



# My COVID-19 Time Capsule

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# ***You are currently living through a historic event.***

Take some time to complete this booklet for your future self. Fill the pages with anything and everything from your time spent in quarantine. Examples of things to include in your time capsule are:

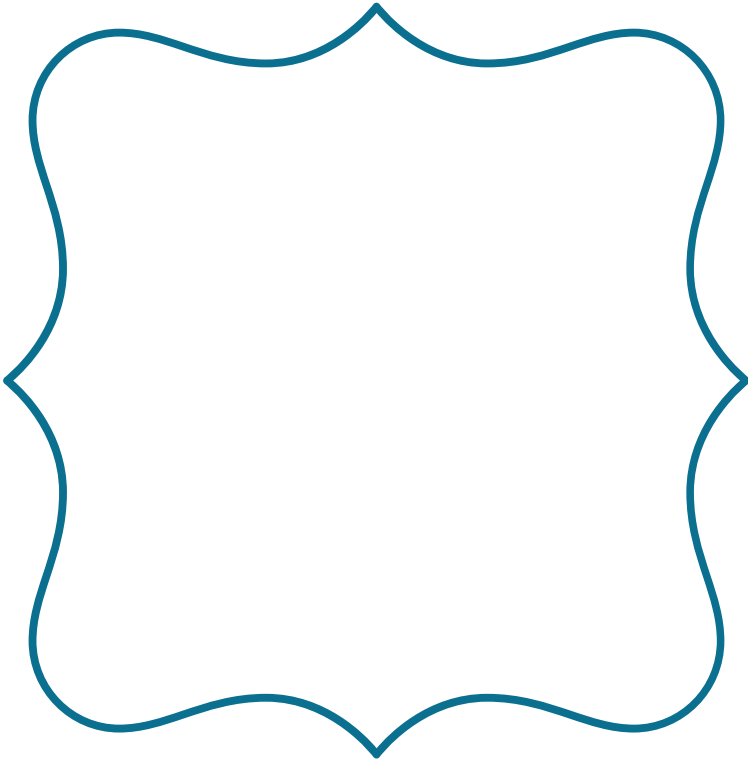
- Momentos to remind you of a special memory
- A Toilet Paper Roll
- Empty Hand Sanitizer Bottle
- Newspaper clippings
- Pictures of your family/pets
- Pictures of your house, garden, bedroom, and street
- A list of popular expressions (slang)

Glue or draw a picture of the people you are in quarantine with.

# All about the Author!

My name is

\_\_\_\_\_



Draw or glue a picture of yourself

I am \_\_\_\_\_ years old.

I stand \_\_\_\_\_ inches tall.

I weigh \_\_\_\_\_ pounds.

Favorites:

Color:

Toy:

Food:

Animal:

Song:

Movie:

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When I grow up I want to be...

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# ***What's going through my head?***

One thing I am most  
thankful for...

One word to describe  
how I feel...

One thing I have learned  
from being in Quarantine...




Three things I am excited to do once I am out of Quarantine:

- 1.
- 2.
- 3.

It's easy to forget but...

***You are not stuck in your home,  
you are safe in your home!***



Activities I like to do  
during the day to keep me busy...

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# Special Occasions

What special occasions did you celebrate while in quarantine? (Ex: St. Patrick's Day, Birthdays, Easter, Anniversaries, etc.)

Date	Event	How I celebrated



# ***A Letter to Myself***

Date \_\_\_\_\_

Dear Future Self,

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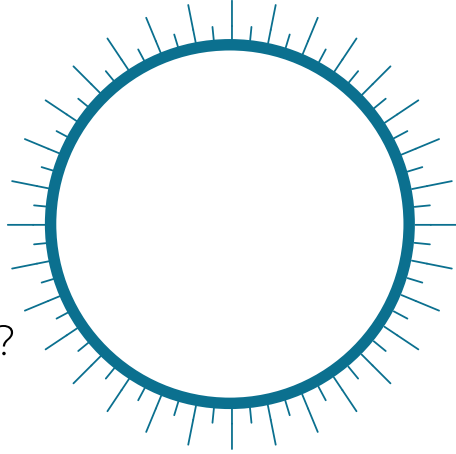
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Love,  
Past Self



# ***Interview with my Parents***

How many days spent indoors?



What has been the biggest change?

How are you feeling?

What activities/ hobbies have you enjoyed?

Top three moments while in Quarentine:

Favorites:

Family Activity:

Food to Make:

Time of Day:

Goals for after Quarentine:





# ***A Letter from my Parents***

Date \_\_\_\_\_

Dear \_\_\_\_\_,

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Love,

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Come Visit the Dunes Center, Free Admission with a completed booklet!



1065 Guadalupe St.,  
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Wednesday- Sunday  
10:00AM - 4:00PM