



COVID-19 Time Capsule

What it is

Document these unprecedented times to capture, remember and share your feelings and memories. The time capsule workbook includes pages about you, your feelings, routines, community and more. Save and look back on how you experienced this historic time.

Why it matters

- It's important to pay attention to how we are feeling, coping and connecting in this challenging time. Drawing and writing are good ways to identify and process our feelings.
- Resilience is our ability to thrive or bounce back after a stressful or demanding situation. Use this activity to help young people reflect on, cope with and share their experience to help increase resilience.

Getting started

NOTE: This screen-free activity is done independently, and debriefed as as a group

Time: Varies depending on age and interest

Materials: Free [COVID-19 Time Capsule Download](#) by Natalie Long; writing and coloring utensils of youth's choice

How to do it

1. Draw a picture of the people you are social distancing with.
2. All About Me: Share your favorites, stats, friends, and dreams for the future.
3. How I'm Feeling: What are you thankful for? What have you learned? What are you excited to do when this is over?
4. My Community: Where are you living? How are you connecting with others?
5. What I am Doing to Keep Busy. What are your hobbies, chores and activities?
6. Our Handprints: Make a collage of the handprints of your home:

7. Special Occasions: What did you celebrate, and how?
8. Letter to Yourself: What do you want your future self to know about you and this time?
9. Interview Your Household: What has been the biggest change? Top 3 moments from this experience?
10. Letter from Your Household: Based on the interview, what does everyone in your household want to share about this time?

Take it further

- **Reflect:** Bring youth back together to debrief their time capsule making experience and discuss resilience. Resilience is when a good outcome occurs in the face of adversity. It can be thought of as the ability to overcome and work through difficult situations and life's challenges.
 - What is a good outcome or "silver lining" you've experienced in this time?
 - What is a challenge you had to overcome or work through? Who or what helped you?
 - What is something you've learned in this time?
 - What advice would you give to someone about how to handle living through a pandemic?
 - When you look back on yourself and this time, how do you want to be remembered?
 - Which page did you find most difficult to complete? What made it challenging?
- Download the adult version and bonus pages for graduates, birthdays and more.
- Store the finished time capsule in a box with keepsakes from this time (e.g., newspaper clippings, artwork, photos, recipes, daily schedule, a homemade mask), and pull out in 10 years or any time kids have questions.

SOURCES

Long, N. (2020). COVID-19 Time Capsule. Long Creations. Available at: <https://letsembark.ca/time-capsule>

Author: Kate Walker, Extension Specialist

Reviewer: Sarah Odendahl, Extension Educator