

YOUR COVID-19 FAMILY TIME CAPSULE



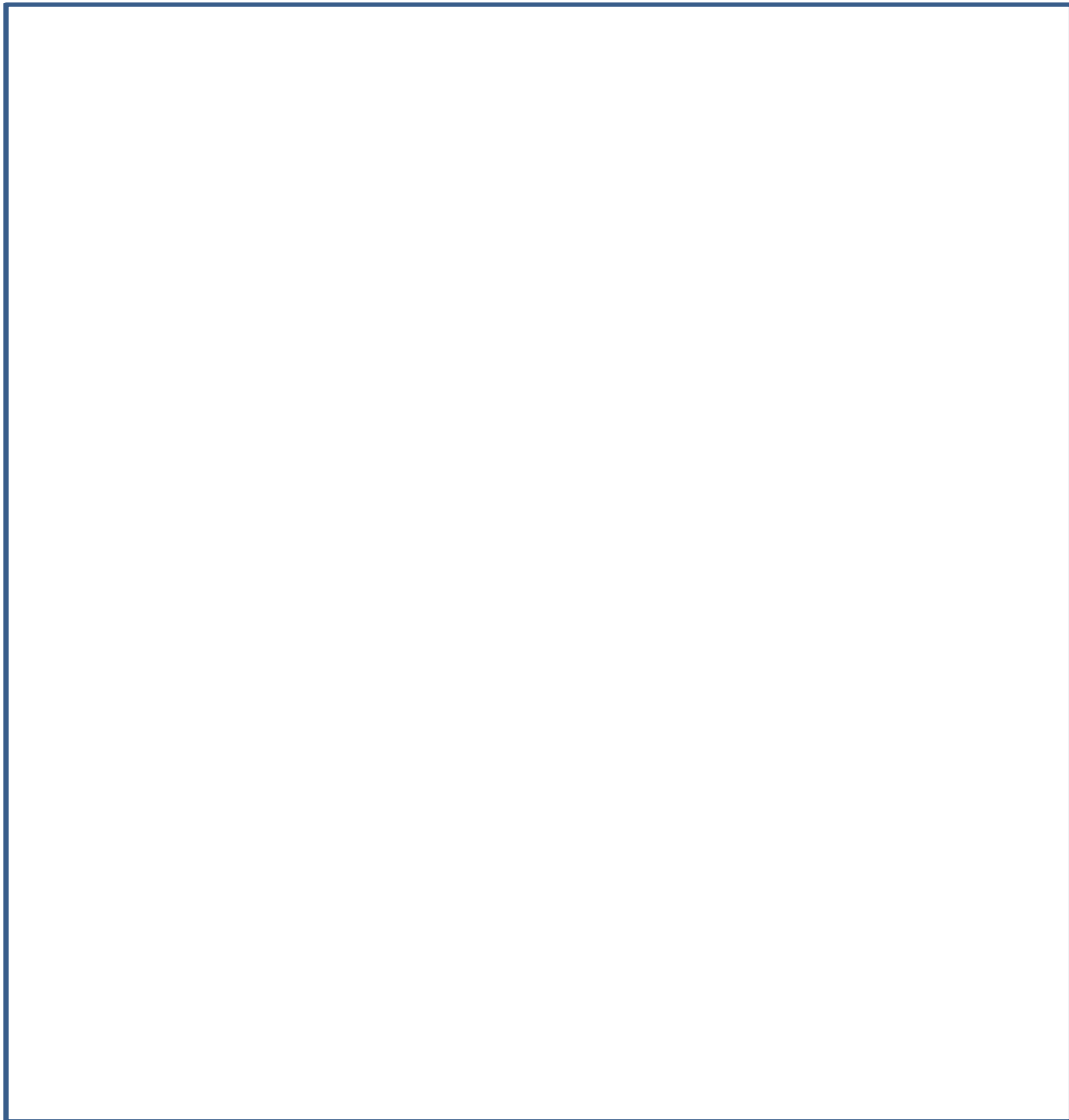
Make the most out of the time at home and capture memories to rediscover years from now!

*From,
Your Friends at Triad Engineering, Inc.*

Living Through History

THESE PAGES CAN BE SOMETHING TO LOOK BACK ON. GRAB A BOX OR A CONTAINER AND COMPLETE THESE PAGES, ALONG WITH THESE OTHER SUGGESTIONS:

- *Photos from this time*
- *Local newspaper articles*
- *Special arts and craft projects*
- *A journal of your days*



DRAW A PICTURE OF YOUR FAMILY

ALL ABOUT ME

My Favorite Things

TOY: _____

COLOR: _____

ANIMAL: _____

FOOD: _____

SHOW: _____

MOVIE: _____

BOOK: _____

SPORT/ACTIVITY: _____

PLACE: _____

SONG: _____

I AM:

____ YEARS OLD ____ INCHES TALL ____ POUNDS

MY BEST FRIENDS:

WHEN I GROW UP I WANT TO BE:

SPECIAL OCCASIONS

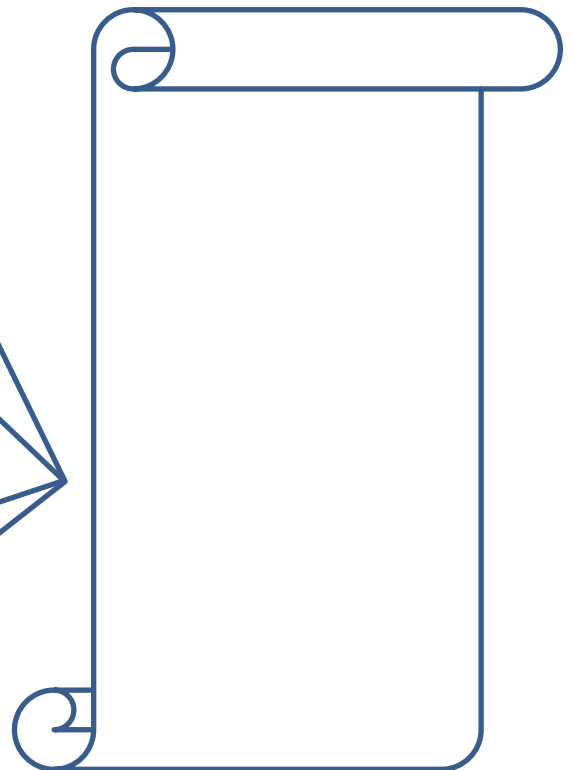
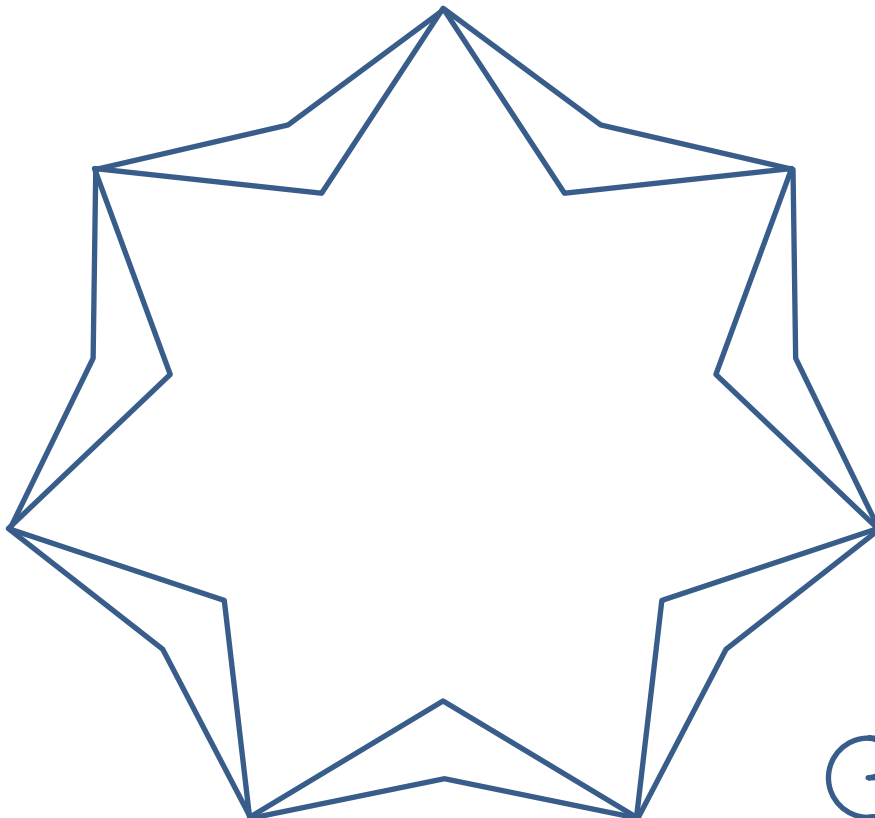
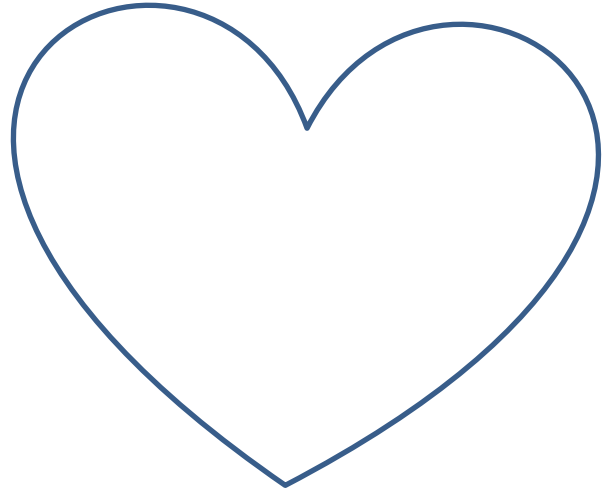
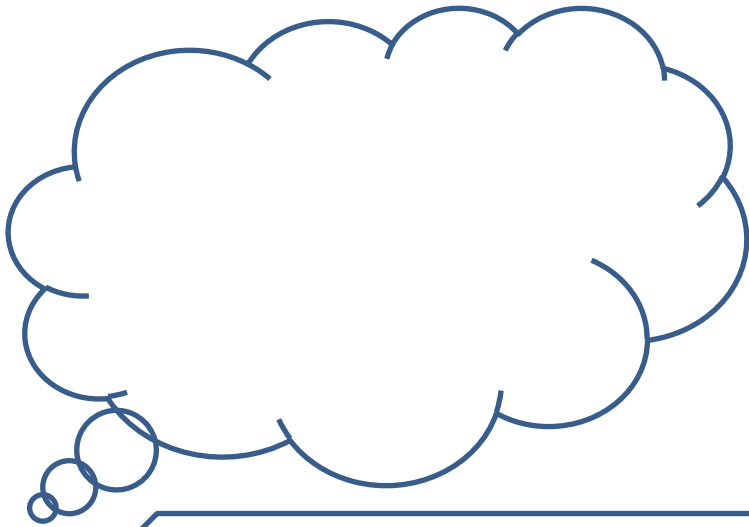
What occasions did you celebrate during this time? Write them below and how you celebrated!

EVENT	DATE	HOW YOU CELEBRATED

OUR HANDPRINTS

Trace the hands of all the people living in your home and color them in different colors!

WHAT I AM DOING TO KEEP BUSY AT HOME:



INTERVIEW YOUR PARENTS

WE'VE BEEN SOCIAL DISTANCING FOR HOW MANY DAYS?

HOW IS HOMESCHOOLING GOING FOR OUR HOUSE?

How are you feeling?

TOP THREE MOMENTS FROM THIS EXPERIENCE:

1. _____
2. _____
3. _____

LIST ANY NEW EXPERIENCES (READ A NEW BOOK, COOKED A NEW RECIPE, NEW SKILL LEARNED, ETC.)

IN WHAT WAYS DID YOU HANDLE (COPE WITH) STRESS?

GOALS FOR AFTER THIS:

A Letter from Your Parents

Dear _____,

Love,

