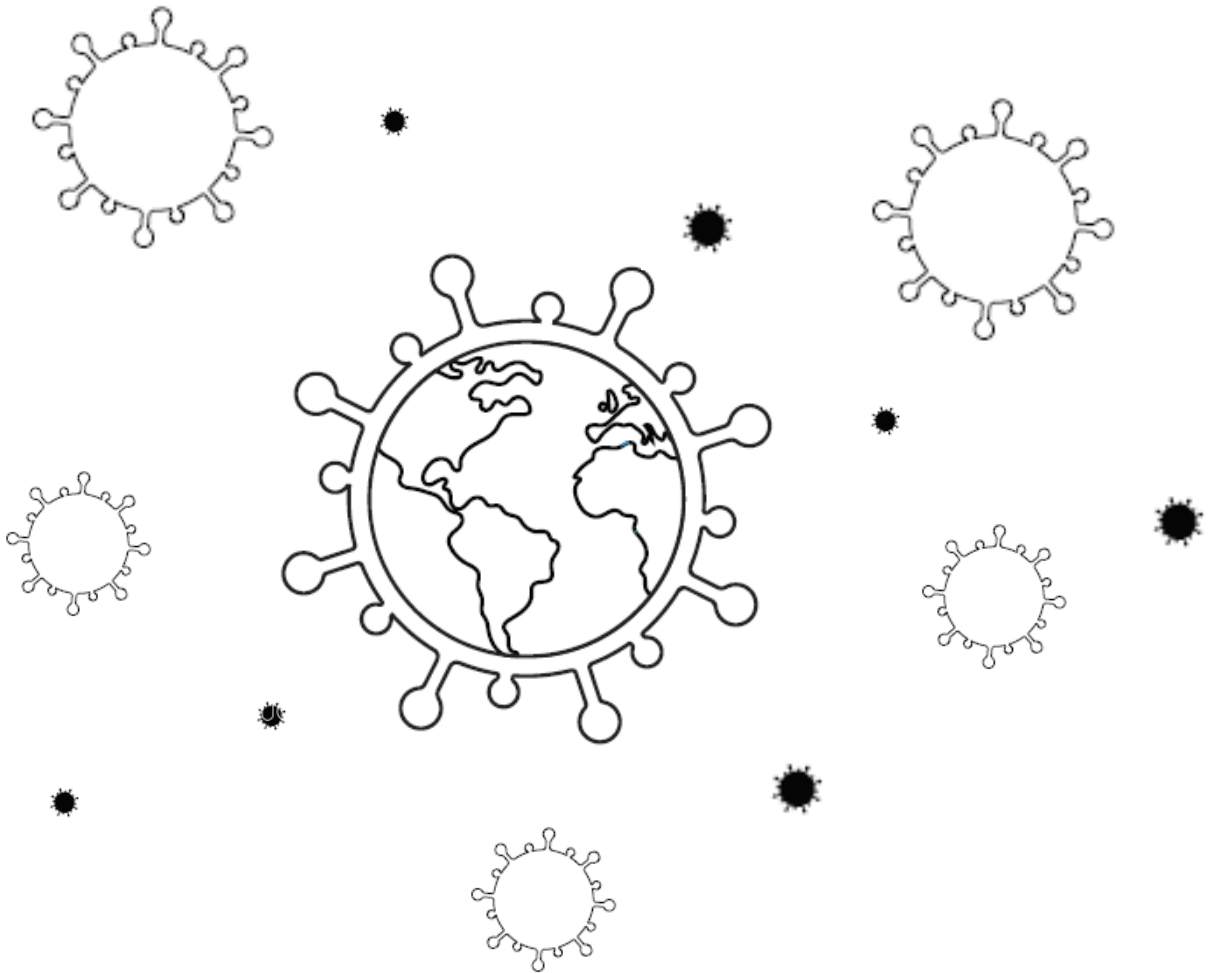


# My Sefton 2020 COVID-19 Time Capsule



BY : \_\_\_\_\_



Did you know that you are living through history?

Take some time to fill out these pages so that you can look back on them in the future

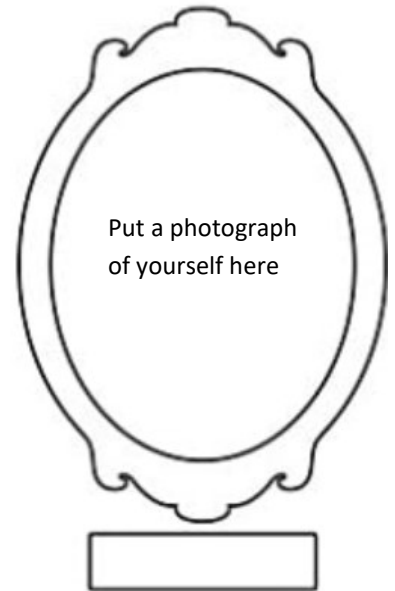
Here are some ideas of things you can include in your capsule...

- Artwork you've created
- Some photographs of your family/pets
- Special memories
- Write a diary of your time
- Some pictures of the people you are with
- Newspapers or clippings



Draw a picture of the people you are social distancing with

# All About Me!



## My Favourites

- ★ Animal \_\_\_\_\_
- ★ Food/Drink \_\_\_\_\_
- ★ Colour \_\_\_\_\_
- ★ Tv Show \_\_\_\_\_
- ★ Movie \_\_\_\_\_
- ★ Toy \_\_\_\_\_
- ★ Song \_\_\_\_\_
- ★ Book \_\_\_\_\_

DATE

AGE

HEIGHT

SHOE SIZE

My Best Friend(s)  
are...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

When I grow up, I  
want to be...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# How I feel



Some words to describe how I feel

\_\_\_\_\_

\_\_\_\_\_

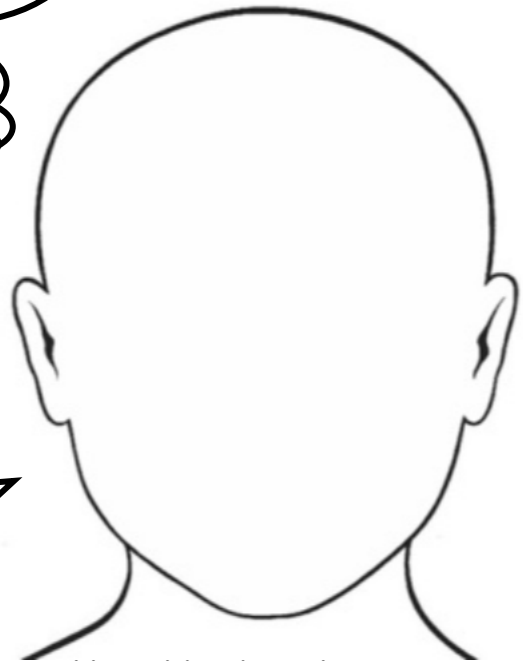
\_\_\_\_\_

What I have learned from this experience

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



How I look right now

Three things I can't wait to do when this is over

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# My Community

Make this house look like yours !

Who I am with during this time

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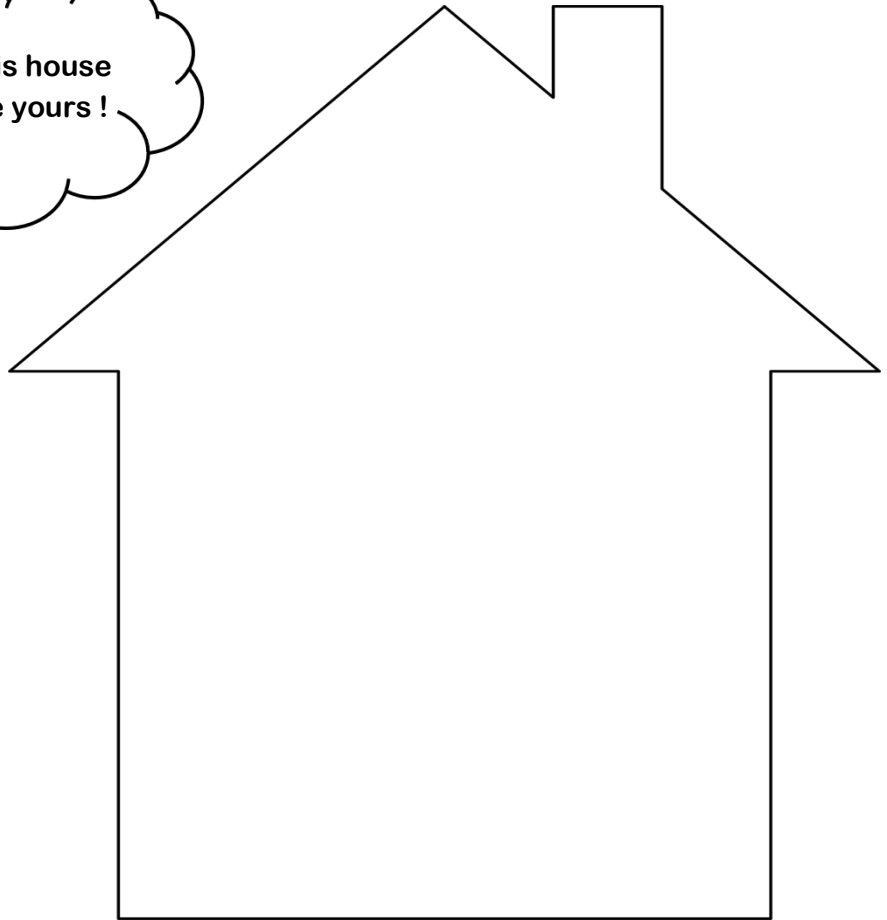
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What I am doing to keep connected to the outside, eg rainbow pictures in windows, sending letters etc

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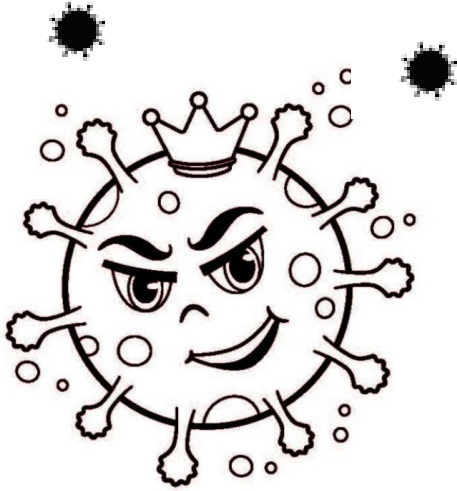
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# You're not stuck at home

## You're safe at home!



What have you been doing to keep yourself occupied while you've been at home?

A large empty square box for drawing or writing.A large empty square box for drawing or writing.A large empty square box for drawing or writing.A large empty square box for drawing or writing.A large empty square box for drawing or writing.A large empty square box for drawing or writing.



# Our Handprints



Use this space to print all of the hands of the people in your home. Make sure you use different colours!

# Special Occasions

What special occasions have you celebrated during this time and how have you celebrated? Eg., Easter, birthdays etc.

Event	Date	How You Celebrated



# Letter to Myself

Dear,

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Love,

# Letter From My Parents

**Dear,**

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**Love,**

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# Interview Your Parents

What's been the biggest change?

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Your new found favourite family game?

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Days Spent Inside

Top 3 moments from this experience?

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What are you most thankful for?

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How are you finding home schooling?

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