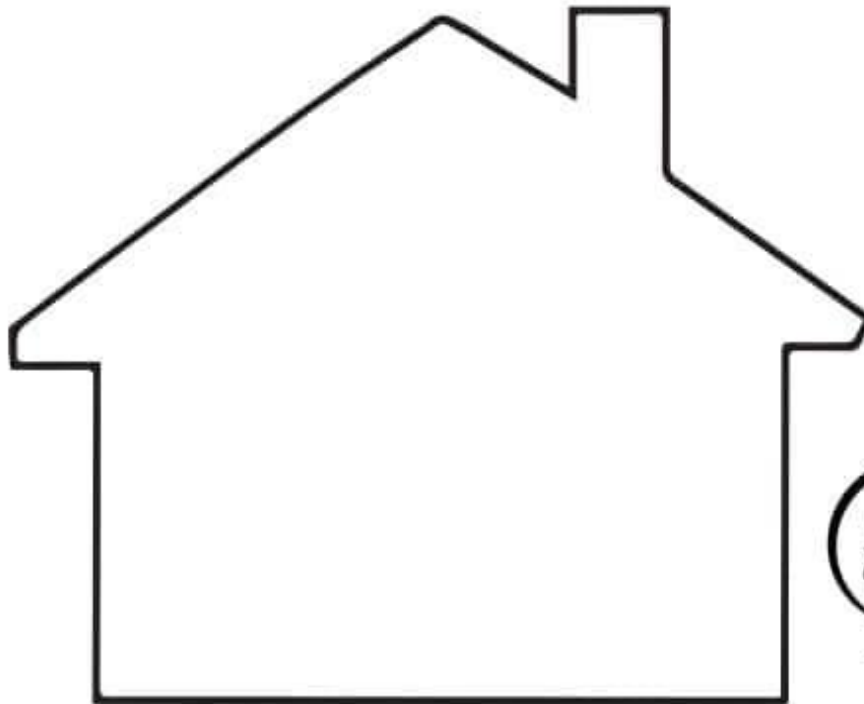
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# MY COMMUNITY



COLOUR THIS HOUSE  
TO LOOK LIKE YOURS

WHERE I AM LIVING DURING THIS TIME:



WHAT THINGS ARE YOU DOING TO HELP FEEL CONNECTED/HAVE FUN  
OUTSIDE (e.g hearts in windows, chalk notes on sidewalk, etc)

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HOW ARE YOU CONNECTING WITH OTHERS?



YOU ARE NOT STUCK AT HOME,  
YOU ARE SAFE AT HOME!

WHAT I AM DOING TO  
KEEP BUSY AT HOME:

# OUR HANDPRINTS



PRINT THE HANDS OF ALL THE PEOPLE LIVING IN YOUR HOME  
(IN DIFFERENT COLOURS) AND PLACE YOUR HANDS HERE





# SPECIAL OCCASIONS

WHAT OCCASIONS DID YOU CELEBRATE DURING THIS TIME?  
WRITE THE LIST DOWN HERE AND WHAT YOU DID TO CELEBRATE  
(E.G. ST. PATRICK'S DAY, EASTER, BIRTHDAYS, ANNIVERSARIES)

EVENT	DATE	HOW YOU CELEBRATED

# LETTER TO MYSELF

DEAR,

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LOVE,

# INTERVIEW YOUR PARENTS

WHAT HAS BEEN THE BIGGEST CHANGE?

HOW ARE YOU FINDING HOMESCHOOLING?



DAYS SPENT INSIDE

HOW ARE YOU FEELING?

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE:

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

WHAT ACTIVITIES/HOBBIES HAVE YOU MOST ENJOYED DOING?

WHAT ARE YOU MOST THANKFUL FOR?

WHAT TV SHOW YOU WATCHED : \_\_\_\_\_

YOUR NEW FOUND FAVOURITE INSIDE FAMILY ACTIVITY:

\_\_\_\_\_

FAVOURITE FOOD TO BAKE: \_\_\_\_\_

FOVOURITE TIME OF DAY: \_\_\_\_\_

GOAL/S FOR AFTER THIS:

# LETTER FROM YOUR PARENTS

\_\_\_\_\_

DEAR,

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LOVE,

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