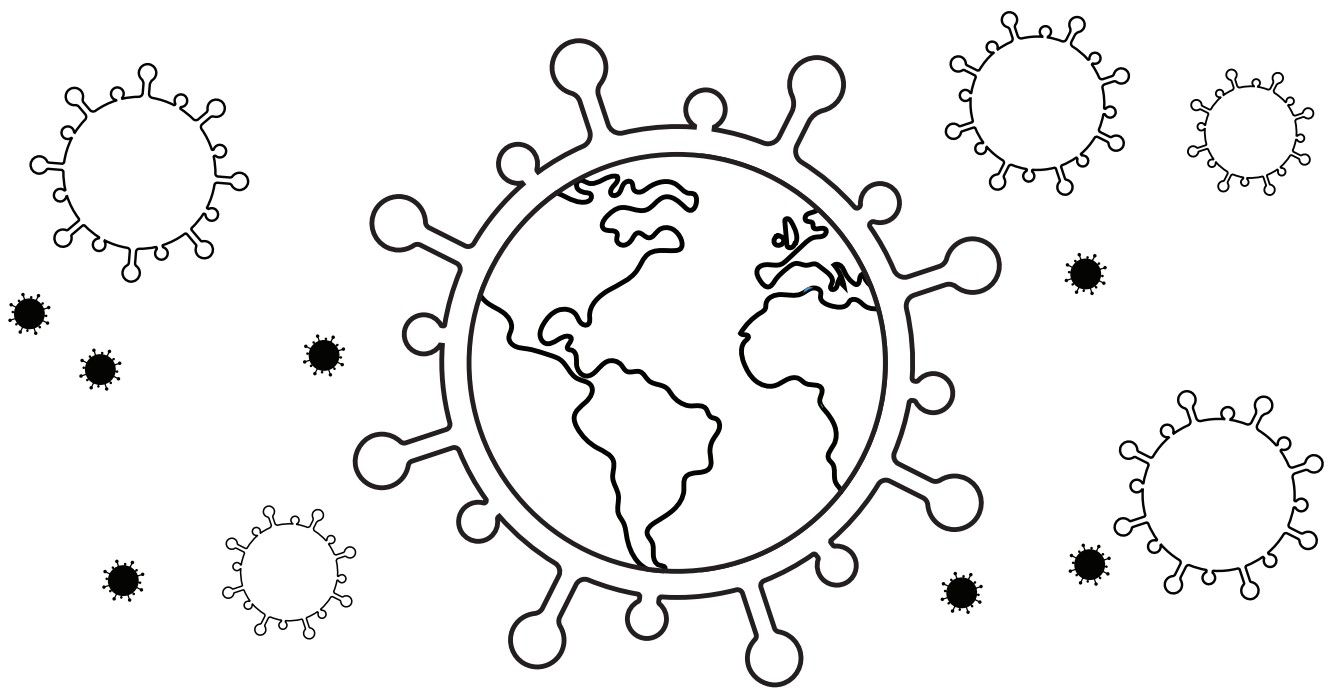


MY 2020 COVID-19 TIME CAPSULE

ADULT EDITION



BY: _____

YOU ARE LIVING THROUGH HISTORY RIGHT NOW

TAKE A MOMENT TO FILL IN THESE PAGES FOR YOU (AND YOUR FAMILY) TO LOOK BACK ON. HERE ARE SOME OTHER IDEAS OF THINGS TO INCLUDE:

- ☐ SOME PHOTOS FROM THIS TIME
- ☐ LOCAL NEWSPAPER PAGES OR CLIPPING
- ☐ A JOURNAL OF YOUR DAYS
- ☐ SPECIAL MEMORIES

LAST DAY

THE DATE _____

PLACE A 4X6 PICTURE
HERE OF YOUR FIRST
DAY IN ISOLATION/
SOCIAL DISTANCING

FIRST DAY

THE DATE _____

PLACE A 4X6 PICTURE
HERE OF YOUR LAST
DAY IN ISOLATION/
SOCIAL DISTANCING

ALL ABOUT ME

I AM

YEARS
OLD

I STAND

INCHES
TALL

I WEIGH

POUNDS

TODAY'S DATE:

MY FAVORITES

COLOR: _____

FOOD: _____

SHOW: _____

MOVIE: _____

BOOK: _____

ACTIVITY: _____

PLACE: _____

SONG: _____

ANIMAL: _____

PERSON: _____

APP: _____

PART ABOUT BEING AT HOME:

HOW I'M FEELING



WORDS TO DESCRIBE HOW I FEEL:

WHAT I HAVE LEARNED
MOST FROM THIS EXPERIENCE:

BIGGEST GOAL FOR LIFE
GOING FORWARD:

THE 3 THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER ARE:

1

2

3

MY COMMUNITY



THINGS I AM DOING TO HELP
FEEL CONNECTED WITH OTHERS:

MY HOME ADDRESS DURING THIS TIME:

LIST OF ALL THE PEOPLE I
CAN'T WAIT TO SEE AGAIN:

WHAT CHANGES HAVE I SEEN IN MY
COMMUNITY? THE GOOD AND BAD...

I AM NOT STUCK AT HOME,
I AM SAFE AT HOME!



HOW I PASSED
THE TIME:

FACTS FROM THIS TIME



TRENDING TV SHOWS:

#1 SELLING MOVIE:

.....

NEW MOVIES RELEASED:

#1 SONG IN THE CHARTS:

.....

POPULAR MUSIC ARTISTS:

THE PRESIDENT IS:

POPULAR FASHION:

THE AVERAGE PRICE OF:

GAS/PETROL: _____

MILK: _____

EGGS: _____

BREAD: _____

CHOCOLATE: _____

CHIPS: _____

: _____

: _____

EVENTS I MISSED

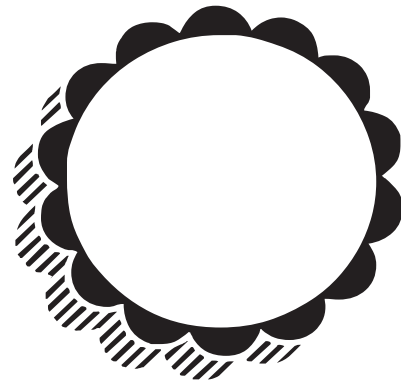
LIST OF THE OCCASIONS I MISSED CELEBRATING DURING THIS TIME
(E.G. ST. PATRICK'S DAY, EASTER, BIRTHDAYS, ANNIVERSARIES)

EVENT	DATE	HOW I CELEBRATED

THINGS TO REMEMBER....

WHAT HAS BEEN THE
BIGGEST CHANGE?

MY HOPE FOR THE FUTURE:



DAYS SPENT INSIDE

HOW YOU FELT:

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE:

1. _____
2. _____
3. _____

THINGS I WILL NOT TAKE
FOR GRANTED AFTER THIS:

WHAT I AM MOST THANKFUL FOR?

WRITE ANYTHING HERE YOU HOPE YOU NEVER FORGET ABOUT THIS TIME:

LETTER TO MYSELF

TODAY'S DATE: _____

DEAR ME,

[illegible]

LOVE, ME