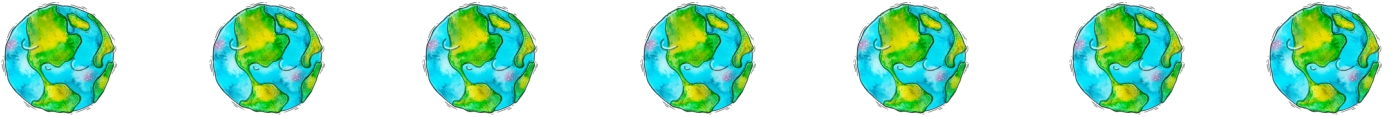


My Covid-19 Time Capsule



My Time Capsule Booklet

In the Spring of 2020, the whole world experienced a global pandemic. During this time, everybody on the planet experienced a range of emotions and a different way of life.



This booklet tells my story...

Once this booklet is completed, it will be locked away for my future self to read or for someone in the future to find!

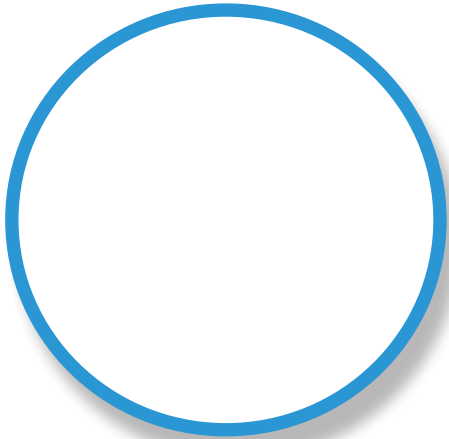
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Here and Now

Days Spent In Lockdown

Date.....



My name is.....

The town/city I live in is.....

.....

I live with.....

.....

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

.....

My eye colour is.....

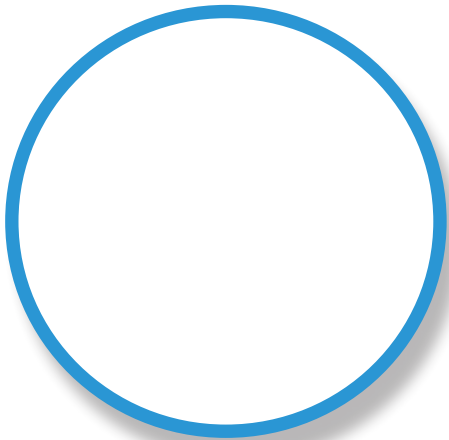
My hair colour is.....

My favourite thing to do is.....

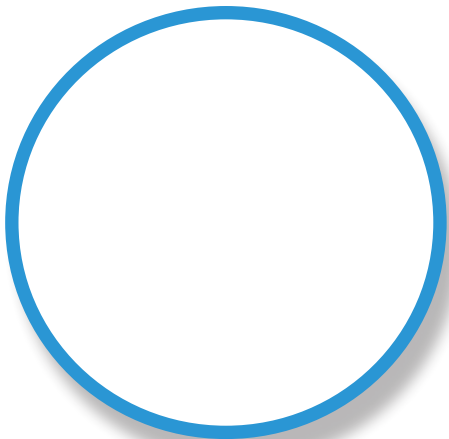
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My Age



My Shoe Size



@ Home During COVID-19

I spent lockdown with...

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Something new I tried during lockdown was...

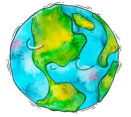
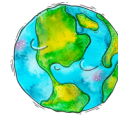
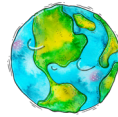
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Special occasions I celebrated during the COVID-19 lockdown.

Eg. Easter. Birthdays, Bank holidays, Anniversaries etc.

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My Feelings

Circle one of the faces below that best describes your mood throughout lockdown.



Write a small paragraph about how you have been feeling throughout this time.

Handwriting practice area with ten horizontal dotted lines for writing.



My Community

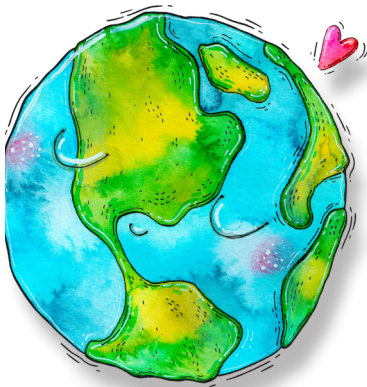
During the global pandemic in 2020, there were many negative effects across the world but it was also a time where families were brought together and communities worked hard to support each other.

Can you give examples of some positive outcomes from having to stay at home?



A large rectangular writing area with a green border. It contains ten horizontal dotted lines for writing.

How did your community appreciate the acts of our key workers?



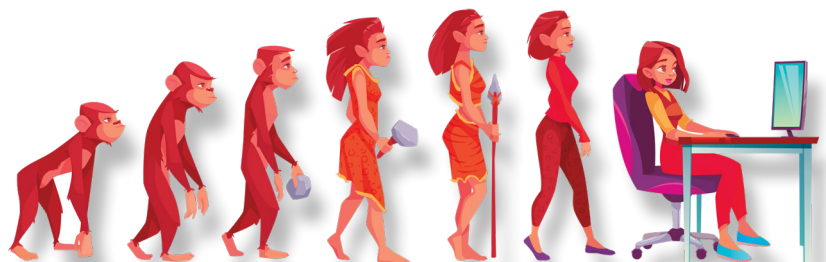
A large rectangular writing area with a blue border. It contains ten horizontal dotted lines for writing.

Living Through History

You are living through history right now!

Fill this page with special memories for your future self to look back on.

Here are some ideas: local newspaper clippings, photos, art work you have created, a journal or you might want to think of your own.



Letter To My Future Self

Write a letter to your future self and imagine yourself opening it in 20 years and remembering this time in your childhood.

To Me

A series of horizontal dotted lines for writing the letter.

From Me

Interview With My Parents/Carers

Use this profile to find out how someone else has been coping in lockdown.

Draw a profile picture

Date:

Interviewed by.....

Name.....

Age.....

Relationship to me.....

What was the biggest change for you as a result of COVID-19?

.....

.....

Did you have to provide home-schooling? If so, how did you find it?.....

.....

.....

What have you enjoyed most about this experience?.....

.....

.....

List your top three moments from being in lockdown.....

.....

.....

Changes

Many of us have had to make changes to our daily routines during this time.

Can you think of three changes you have made in lockdown?
These may be positive or negative.

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Can you think of anything you may change in your life
as a result of lockdown?

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The 1decision Times

Write and draw your own newspaper article describing what it was like during this time.

Headline

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Date.....

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The 1decision Times

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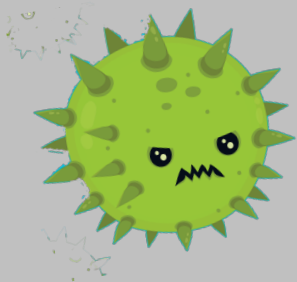
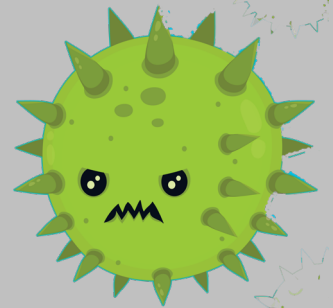
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Date I buried my time capsule.....

Signed By.....

2020