FAMILY FUN ACTIVITY: MAKE A TIME CAPSULE
Our lives are marked by major news events — from the Challenger explosion to 9/11 to historic presidential elections — and we often feel transported back in time when we recall them years, or even decades, later. Now we find ourselves in an unprecedented time: a once-in-a-hundred-years pandemic that will surely be referenced and studied by future generations. One way to preserve our memories of this moment in time for posterity is to make a time capsule.

What is a Time Capsule?
A time capsule is a container that holds present day items, such as photos, newspapers, letters and more. It’s typically hidden away for your future self or someone of your choosing to open. Want to hide it for a year? Five? Ten? There’s no time limit! The rules are all up to you.

Make Your Own Time Capsule Box Craft Activity
To make an indoor time capsule you can decorate an empty shoebox or other cardboard box. Use whatever craft supplies you have at home to decorate your box.

Younger Girls, complete the activity sheets to include in your time capsule!

Older Girls, you can do a self-interview or ask a parent, sibling, or friend the interview questions below and include them in your time capsule!

Parents and Volunteers, want to join in? You can find printable adult-friendly activity sheets here.

Time capsule interview questions
• What is the date and where are you sheltering in place?
• What is some recent information that you can share about what is happening with the pandemic?
• How do you feel right now?
• What do you think about how it is being handled locally, nationally or internationally?
• Has anyone you know been affected by covid-19? How so?
• What have you had to change about how you fulfill basic needs?
• How has this affected your work or school?
• What is something positive that has come from this experience for you?
• What are you doing to pass the time?
• What do you miss most right now?
• What is the first thing you’d like to do when this is all over?
• What are you most worried about?
• What lessons has this experience taught you?
• What are you thankful for?
• What is something that is helping you cope?

Special Thank You to Natalie Long of LONG Creations for permission to use the following free digital version of this activity packet.
Be part of History in the making. Our program partner, The Frazier History Museum, is making a time capsule too!

As the Frazier has been working every day to develop content for Virtual Frazier, it has become apparent that the COVID-19 crisis is itself an historic phenomenon worth documenting for public display. There are both lessons in world history that we can pour over and challenges we are leaning about for the first time that make this 2020 pandemic an interesting study. Today, we begin capturing and cataloging content related to COVID-19 for a virtual and eventually physical exhibit.

The Frazier is collaborating with Jefferson County Public Schools, the University of Louisville Archives and Special Collections, other school systems, and the public at large to document and preserve how people are seeing, feeling, and coping with this pandemic. We’re asking you to record your thoughts and experiences by writing them down, taking pictures, recording videos, creating art or music, or doing anything else to express yourself and what you’re doing and feeling at this particular moment in history. To learn more, click here.

The Coronavirus Capsule is a crowdsourced resource that reflects personal views and stories. For guidelines and how to submit the Coronavirus Capsule, please go visit this website.

Mick Sullivan from The Frazier History Museum encourages you to check out the COVID-19 Time Capsule project. Girl Scouts are invited to contribute to this special opportunity! Watch his video here.
TAKE A MOMENT TO FILL IN THESE PAGES FOR YOUR FUTURE SELF TO LOOK BACK ON. AND HERE ARE SOME OTHER IDEAS OF THINGS TO INCLUDE:

- SOME PHOTOS FROM THIS TIME
- A JOURNAL OF YOUR DAYS
- LOCAL NEWSPAPER PAGES OR CLIPPING
- ANY ART WORK YOU CREATED
- FAMILY / PET PICTURES
- SPECIAL MEMORIES

DRAW A PICTURE OF THE PEOPLE YOU ARE SOCIAL DISTANCING WITH HERE
OUR HANDPRINTS
PRINT THE HANDS OF ALL THE PEOPLE LIVING IN YOUR HOME
(IN DIFFERENT COLORS) AND PLACE YOUR HANDS HERE
ALL ABOUT ME

MY FAVORITES

TOY: ____________________________
COLOR: _________________________
ANIMAL: _________________________
FOOD: __________________________
SHOW: __________________________
MOVIE: _________________________
BOOK: __________________________
ACTIVITY: _______________________
PLACE: __________________________
SONG: __________________________

MY BEST FRIENDS: __________________________
WHEN I GROW UP I WANT TO BE: __________________________

DATE: __________________________
HOW I’M FEELING

HOW MY FACE LOOKS

WORDS TO DESCRIBE HOW I FEEL:

WHAT I HAVE LEARNED MOST FROM THIS EXPERIENCE:

I AM MOST THANKFUL FOR

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

1

2

3
WHERE I AM LIVING DURING THIS TIME:

WHAT THINGS ARE YOU DOING TO HELP FEEL CONNECTED/HAVE FUN OUTSIDE (ex. hearts in windows, chalk notes on sidewalk, etc)

HOW ARE YOU CONNECTING WITH OTHERS?
**SPECIAL OCCASIONS**

WHAT OCCASIONS DID YOU CELEBRATE DURING THIS TIME?
WRITE THE LIST DOWN HERE AND WHAT YOU DID TO CELEBRATE
(E.G. ST. PATRICK’S DAY, EASTER, BIRTHDAYS, ANNIVERSARIES)

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LOVE,

____________________________________________________________________
INTERVIEW YOUR PARENTS

WHAT HAS BEEN THE BIGGEST CHANGE?

HOW ARE YOU FINDING HOMESCHOOLING?

DAYS SPENT INSIDE

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE:
1. __________________________
2. __________________________
3. __________________________

WHAT ACTIVITIES/HOBBIES HAVE YOU MOST ENJOYED DOING?

WHAT ARE YOU MOST THANKFUL FOR?

WHAT TV SHOW YOU WATCHED: ________________________

YOUR NEWFOUND FAVOURITE INSIDE FAMILY ACTIVITY:
________________________________________

FAVORITE FOOD TO BAKE: ________________________

FAVORITE TIME OF DAY: ________________________

GOALS FOR AFTER THIS:
LETTER FROM YOUR PARENTS

DEAR,_____________________________________________________

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