

Family Time Capsule Project

You are living through history right now.

Summer 2020 will be very different from any other summer! Let's record some of those memories in a time capsule. Spend the summer filling out the pages here and collect photos, trinkets, artwork, news stories, or any item of importance to put in a coffee can, sturdy box, or any other container. At the end of the summer, bury your capsule and plan to dig it back up in 5 years. *Accompanying coupon in Kid's Booklet.*

MY NAME:

DATE:

All About Me

My favorite . . .

Food: _____

Toy or activity: _____

Color: _____

Show: _____

Book: _____

Place: _____

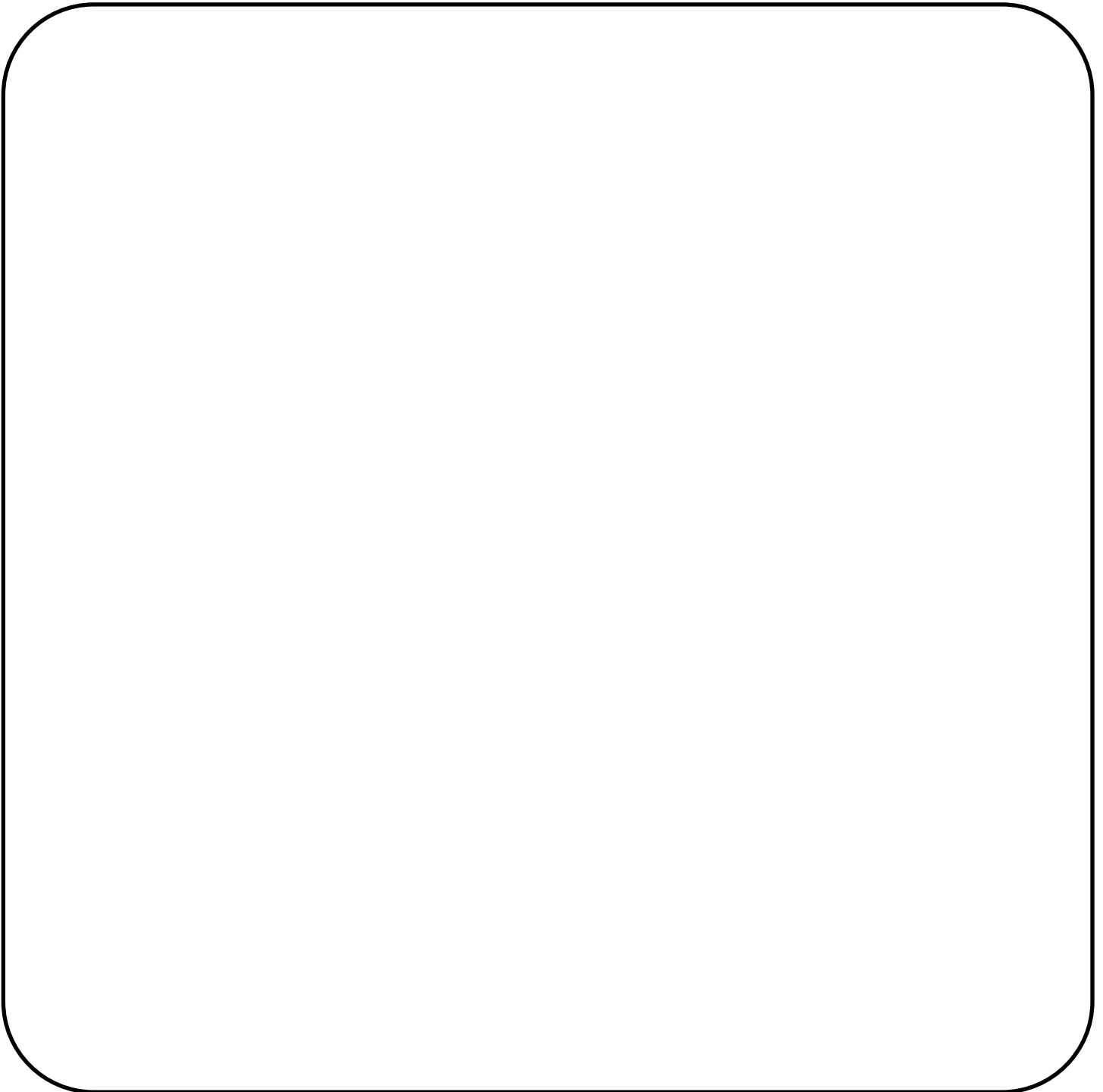
Song: _____

My best friend is

When I grow up I want to be

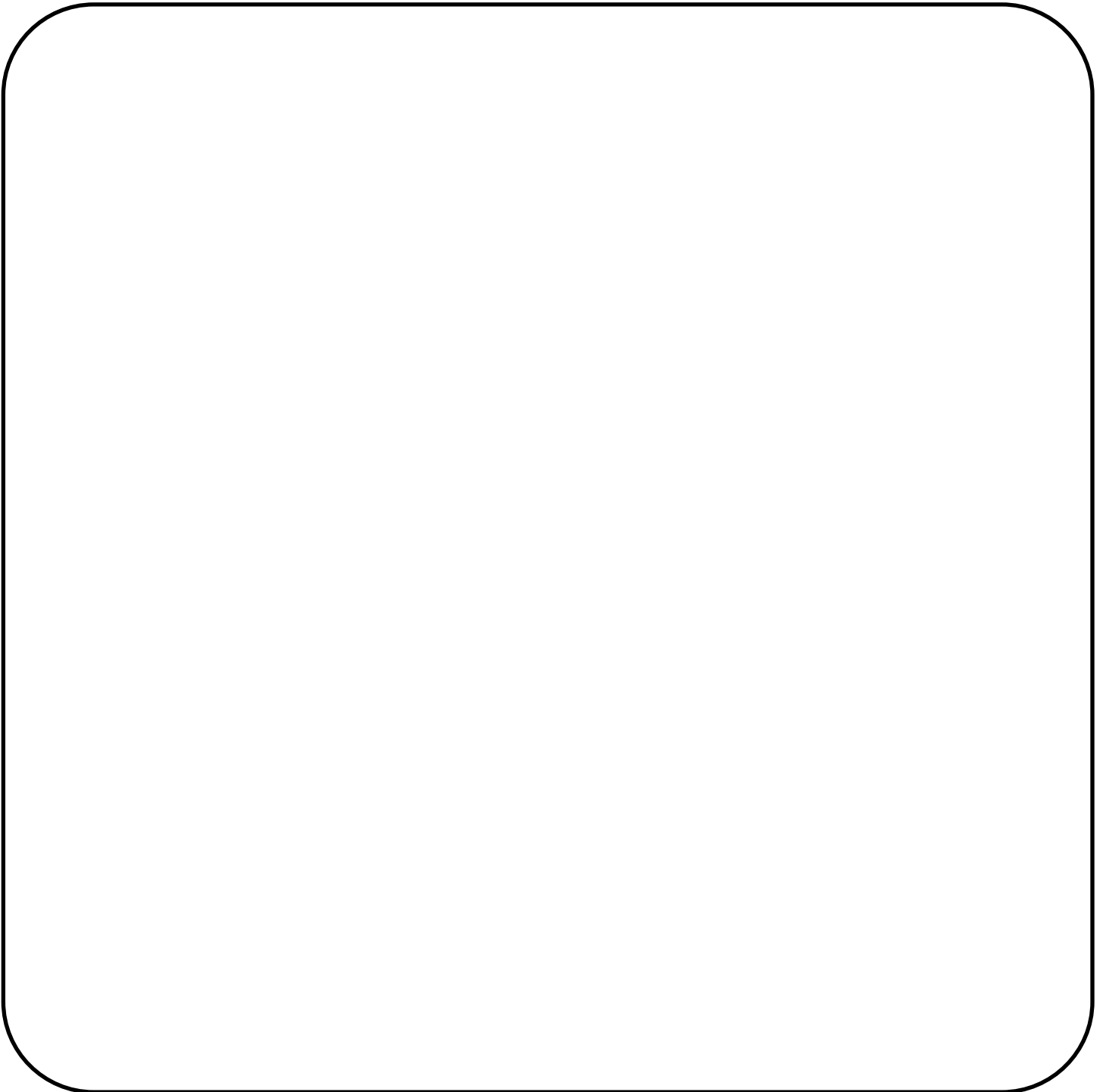
A Self Portrait

Draw a picture of yourself below or tape some photos.



My Favorite Memory

*Draw or write about your happiest memory
during the summer of 2020.*



Special Occasions

Which holidays, anniversaries, or birthdays did you celebrate this summer? Make a list below and tell us how you made them special.

EVENT	DATE	HOW YOU CELEBRATED



Letter to My Future Self

How old will you be in 5 years? What do you want to remember, think about, or make sure that you've accomplished in 5 years?

Check out the example on the next page.

Dear self,

Example: Letter to My Future Self

Dear self,

I hope you are able to go to play soccer now and go to school. When you don't feel like getting out of bed so early, think about how nice it is to see your friends at school. I really miss Nicole and David!

Do you remember when you got to spend all day outside in your PAJAMAS and then have a picnic in the back yard and you were covered in sidewalk chalk? Or, when you got to watch movies all afternoon with mom, dad, and Kyle even though it was Tuesday? We had popcorn and hot chocolate for lunch and Facetimed with grandma, too.

Now that you're 15, do you like being a teenager? Is it as cool as it looks on TV? Did mom finally let you ride your bike by yourself to Nicole's house?

Never forget that family comes first and not to eat too many cookies at once because you WILL get sick.

Love,

ME

Interview Your Parents

*Ask a parent (or any caregiver) the following questions.
Add additional paper, if needed.*

1. What is your favorite summer memory from your childhood?

2. What are three things you feel grateful for right now?

3. What was your favorite part about this summer?



Letter From My Parents

Write a letter to your child's future self. You might want to include some of your favorite memories from this time or wishes you have for your child.

Dear _____,