



# A NOTE FOR PARENTS

2020 has already been a year of immense change, concern and finding new normals. Building a time capsule with your child can help capture the unique moments defining this time. It also provides a bonding experience and helps little ones hone skills and critical thinking.

This is a great package for a school-age child to independently work on. Toddlers and preschoolers will likely need your guidance to read and respond. For infants, you can imagine the way your little one would respond to the prompts verbally to build a fun baby-book-style capsule.

We recommend introducing the idea of a time capsule and completing it in stages when your child shows interest. Use it all or choose just the activities that fit for you.

Remove this front page, enjoy and stay well!



# MY TIME CAPSULE

From the Covid-19 Pandemic in 2020

Name:



kids&  
COMPANY

# ALL ABOUT ME!

Help future you remember who you were at this time!

I am

years old!

I stand

inches tall!

I weigh

pounds!

I wear a size

in my shoes!

I have

eyes!

I live in the

community!

# MY FAVOURITE



**COLOUR:** -----

**ANIMAL:** -----

**SONG:** -----

**MOVIE:** -----

**MEAL:** -----

**TREAT:** -----

**BOOK:** -----

**GAME:** -----

**ACTIVITY:** -----

**JOKE:** -----

**TIME OF DAY:** -----



Draw a picture of who you are social distancing with!

# LIFE DURING COVID-19

List or draw what your typical day looks like for the morning, lunch, afternoon, evening and bedtime!

A.M.

Lunch

After  
noon

P.M.

Bedtime



# THE THINGS I SUPER MISS



<input type="checkbox"/> <b>Playing with friends</b>	<input type="checkbox"/> <b>Hanging with family</b>	<input type="checkbox"/> <b>Our normal routine</b>	<input type="checkbox"/> <b>High- fives</b>	<input type="checkbox"/> <b>Sports and activities</b>
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<input type="checkbox"/> <b>Hugs</b>	<input type="checkbox"/> <b>Preschool or school</b>	<input type="checkbox"/> <b>Teachers</b>	<input type="checkbox"/> <b>Play grounds</b>	<input type="checkbox"/> <b>Shopping</b>
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<input type="checkbox"/> <b>Restaurants</b>	<input type="checkbox"/> <b>Coffee shops</b>	<input type="checkbox"/> <b>Movie theatres</b>	<input type="checkbox"/> <b>Indoor play places</b>	<input type="checkbox"/> <b>Having visitors</b>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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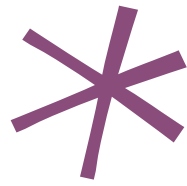


# THE BEST THINGS

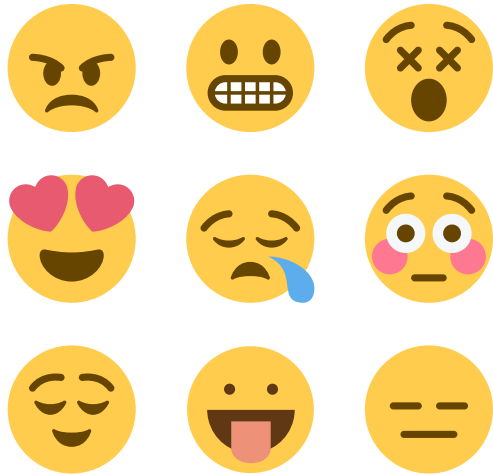
we've been doing in self-isolation



# FEELINGS



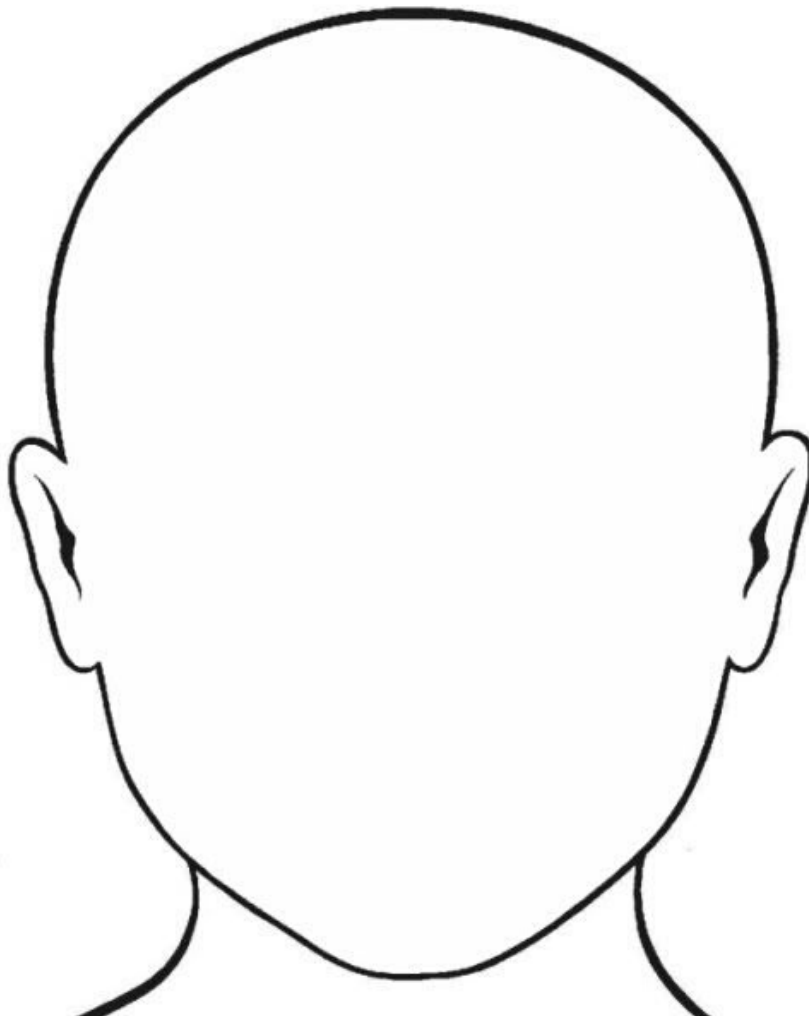
Circle the faces that show how you've felt.



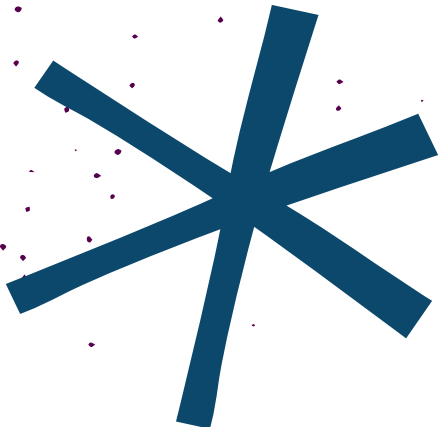
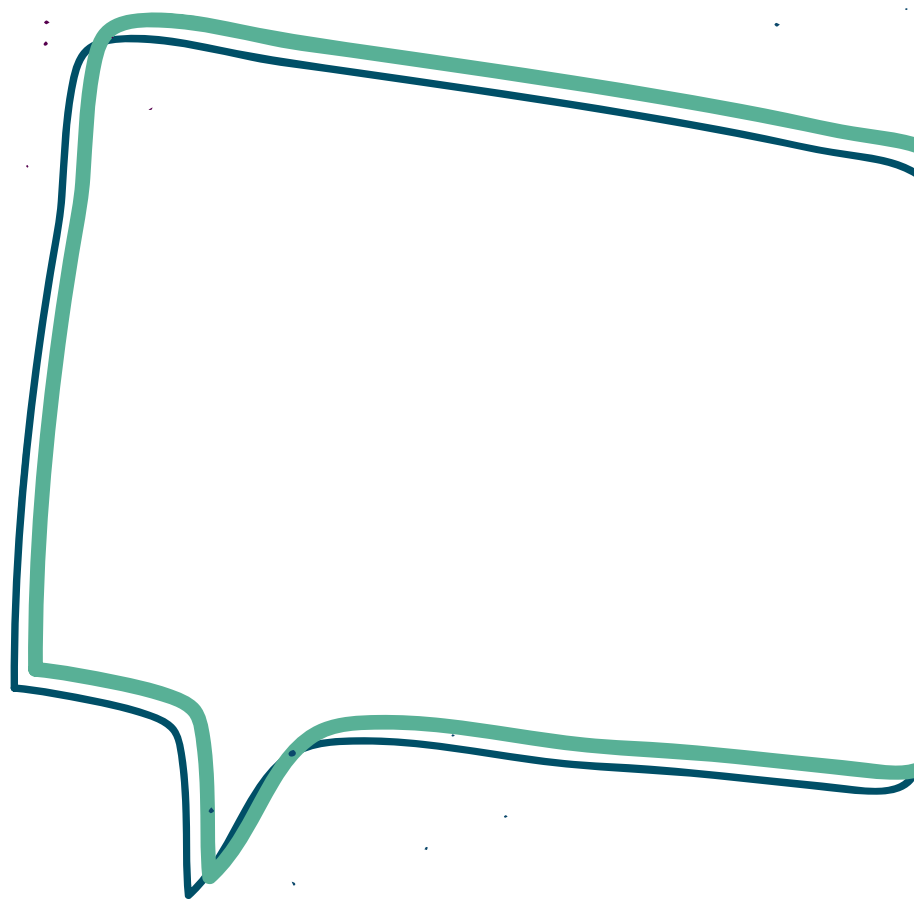
Circle five colours that best match your feelings.



Draw a face to show how you're feeling today.



**What is something your parents  
or siblings say a lot to you at this  
time?**





# INTERVIEW YOUR PARENTS!

What has been your biggest challenge?

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What has been the best thing about this experience?

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Explain one moment when you have been proud of your child during self-isolation.

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What is your favourite time of day and why?

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What do you hope your child will take away from this historical experience?

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*From the desk of:*

Write  
yourself a  
letter!



# THE FINISHING TOUCHES



Find a few more pieces to complete your time capsule!  
Add anything that can help you remember important  
moments during this time of self-isolation.

**Some ideas:** art projects, news clippings, magazine articles,  
journal entries, songs, photos of you, your family and home.

