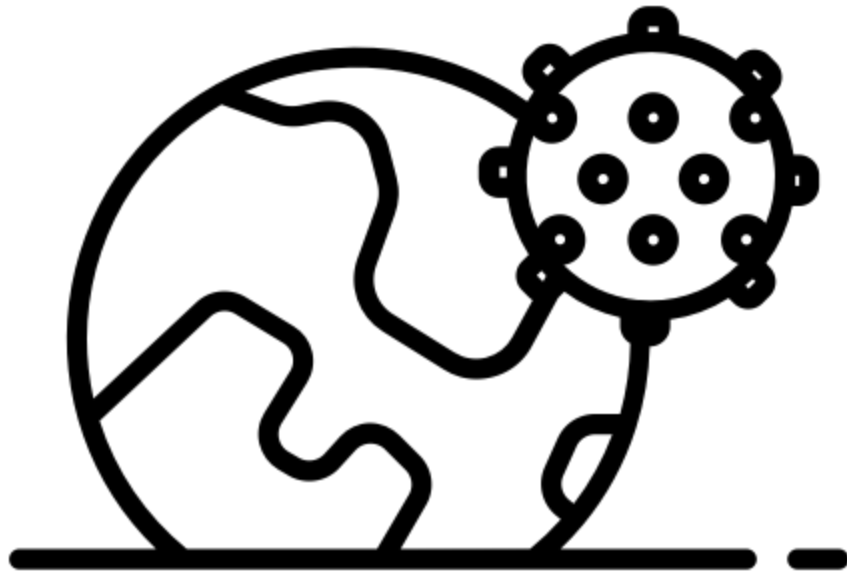


COVID-19 Time Capsule



How I kept sane when the
world was a little crazy

We were home from _____ to _____

Living History

Paste some headlines, photos, artwork, or other mementos here.

Me Right Now

I am _____ years old

I am _____ tall

I live in _____

My best friend(s): _____

My dream job is _____

My favourites:

Place _____

Colour _____

Animal _____

Food _____

Band / singer _____

Song _____

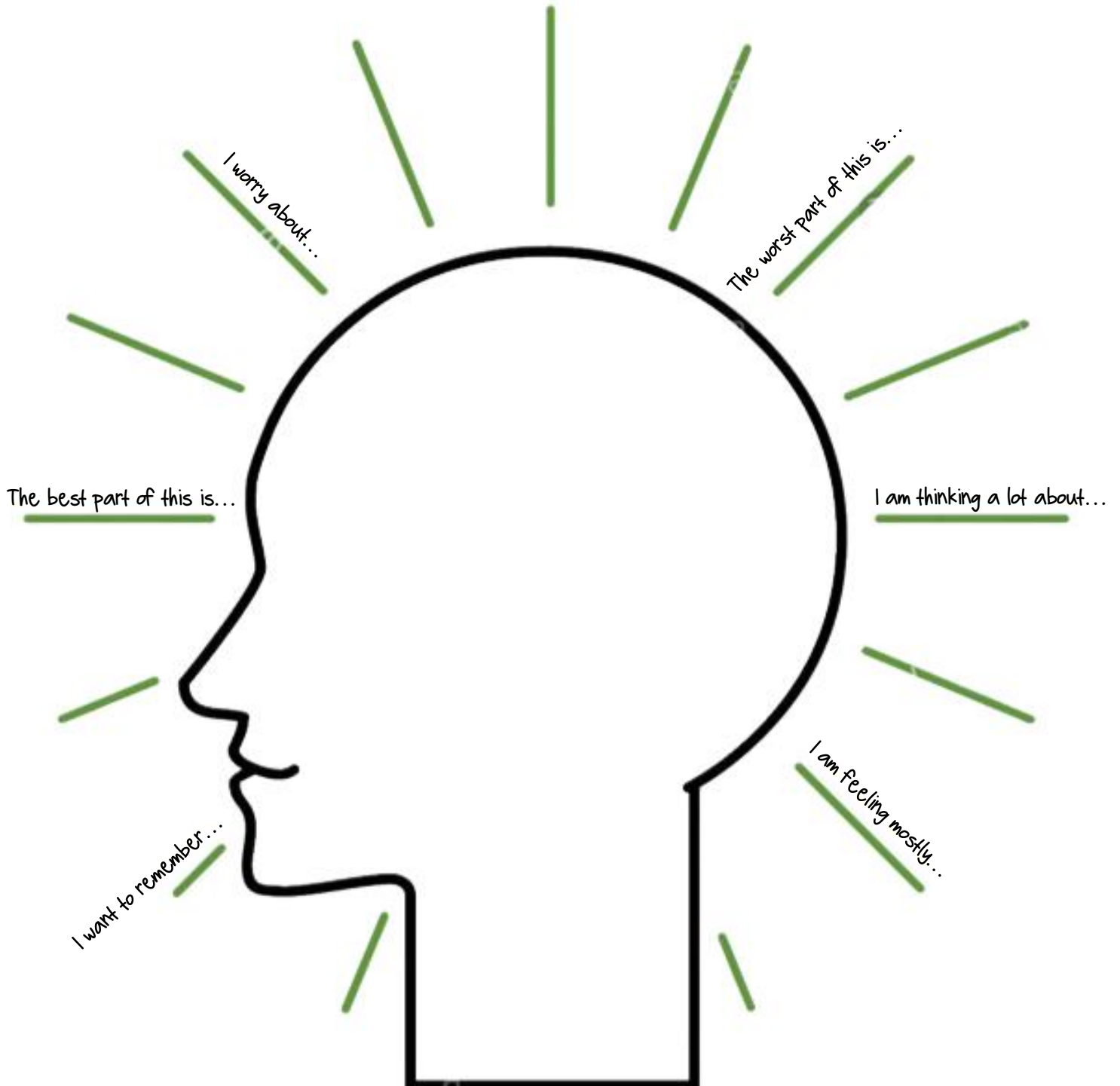
Show _____

Celebrity _____

Book _____

Way to spend time _____

Inside My Head





Silver Linings

Once this is over, the first thing I want to do is _____

I am grateful that I _____

I have learned _____

I found out I actually like _____

I am staying connected with my friends and family by _____

A Day in My Life

Here's what a typical day of staying safe at home looks like:

I usually spend the morning _____

I'm keeping up with school at home by _____

In the afternoon, I _____

Evenings are for _____

The best time of day is _____

because _____

I am keeping active by _____

New Celebrations

While we were staying safe at home, we had some holidays and special events. Here's how we celebrated.

Special Thing	Date	What We Did

In Other News

There was other stuff going on too.

Who else is home with me (include everyone, even pets):

What is everyone else doing during this time?

What has been the biggest change?

What is the most surprising thing about this whole situation?

What Else?

Anything you want to add?

Thoughts, feelings, wishes, ideas...