



MY 2020 QUARANTINE TIME CAPSULE

NAME: _____

DATE: _____

YOU ARE LIVING THROUGH A HISTORICAL EVENT RIGHT NOW!

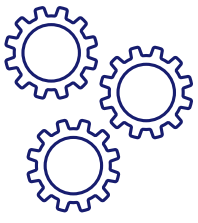
LET'S USE THIS TIME CAPSULE AS A WAY TO REMEMBER

IMPORTANT DETAILS,

STORE THIS SOMEWHERE VERY SAFE SO IN YEARS FROM NOW YOU

CAN READ ALL ABOUT YOUR EXPERIENCE DURING

THE COVID-19 QUARANTINE.



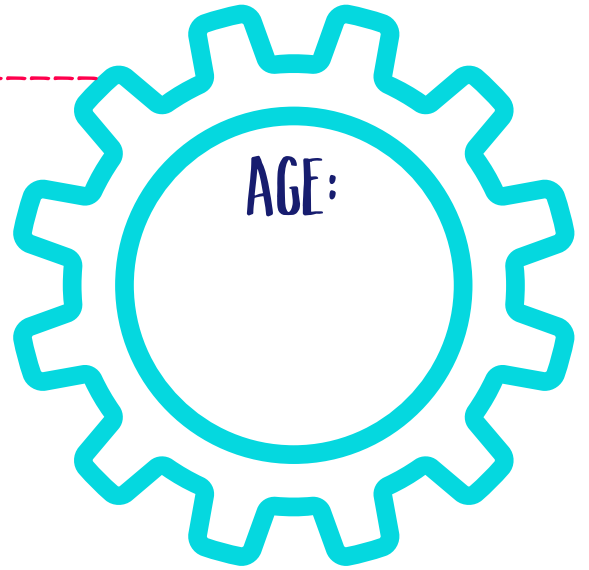
ALL ABOUT ME

NAME: _____

NICKNAME: _____

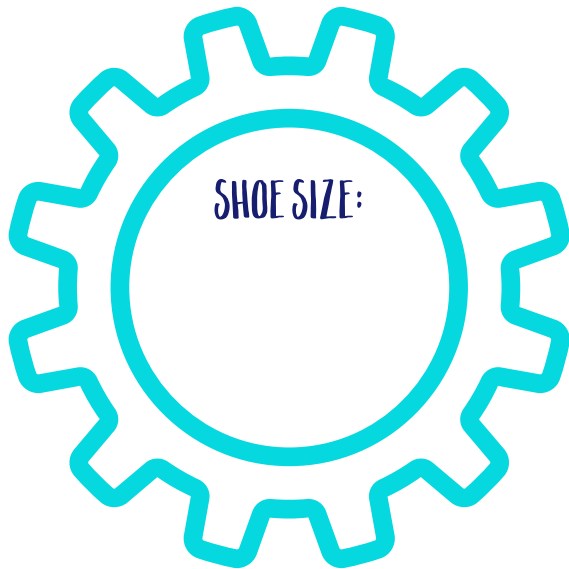
WHO I LIVE WITH:

SOME OF MY FAVORITE FRIENDS:



PETS:

THINGS I LIKE TO DO FOR FUN:



SPORTS TEAMS OR ACTIVITIES I

PARTICIPATE IN:

WHEN I GROW UP I WANT TO BE:

MY FAVORITES

ACTIVITY

COLOR

BOOK

SCHOOL SUBJECT

TREAT

ANIMAL

GAME

PLACE

FOOD

SHOW

TOY

SPORT

HOW ARE YOU STAYING CONNECTED?

MARK AN X NEXT TO EACH OF THESE METHODS YOU HAVE BEEN

USING TO STAY IN CONTACT:

FACETIME _____

ZOOM CALLS _____

PHONE CALLS _____

SENDING CARDS OR LETTERS IN MAIL _____

SNAPCHAT _____

SKYPE _____

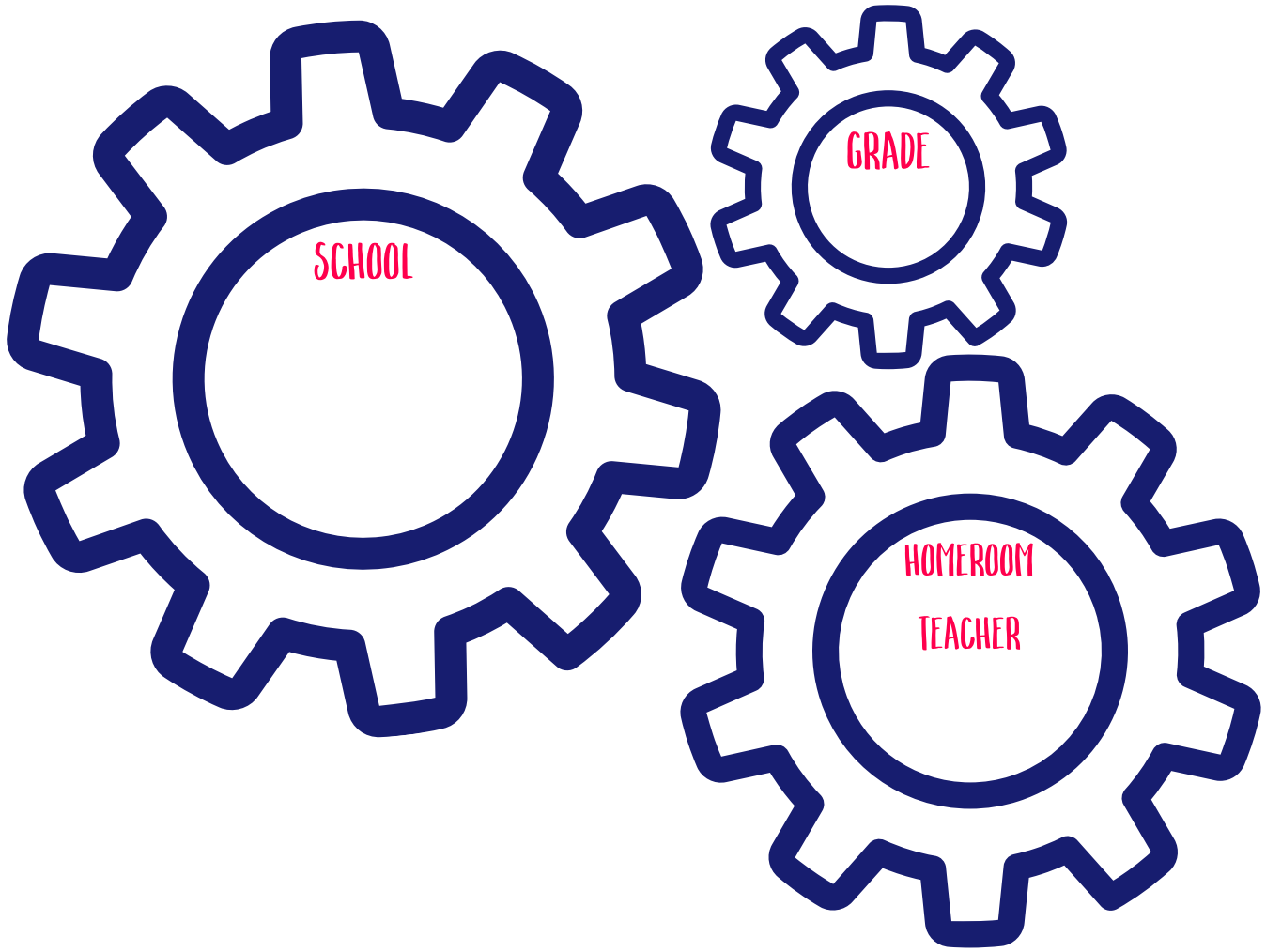
GOOGLE HANGOUTS _____

TIKTOK _____

OTHER _____

WHO ARE YOU STAYING IN CONTACT WITH?

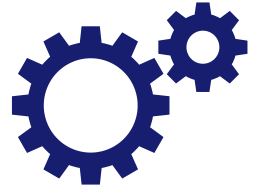
ALL ABOUT SCHOOL:



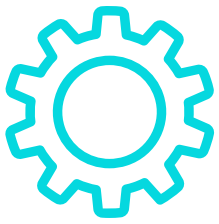
WHAT DOES YOUR "SCHOOLDAY" LOOK LIKE NOW?

HOW IS IT GOING?

HOW ARE THINGS IN YOUR COMMUNITY
DIFFERENT? WHAT CHANGES HAVE HAPPENED
SINCE THE COVID-19 OUTBREAK?



A series of 15 horizontal dashed lines for writing.



THREE THINGS I CANNOT WAIT TO DO

WHEN THE QUARANTINE IS OVER.....

1. _____

2. _____

3. _____

WHAT I MISS MOST SINCE BEING IN

QUARANTINE.....

WORDS TO

SOME PEOPLE MANAGE CHANGE VERY WELL AND

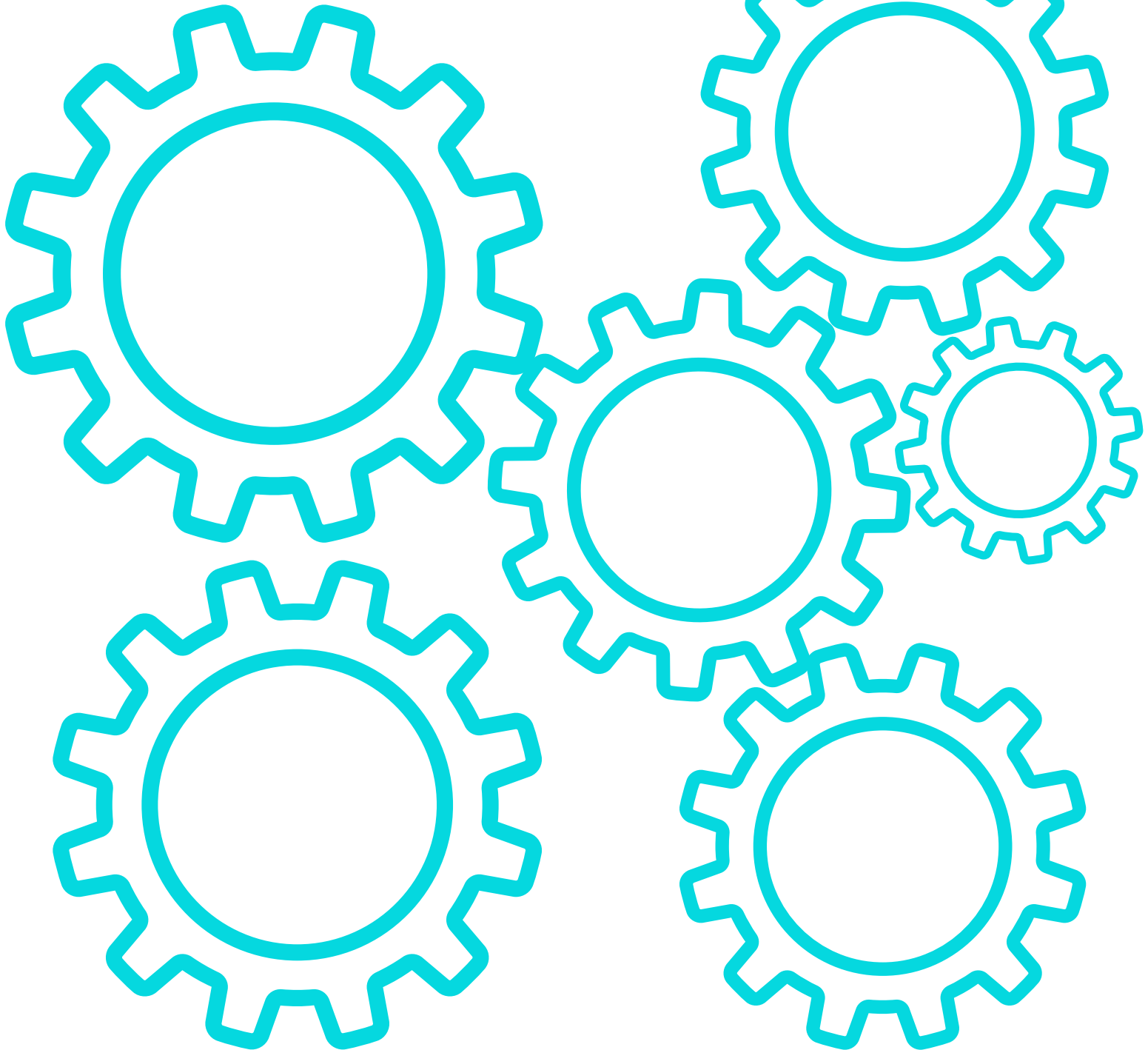
OTHERS HAVE A DIFFICULT TIME.

DESCRIBE

IN EACH GEAR WRITE ONE FEELING YOU HAVE HAD

SINCE THE QUARANTINE BEGAN.

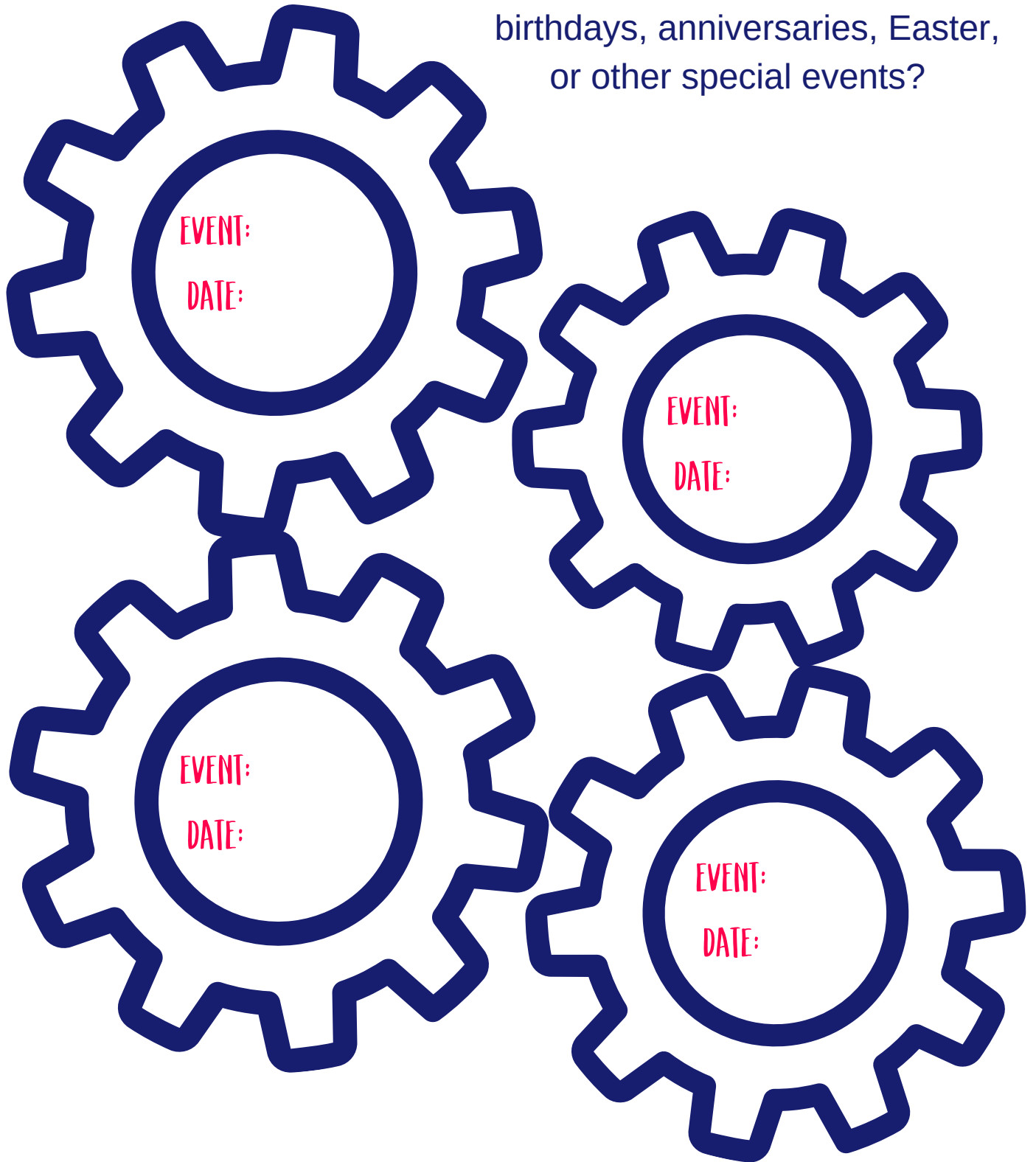
HOW I FEEL...



SPECIAL EVENTS CELEBRATED

DURING QUARANTINE...

Did your family celebrate any birthdays, anniversaries, Easter, or other special events?



The form consists of four gear-shaped templates arranged in a 2x2 grid. Each gear has a central circle containing the text 'EVENT:' and 'DATE:' in red, bold, uppercase letters. The gears are outlined in a thick, dark blue line.

EVENT:
DATE:

EVENT:
DATE:

EVENT:
DATE:

EVENT:
DATE:

THINGS I HAVE

THIS IS A GREAT TIME TO BE CREATIVE

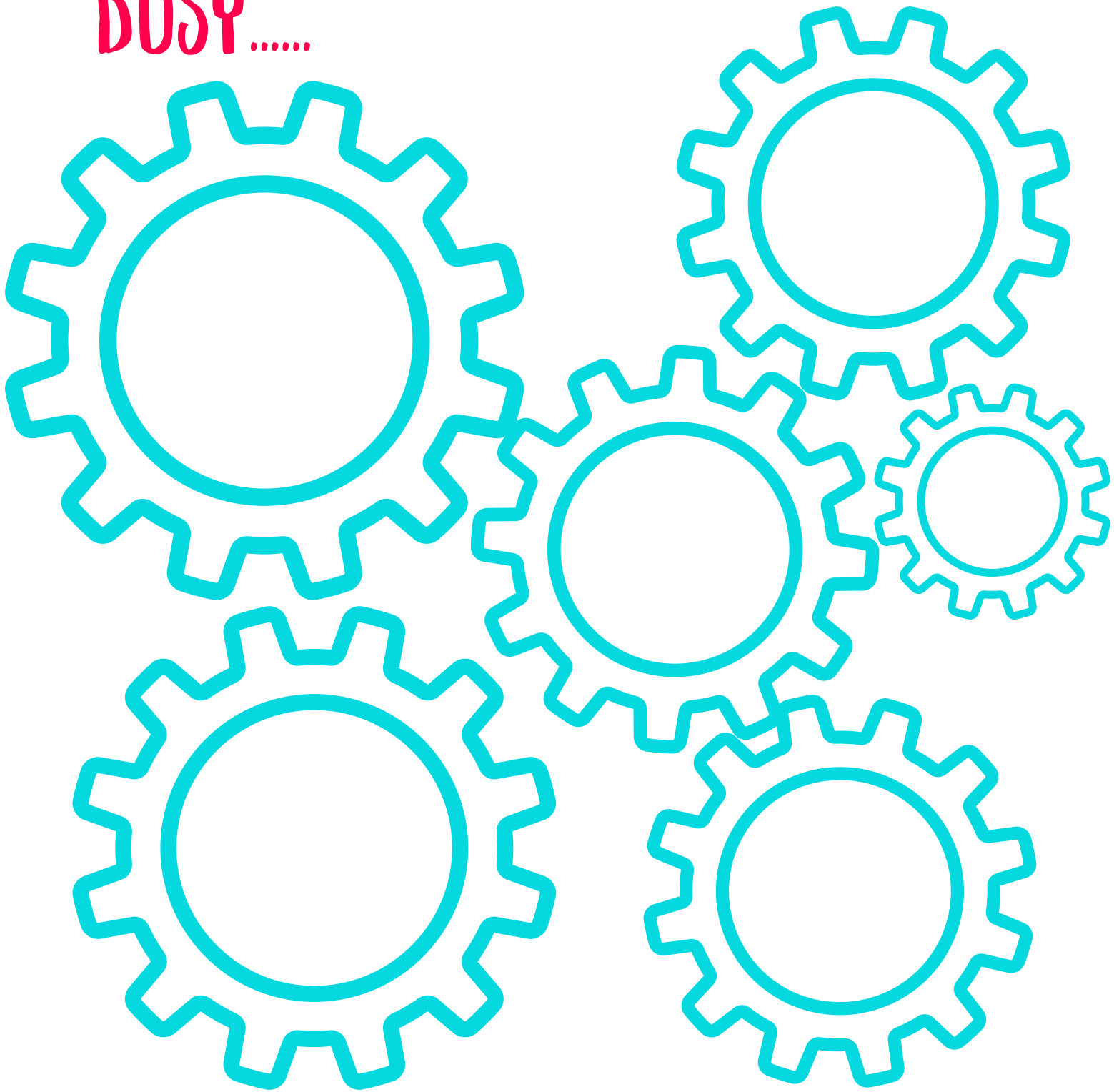
WITH YOUR TIME...

DONE TO STAY

IN EACH GEAR WRITE WHAT YOU HAVE

DONE TO STAY BUSY.

BUSY.....



A NEW RECIPE WE TRIED.....

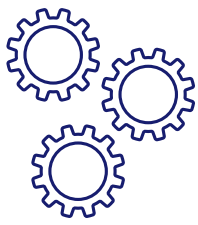
TITLE: _____

INGREDIENTS:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

DIRECTIONS:

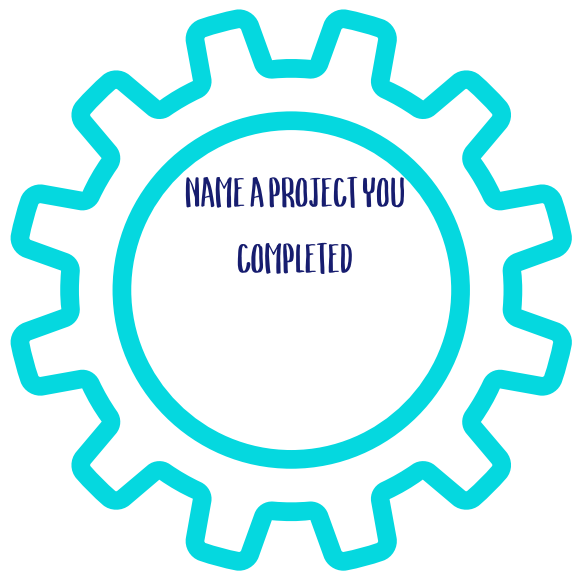
INTERVIEW A GROWN-UP



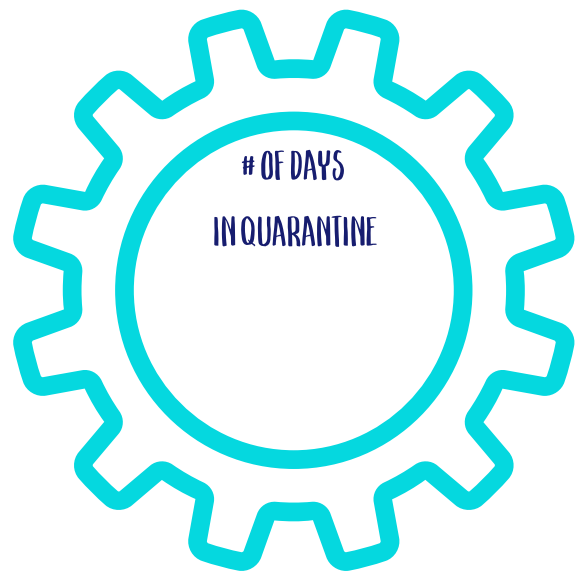
NAME OF PERSON YOU INTERVIEWED: _____

FAVORITE FAMILY MEMORY

THREE THINGS YOU ARE MOST THANKFUL FOR?



**WHAT DO YOU HOPE YOUR FAMILY
CONTINUES TO DO AFTER THE QUARANTINE?**



HOW ARE YOU FEELING?

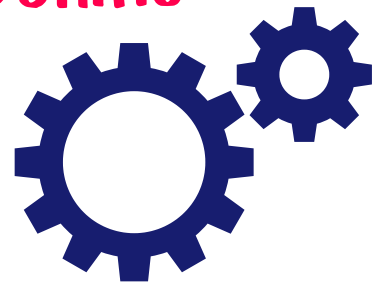
**WHAT HAS BEEN THE BIGGEST CHALLENGE
SINCE THE QUARANTINE?**

**WHAT ACTIVITIES OR HOBBIES HAVE
YOU ENJOYED DOING MOST?**



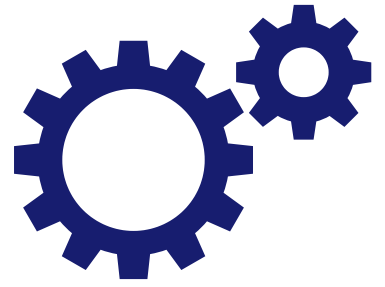
MY FAVORITE FAMILY MEMORY DURING

QUARANTINE IS....



A series of 15 horizontal dashed lines for writing.

A LETTER FROM MY PARENT OR SPECIAL GROWN-UP....



DEAR: _____

LOVE, _____

USE THIS PAGE TO CUT OUT SOME NEWSPAPER ARTICLES,
PRINT AND GLUE SOME PICTURES OF YOUR HOUSE OR
FAMILY, OR COLOR A PICTURE....

USE THIS PAGE TO TRACE EACH FAMILY MEMBER'S HAND
WITH A DIFFERENT COLOR MARKER OR CRAYON...