

COVID-19 TIME CAPSULE JOURNAL



BY: _____

NOTE TO TEACHERS, PARENTS, AND CAREGIVERS

I hope this time capsule is an engaging activity that kids and families can complete together at home. There are several different pages and activities to choose from, and it's possible that not all of them apply to your situation.

No matter which pages you choose to include in your time capsule, though, this resource will be something kids can look back on when they're older to remember and understand what it's like to go through a major historical event.

If your child can read, many of the activities can be completed independently. However, I encourage you to go through the pages as a family and decide which ones you want to include in your time capsule. You may choose to print multiple copies of certain pages so different family members can offer their own perspectives on particular topics.

Discussing some of the prompts together may be helpful, especially if your child or student is nervous or anxious about coronavirus. I have included a page of facts about COVID-19 that you may choose to share with your students or children before getting started. You can read more about discussing coronavirus with kids on the [Centers for Disease Control and Prevention \(CDC\) website here](#).

COVID-19

What is COVID-19?

COVID-19 is a shorter name for "coronavirus disease 19." It is a new virus that doctors and scientists are still learning about. Over the past few months, COVID-19 has spread throughout the world and made many people sick. The virus has spread so much that it is now considered a pandemic. A **pandemic** is the worldwide spread of a new disease that affects large numbers of people. Doctors, nurses, and other health experts are working hard to help people stay safe and healthy.

What can you do to help protect against COVID-19?

Coronavirus is contagious, meaning it spreads from person to person. You can help prevent this spread by practicing healthy habits at home and anywhere you go.

- When you feel like coughing or sneezing, try to do it into a tissue or your elbow. If you use a tissue, make sure to throw it in the trash right after you use it. Wash your hands after coughing, sneezing, or blowing your nose.
- Keep your hands away from your face, especially your mouth, nose, and eyes.
- Wash your hands with soap and water for at least 20 seconds several times a day. Try to wash your hands after coughing, sneezing, playing outside, or touching anything that a lot of other people have touched (door handles, game controllers, computer keyboards, etc.).

Many governments around the world are asking people to practice social distancing and self-quarantine. **Social distancing** means taking steps to increase the physical space between people in order to slow the spread of the virus. Working from home, closing schools, and canceling large events are all types of social distancing.

In addition to social distancing, many people are also participating in self-quarantine. To **self-quarantine** means to separate yourself and the members of your household from other people that do not live with you. You can help make sure you don't spread the virus to other people by staying at least six feet apart from people outside of your house. Although social distancing and self-quarantine can be difficult, the good thing is that these measures do not have to last forever. In the meantime, you can help future historians, archaeologists, and anthropologists learn about COVID-19 and what it was like to live during the coronavirus pandemic by creating a time capsule. Let's get started!

CORONAVIRUS TIME CAPSULE I

What is a time capsule?

A time capsule is a container used to store a collection of objects chosen to represent a specific event or moment in time. Time capsules are a way to preserve memories and provide information about the past. Usually, a time capsule is buried or preserved so that it can be opened or discovered in the future.



Creating your own time capsule can be a fun activity and a great way to preserve your memories, especially during a unique time like the coronavirus pandemic. Although you can create a time capsule on your own, it can be more fun and useful to invite other people to participate as well.

Time capsules can be physical or digital. A physical time capsule will include actual objects. In a digital time capsule, each object is stored digitally using images, links, documents, and other electronic files.

Time capsules can be created just for you and your family, or they can also be used to help future historians, archaeologists, and anthropologists. All of these people study the past, and you can help them understand more about COVID-19 and what life is like during the coronavirus pandemic by creating a time capsule. If you don't like the idea of future strangers looking at your time capsule, though, that's perfectly fine too! A time capsule is just as helpful and just as much fun even if you and your family members are the only ones to see it.

What is a time capsule journal?

This journal is meant to serve as one of the objects you put in your time capsule. It's a helpful way to provide more information about those helping to create the time capsule because it captures your thoughts and feelings during this time. The journal can also be used to provide more details about the other objects included in your time capsule. You may not want to complete every page in this time capsule journal, and that's perfectly okay! Feel free to choose only the pages you're interested in or want to include.

How long does it take to make a time capsule?

Remember that a time capsule doesn't have to be created all in one day. Putting together a time capsule can sometimes take several weeks! Spreading out the entries in your time capsule journal can actually provide more information about the coronavirus pandemic since it will show how your thoughts, opinions, and situation can change over time.

CORONAVIRUS TIME CAPSULE 2

When will you open your time capsule?

Decide when you want to open your time capsule. Will you open it yourself or do you want to leave it closed so someone else can open it in the future? Would you like your time capsule to last for a long time or just a few years from now? Knowing when you want to open your time capsule may help you decide what kind of container you want to use and how you will store it. It may be helpful for you to set a reminder to open your time capsule on a certain date so that you don't forget about it. Telling other people about your plan, choosing a date that is already meaningful to you (your birthday, etc.), and writing the open date on your container may also help you remember.

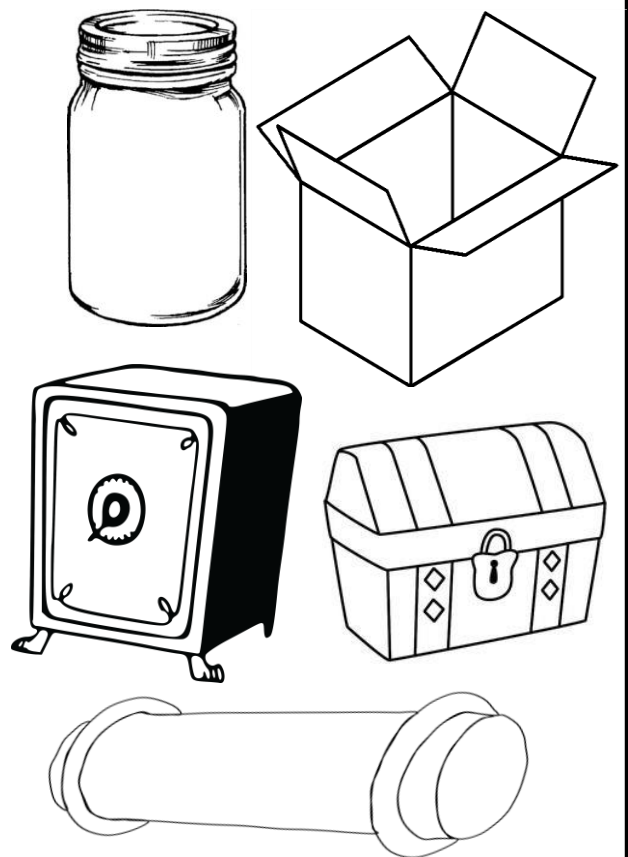
Where will you keep your time capsule?

Some people choose to bury time capsules, but it might not be the best choice. Buried time capsules may be forgotten or lost, and the objects inside your time capsule might be damaged. If you choose to bury your time capsule, you will definitely need an airtight and waterproof container. Storing your time capsule inside your house may be the best option since the objects will be less likely to get damaged from moisture or other elements of the environment. Just pick a closet or cabinet where you can store the time capsule until you're ready to open it.

What container should you use?

If you're creating a physical time capsule, you want to choose a container that will preserve the materials inside. If you're keeping your time capsule in your house, a simple cardboard box will probably work just fine. If you really want to protect your time capsule, though, you might put it in a fireproof container or safe. If you're creating a digital time capsule, you could store it on a flash drive or digitally in the cloud using a service such as Google Drive or Dropbox.

Before deciding on a container for your time capsule, it's a good idea to plan what you want to include beforehand. This will help you determine what kind of container you need and how big it should be.



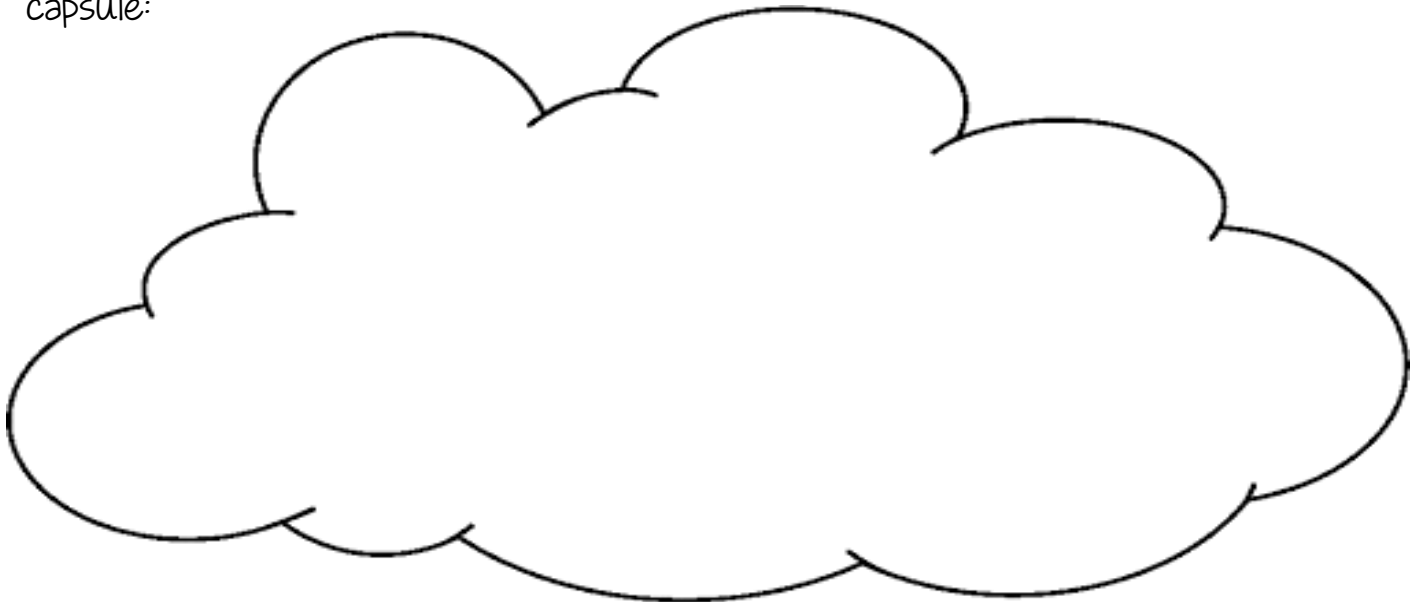
CORONAVIRUS TIME CAPSULE 3

What should you include in a time capsule?

A great thing about time capsules is they can be as simple or elaborate as you want them to be. You may want to include just a few items, or you may choose to include several. If you do not want to preserve actual objects, you can print out pictures or cut images from magazines to represent the objects. When you're choosing your objects, think about who you want to open your time capsule and what you want them to know about the coronavirus pandemic. Think about why this time period is unique and how you and your family have been experiencing it. It's completely up to you to decide what to include in your time capsule, but here are a few suggestions:

- Photos
- Drawings
- Letters
- Journal
- Interviews with friends/family members
- Newspaper clippings or printed internet articles that show dates
- Toys/entertainment
- Food labels or packaging (including prices is fun too!)
- Notes to your future selves
- Family tree
- Advertisements
- Clothing or pictures of current fashion trends
- Objects related to work (badge, job title, etc.)
- Autographs
- Movie/TV show reviews
- Map of your house
- Stamps, coins, or other collectable objects
- Quotes or other meaningful texts
- Memories/stories from quarantine
- Predictions about the future
- Objects related to special events/celebrations
- Objects related to quarantine (masks, toilet paper, etc.)
- Recipes

Use the space below to brainstorm some specific objects that may go into your time capsule:



ALL ABOUT ME

Basic Facts:

Birthday: _____

Age: _____

Grade: _____

Location: _____

Height: _____

Shoe Size: _____

Draw or attach a picture

NAME: _____

My Favorites

My Best Friends Are:

Things to do inside:

Things to do outside:

Animals:

Foods:

Books:

TV Shows/Movies:

Games/Sports:

Places:

Subjects:

Songs/Dances:

When I grow up,

I want to be...

IT ALL STARTED WHEN...

How did you first learn about COVID-19? What were some of the first things to happen that let you know things were changing? In your own words, describe what you know about the coronavirus pandemic and how your daily life has changed because of it.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

ALL ABOUT COVID-19

Pretend someone who doesn't know anything about the coronavirus is going to find this time capsule one day. What should they know about the current situation? Think about describing what COVID-19 is, how it spreads, what you can do to help protect against it, and how life has changed for many people around the world because of the virus.

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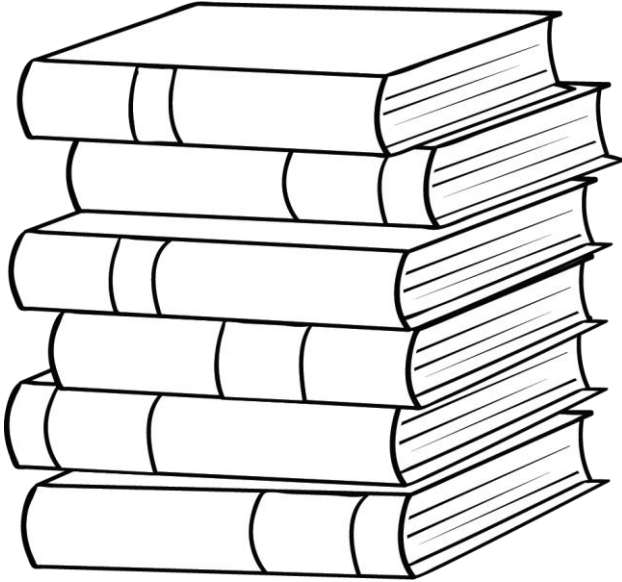
LOCATION, LOCATION, LOCATION



Where have you been spending your time during the coronavirus pandemic? Write, draw, and/or attach photos to this page to share information about your house, city, state, region, country, etc.

SCHOOL STORIES

Who from school do you miss the most?
Write their names on the book spines.



How did you feel when you learned that
schools were closing?

Describe what school is like now. Who
is teaching you and how?

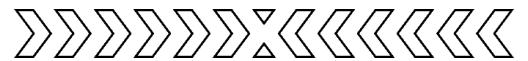


SCHOOL STORIES

What is the best thing about learning from home?

What is the worst thing about learning from home?

What was your last day of school like?

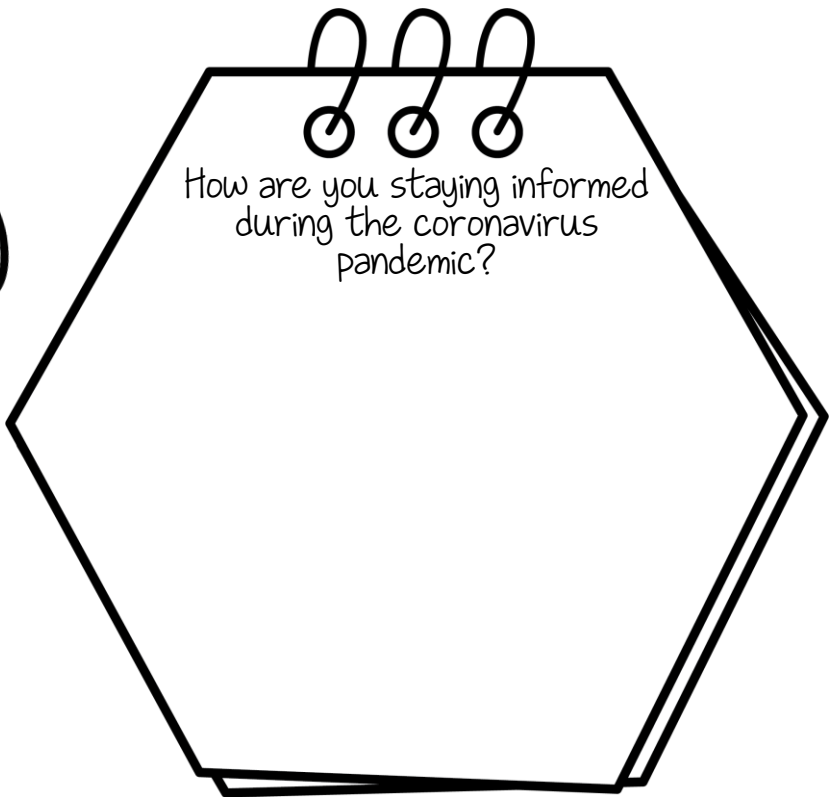


Which school subjects are
your favorite to study?

BREAKING NEWS



Use the blank space on this page to attach any news clippings or printed articles about the coronavirus. If you do not have any, write some headlines you've seen in the media.



How are you staying informed during the coronavirus pandemic?

A large, hand-drawn hexagonal shape representing a spiral-bound notebook. It has three loops at the top, indicating the spiral binding. The interior of the hexagon is mostly blank, with the question "How are you staying informed during the coronavirus pandemic?" written in a simple, handwritten-style font near the top.

What have you learned from watching, listening to, or reading the news?

A large rectangular box with a double-line border. The top-left and bottom-right corners are folded over, giving it a three-dimensional appearance. The text "What have you learned from watching, listening to, or reading the news?" is written in a simple, handwritten-style font in the upper right corner of the box.

CORONAVIRUS JOURNAL TOPICS



Keeping a journal can help you process your thoughts and feelings in a safe space. Consider writing about any or all of these topics as part of your COVID-19 journal. You can use a notebook, regular paper, or the journal entry template on the next page. You can also brainstorm some of your own journal entry topics at the bottom of the page too!

- Do you think it's a good idea for the schools to shut down? Why or why not?
- If you could change one thing about self-quarantine at home, what would it be?
- How do you think the world will be different after the coronavirus pandemic ends?
- What do you want to remember most about this experience?
- If you could have one more person staying with you while you stay at home, who would it be and why?
- If you could be quarantined with any character from a book, TV show, video game, or movie, who would it be and why?
- Is there anything you used to do that doesn't seem to matter as much right now? Explain.
- If you were in charge of the country, what rules would you make about the coronavirus? What would you ask people to do or not do?
- If you had known that you would have to self-quarantine months ago, what would you have done to prepare?
- If you had \$1,000,000 right now, what would you spend it on to make staying at home more enjoyable?
- What was the biggest headline on the news today? How did it make you feel?
- What made you laugh this week?
- Write about something new you've done or learned to do during the coronavirus pandemic.
- What has your family done together in the last few weeks that you haven't done before or haven't done in a long time before coronavirus?
- Have you or your family done anything to help anyone in the last week? Write all about it!
- Write about something that you don't want to ever forget.
- During times of uncertainty, it's natural to find comfort in different things like food, books, TV, video games, people, or pets. What is bringing you comfort right now and how?
- What would you tell someone who is having a hard time during the coronavirus pandemic? How would you try to make them feel better?
-
-

JOURNAL

Date: _____

[illegible]

DAILY JOURNAL

Date:

How are you feeling?

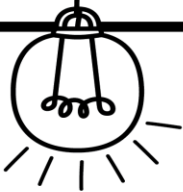


What did you do for fun?

What was your favorite part about today?

What did you learn?

What have you been thinking about?

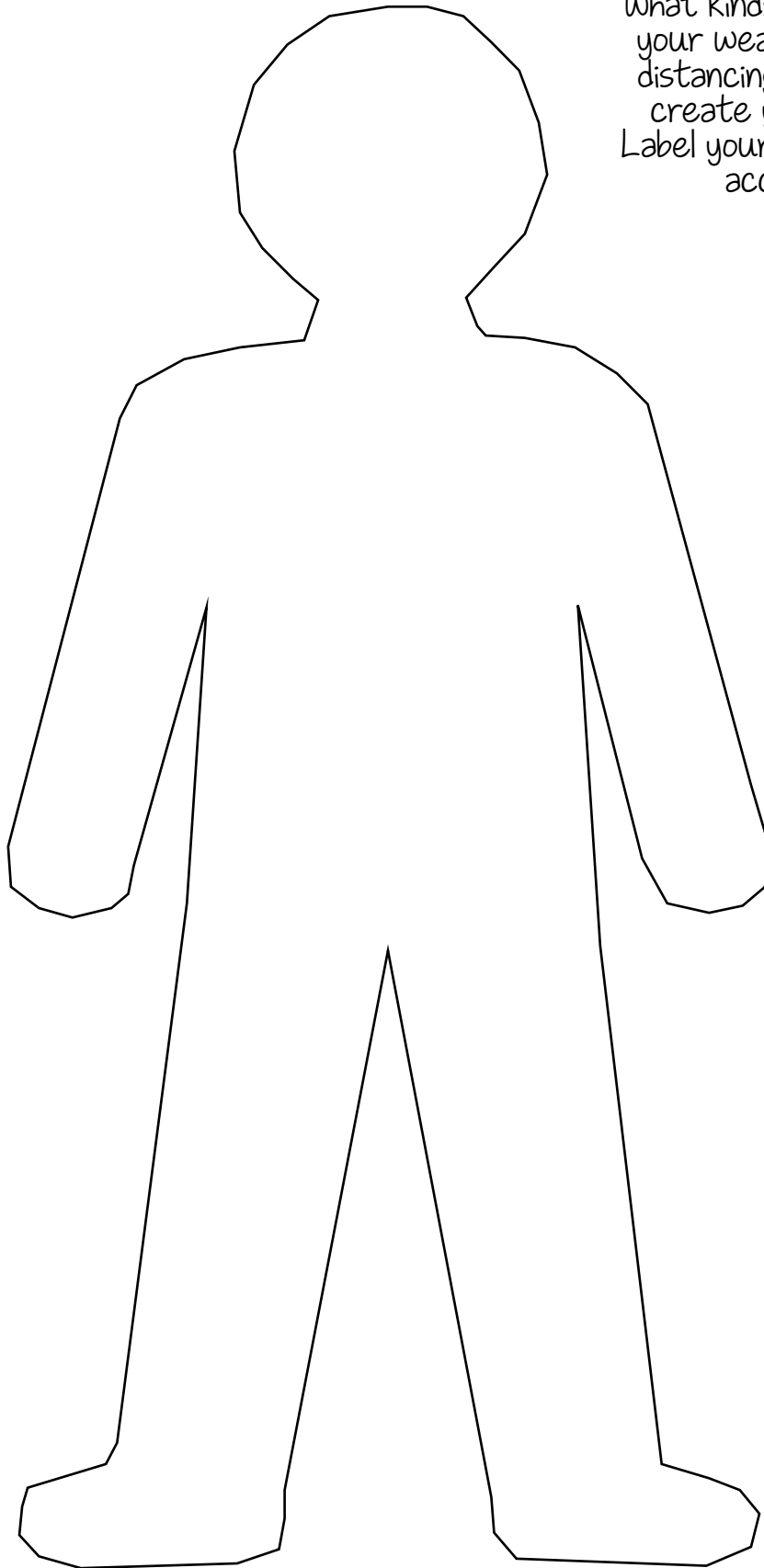


What are you planning for tomorrow?

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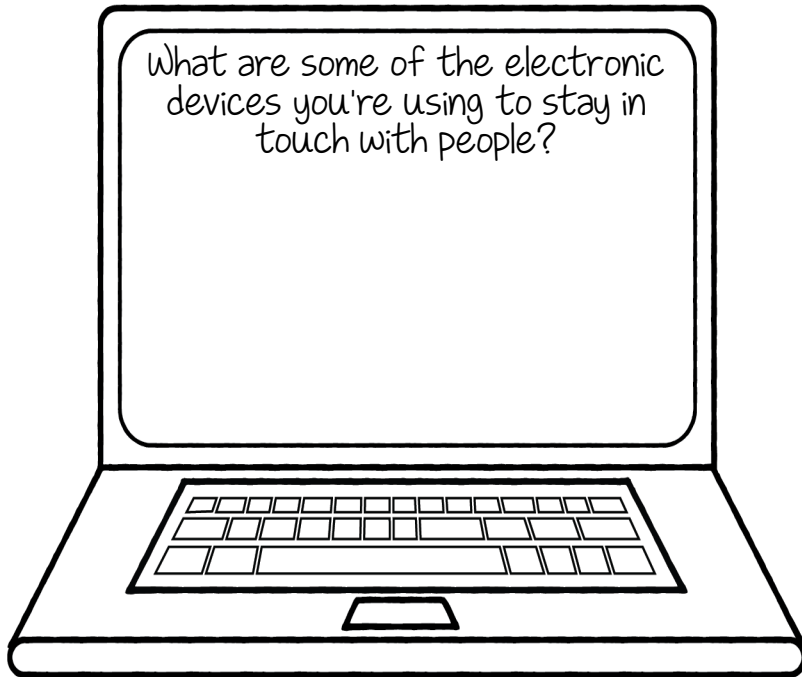
QUARANTINE FASHION

What kinds of clothing are you wearing while social distancing at home? Re-create your look here. Label your clothes and any accessories.



STAYING CONNECTED

Although you may be physically isolated from some of your family and friends, there are lots of ways that you can still stay in touch.



Who are the people you've been talking to most?

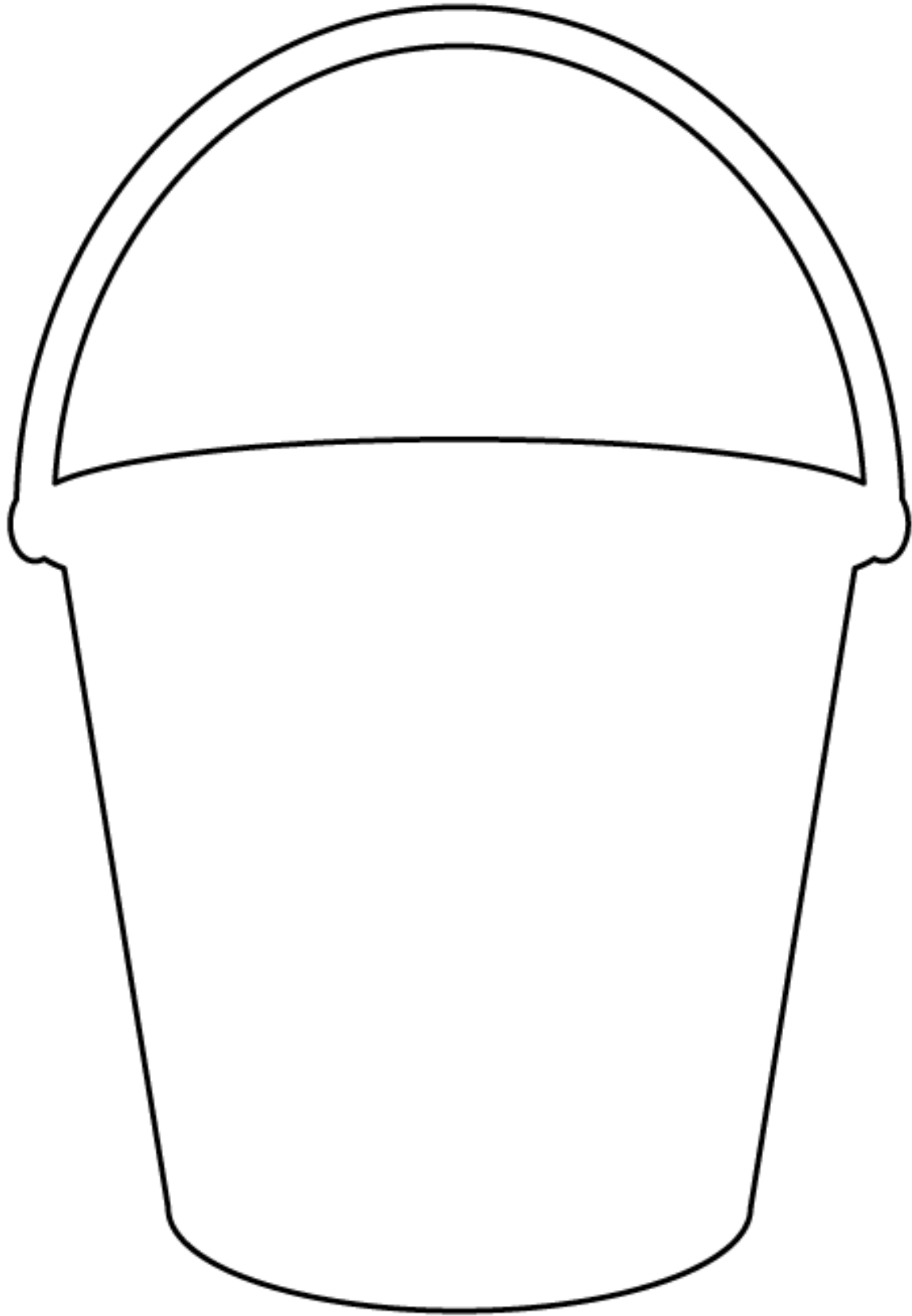


Have you been using any "old" methods of communicating like writing letters?

Do you know someone that lives alone? Write them a short note to let them know you're thinking about them.

Tip: Share it by taking a picture!

POST-PANDEMIC BUCKET LIST



A bucket list is a list of things you want to do or experience during your lifetime. Think about all of the things you want to do, places you want to go, people you want to see, etc. once the coronavirus pandemic ends and people are no longer in quarantine.

GRATITUDE

During stressful and difficult times, it's very important to practice gratitude because it helps us see and remember all of the positive things we have to be grateful for.

Write about a person (or people) in your life that you're especially grateful for and why.

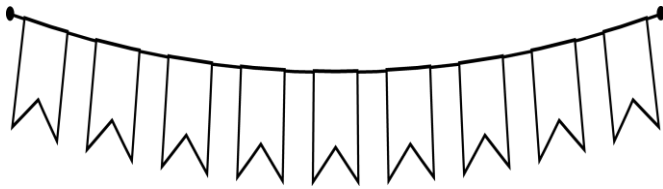
What skills or abilities are you thankful to have and why?

Who has done something recently to help you or make your life easier?
How can you thank them?

When was the last time you laughed really hard? Write about it.

Sometimes we can even be grateful about challenges we face. What makes you grateful about the coronavirus pandemic?

Which of your possessions are you most grateful to have with you during quarantine?

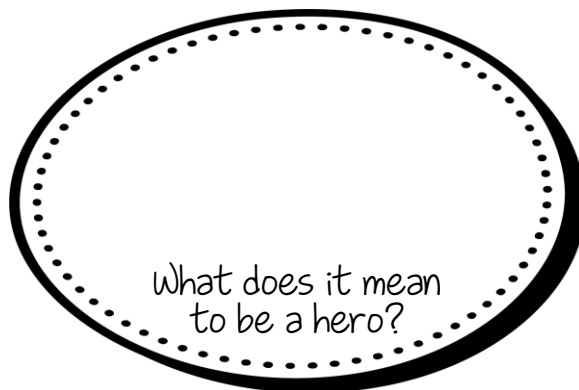


HEROES

"When I was a boy and I would see scary things in the news, my mother would say to me, Look for the helpers. You will always find people who are helping." -Mr. Rogers



When there is a crisis in the world, there are always people willing to help. Who do you know that is helping during the coronavirus pandemic? How are they helping?



What does it mean to be a hero?

What are YOU doing to help?

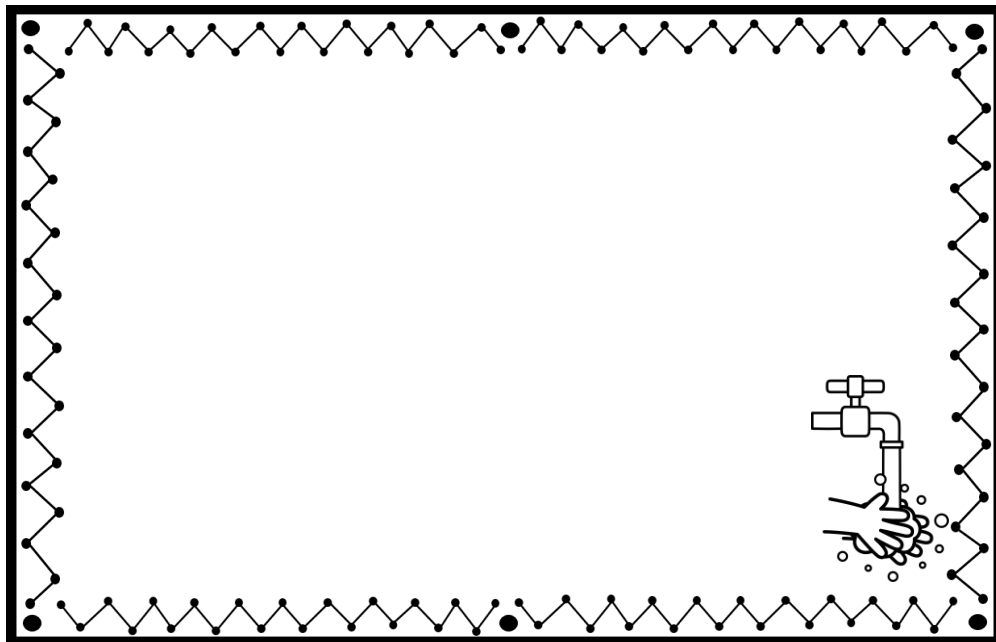


Bonus Task!

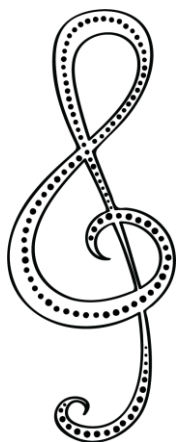
Although they don't do it for the recognition, sometimes heroes like to hear stories about how they're doing a good job. Write a note to at least one of your heroes. Tell them how they are helping and how it makes you feel.

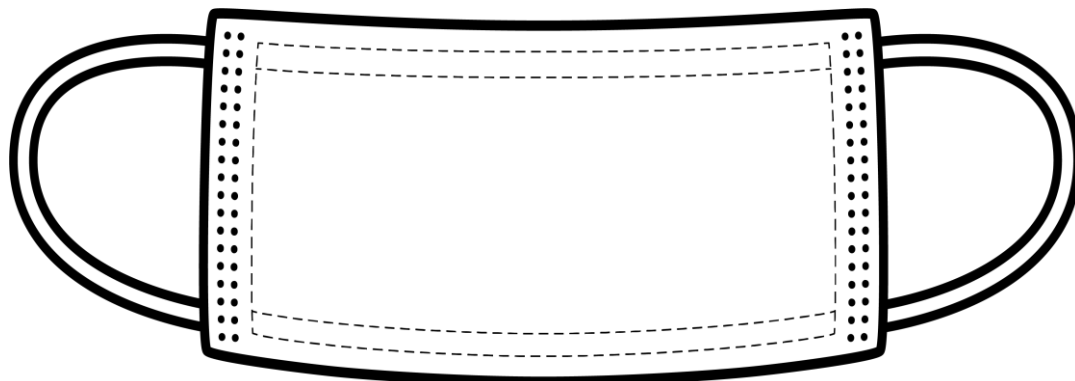
SO FRESH AND SO CLEAN

Regular handwashing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to other people. It's important to wash your hands the right way. Use this space to explain your own process for washing your hands. When are the most important times to wash your hands throughout the day?



The CDC recommends washing your hands for at least 20 seconds. Some people sing a special song while they wash their hands to help them keep track of time. For example, you can sing Happy Birthday twice in about 20 seconds. Write your own short song that you can sing when you're washing your hands to help you remember to wash them long enough. Tip: You may find it easiest to write lyrics to a tune you already know!





The CDC recommends wearing a mask when you go into public spaces such as the grocery store. Design a fun mask based on one of your interests such as a book, game, TV show, etc.

Interview Tips:

1. Interview people both inside and outside of your house to provide multiple perspectives.
2. Plan your questions beforehand. Consider sharing your questions with the person you're interviewing so they can start thinking about them and prepare a few answers.
3. You may want to record your interviews with a phone. Take notes during the interview so you can ask follow-up questions.
4. Try to ask open-ended questions so your interviewee will share more feelings, stories, and descriptions.
5. Use your questions as a guide, but don't be afraid to let people wander off topic as they share their stories.
6. Make sure to thank your interviewee for their time and willingness to share.

INTERVIEWS

An interview is a conversation where one person tries to find out information from someone else. Interviews are excellent for time capsules because they can help us learn more about history, our friends and family, and major events that take place in the world. Before getting started, I recommend reading the tips and planning your questions first.

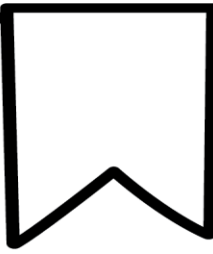
Coronavirus Pandemic Questions:

1. How are you spending your time during quarantine?
2. What has been the biggest change in your life?
3. How are you feeling?
4. What have you enjoyed and not enjoyed about this experience?
5. Have you found or rediscovered any new hobbies or things you like to do?
6. What are you looking forward to doing when all of this is over?

General Interview Questions:

1. Tell me about a major event you lived through. What was it like? How did you feel? What, if anything, were you afraid of? What did society look and act like during and after this event?
2. What was your childhood like? How is it different from mine?
3. What were you like as a student? Tell me about your favorite subjects and teachers.
4. Describe your first job. What other jobs have you had? Which ones did you like the most and least?
5. Who are some of your heroes? Why?
6. Tell me about some of the places or times in your life when you've been the happiest.
7. What kinds of games did you play growing up? What were other things you did for fun?
8. Tell me about something you accomplished that makes you really proud.
9. Of everything you learned from your parents, what do you feel was the most valuable?
10. What is one thing you want people to remember about you?
11. What traditions have been passed down in your family?
12. What is the best trip you've ever been on? Why was it so special?
13. Who has had the most influence on your life and in what ways?
14. Tell me about a time when you had to make a really difficult decision.
15. Is there anything else you think I should've asked?

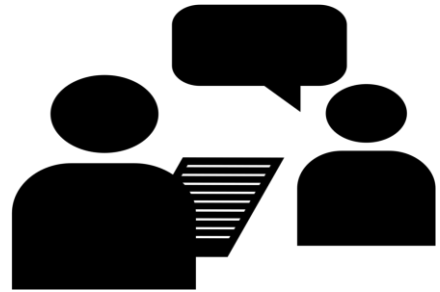
INTERVIEW PLANNING SHEET



List the people you're going to interview + when & how:



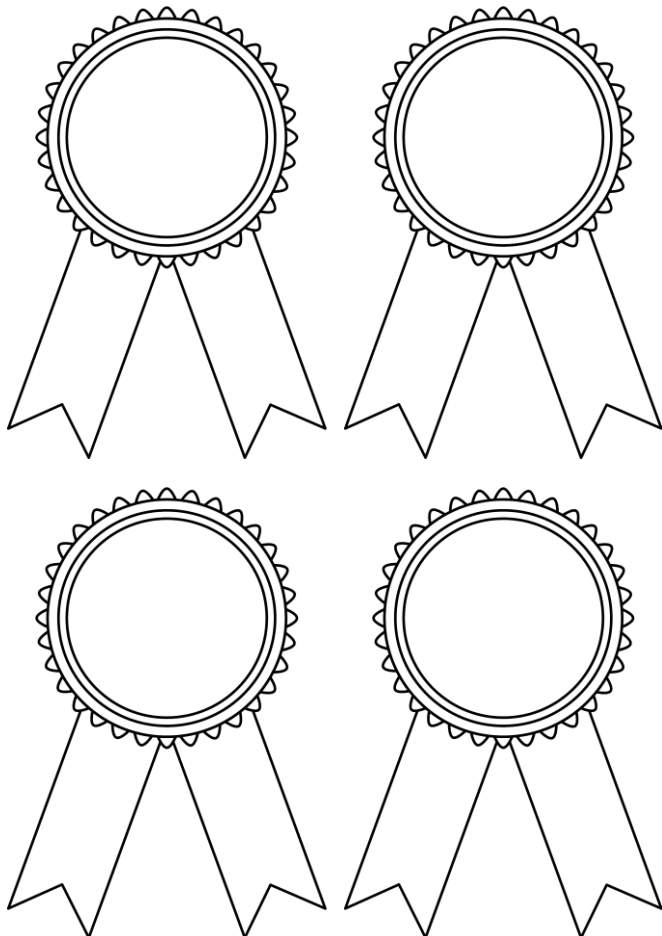
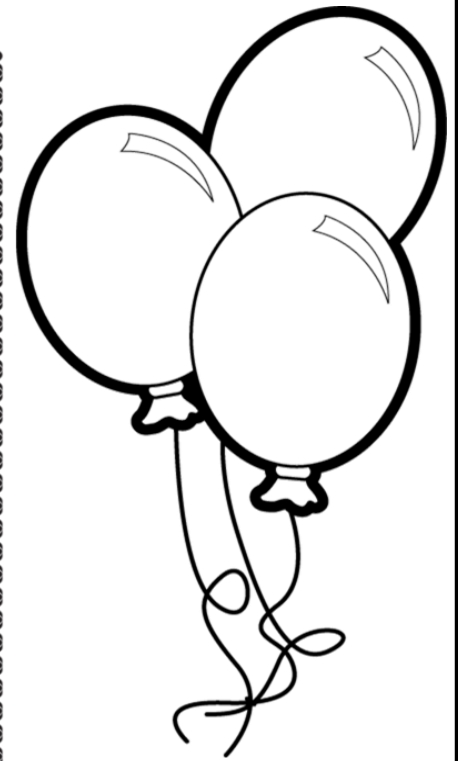
What supplies will you need?



What specific questions are you going to ask?

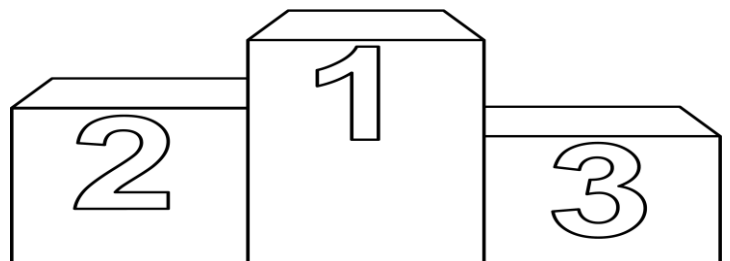
CELEBRATIONS & SPECIAL OCCASIONS

Many events, holidays, and other special occasions are either being cancelled or celebrated differently during the pandemic. What are some special occasions that you experienced while in quarantine? How were your celebrations similar and different from previous years?



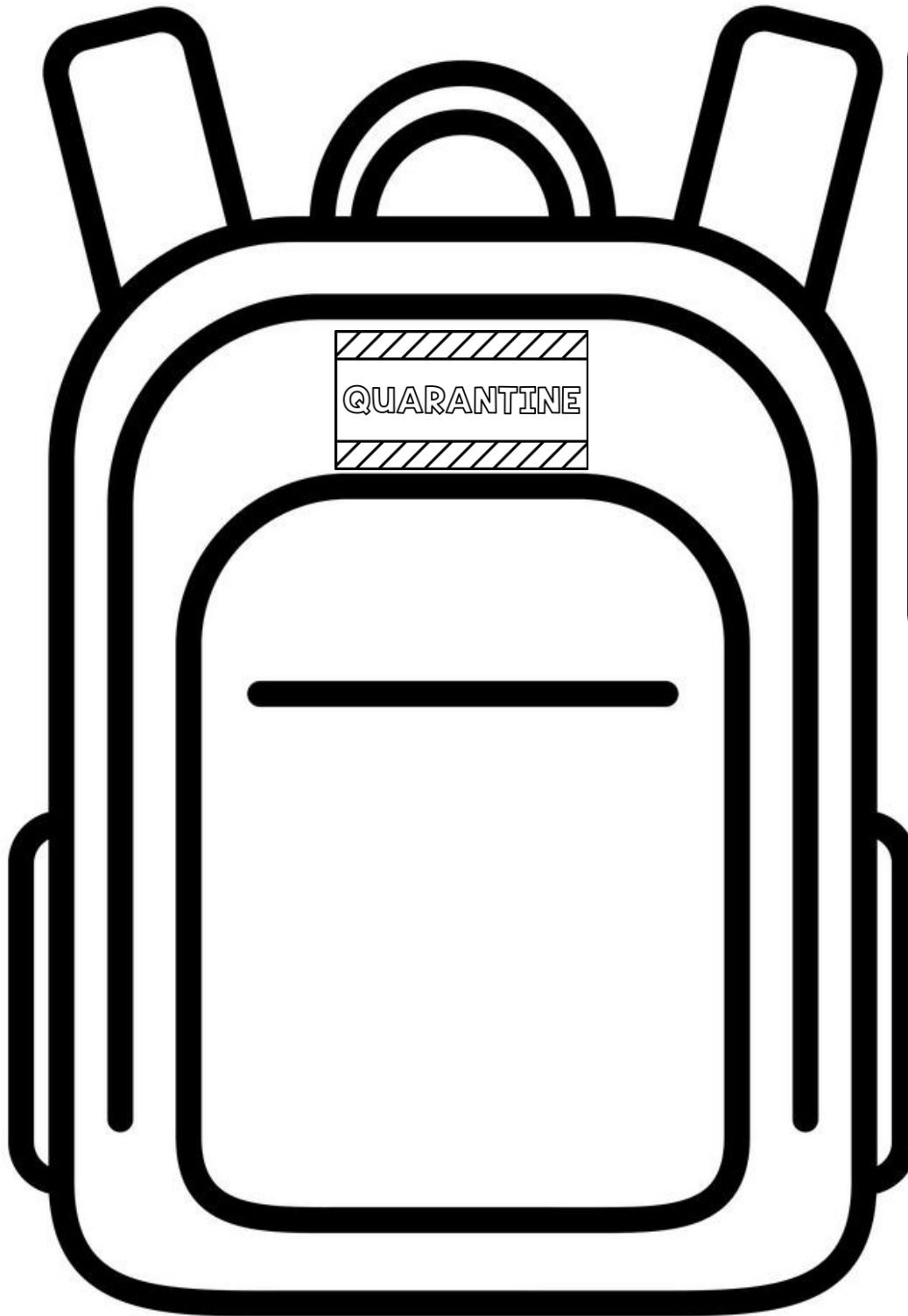
Quarantine Awards

People all over the world are making sacrifices and changing the way they live because of the coronavirus pandemic. Is there anyone in your house who has been doing a great job with quarantine? They deserve an award! Make up some fun awards to give to people in your house. They can be for serious or silly reasons. For example, you could give an award for staying the most positive, or you could give an award for the loudest burp during quarantine. Label each ribbon with a description of the award and the person who you think should win it. Use the podium for an award with multiple winners.



QUARANTINE SURVIVAL KIT

A survival kit is a collection of items to help people in a particular situation. Think about the COVID-19 pandemic and what you and your family need during this time. The items can be based on safety (masks), necessities (toilet paper), feelings (patience) or anything else. Include anything that you would hate to be without during this time. Either write the names of or draw the items that you want in your survival kit.



Things to Think About:

- Necessities
- Food/Snacks
 - Drinks
- Entertainment
- Safety Items
- Electronics
 - Feelings
 - People
 - Books
 - Beliefs
- Cleaning supplies
 - Exercise
 - Clothing
 - Medicine
- Anything else you want!

LETTER TO MY FUTURE SELF

Someday the coronavirus pandemic will be over, and you'll look back on this time with new eyes and a new perspective. What do you want to tell your future self when you open this time capsule? What do you want to remember about this time?

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DR. LOFTIN'S LEARNING EMPORIUM



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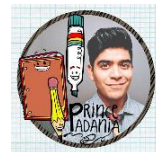


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