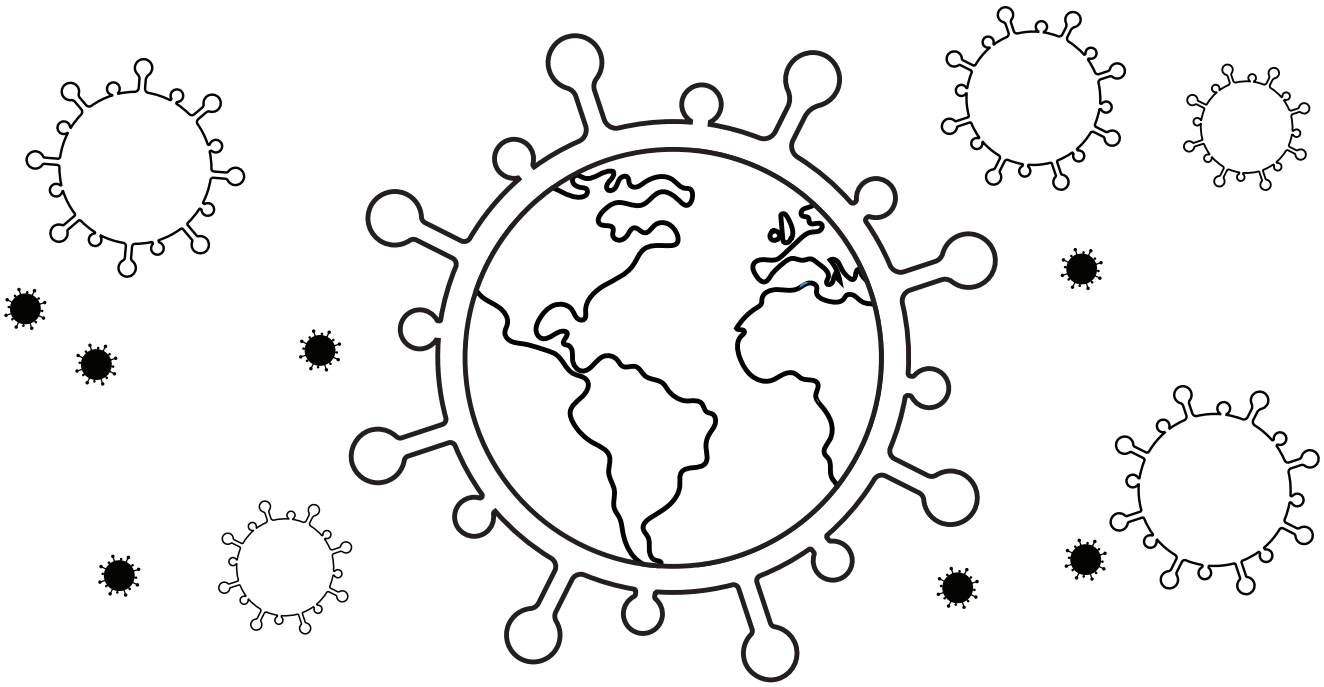
MY 2020 COVID-19 TIME CAPSULE

ADULT EDITION



BY: _____

YOU ARE LIVING THROUGH HISTORY RIGHT NOW

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

- ☐ SOME PHOTOS FROM THIS TIME
- ☐ A JOURNAL OF YOUR DAYS
- ☐ LOCAL NEWSPAPER PAGES OR CLIPPING
- ☐ SPECIAL MEMORIES

PLACE A 4X6 PICTURE HERE OF YOUR FIRST DAY IN ISOLATION/ SOCIAL DISTANCING

FIRST DAY

THE DATE _____

LAST DAY

THE DATE _____

PLACE A 4X6 PICTURE HERE OF YOUR LAST DAY IN ISOLATION/ SOCIAL DISTANCING

ALL ABOUT ME

I AM

YEARS OLD

I STAND

INCHES TALL

I WEIGH

POUNDS

TODAY'S DATE:

MY FAVOURITES

COLOUR: _____

FOOD: _____

SHOW: _____

MOVIE: _____

BOOK: _____

ACTIVITY: _____

PLACE: _____

SONG: _____

ANIMAL: _____

PERSON: _____

APP: _____

PART ABOUT BEING AT HOME:

_____

HOW I'M FEELING

WORDS TO DESCRIBE HOW I FEEL:

WHAT I HAVE LEARNED MOST FROM THIS EXPERIENCE:

BIGGEST GOAL FOR LIFE GOING FORWARD:

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

1

2

3

MY COMMUNITY

THINGS I AM DOING TO HELP FEEL CONNECTED WITH OTHERS:

MY HOME ADDRESS DURING THIS TIME:

LIST OF ALL THE PEOPLE I CAN'T WAIT TO SEE AGAIN:

WHAT CHANGES HAVE I SEEN IN MY COMMUNITY? THE GOOD AND BAD...

I AM NOT STUCK AT HOME, I AM SAFE AT HOME!

HOW I PASSED THE TIME:

FACTS FROM THIS TIME

TRENDING TV SHOWS:

#1 SELLING MOVIE:

NEW MOVIES RELEASED:

#1 SONG IN THE CHARTS:

POPULAR MUSIC ARTISTS:

THE PRIME MINISTER IS:

POPULAR FASHION:

THE AVERAGE PRICE OF:

GAS/PETROL:_____

MILK:_____

EGGS:_____

BREAD:_____

CHOCOLATE:_____

CHIPS:_____

:_____

:_____

EVENTS I MISSED

LIST OF THE OCCASIONS I MISSED CELEBRATING DURING THIS TIME
(E.G. ST. PATRICK'S DAY, EASTER, BIRTHDAYS, ANNIVERSARIES)

EVENT	DATE	HOW I CELEBRATED

THINGS TO REMEMBER....

WHAT HAS BEEN THE BIGGEST CHANGE?

MY HOPE FOR THE FUTURE:

DAYS SPENT INSIDE

HOW YOU FELT:

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE:

1. _____

2. _____

3. _____

THINGS I WILL NOT TAKE FOR GRANTED AFTER THIS:

WHAT I AM MOST THANKFUL FOR?

WRITE ANYTHING HERE YOU HOPE YOU NEVER FORGET ABOUT THIS TIME:

LETTER TO MYSELF

TODAY'S DATE: _____

DEAR ME,

LOVE, ME