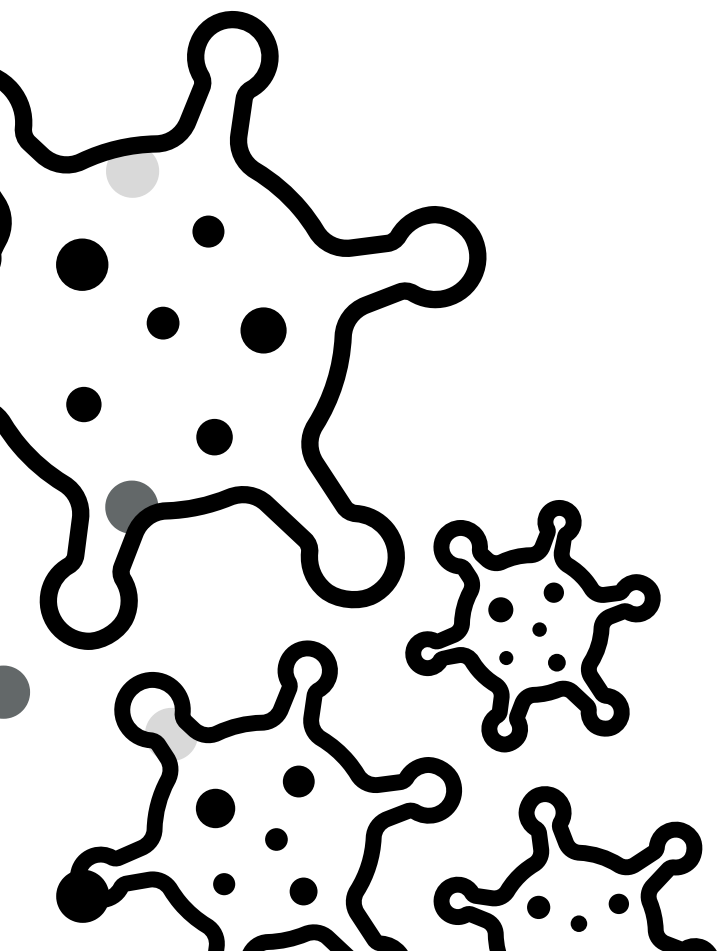
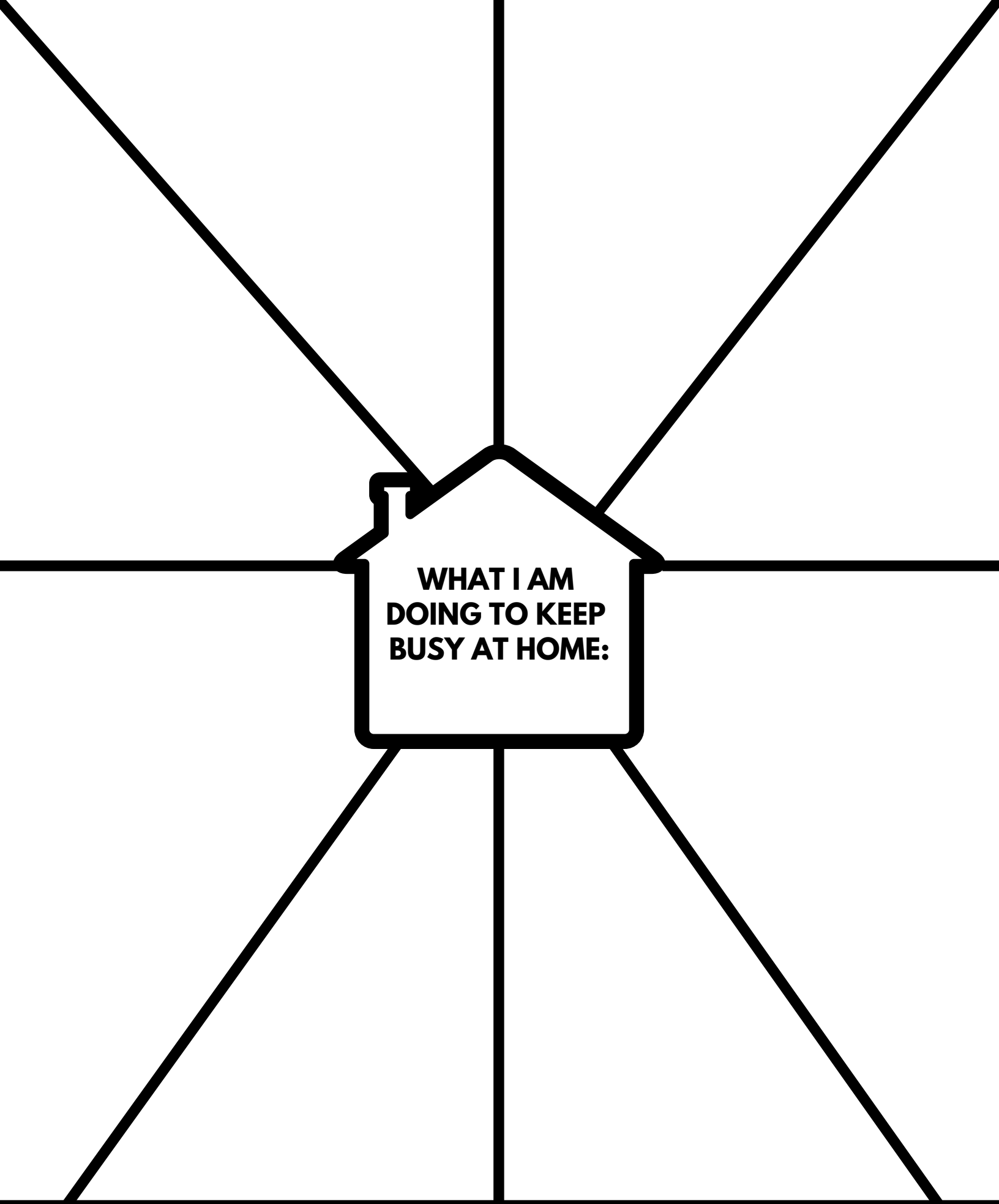


MY 2020 COVID -19 TIME CAPSULE



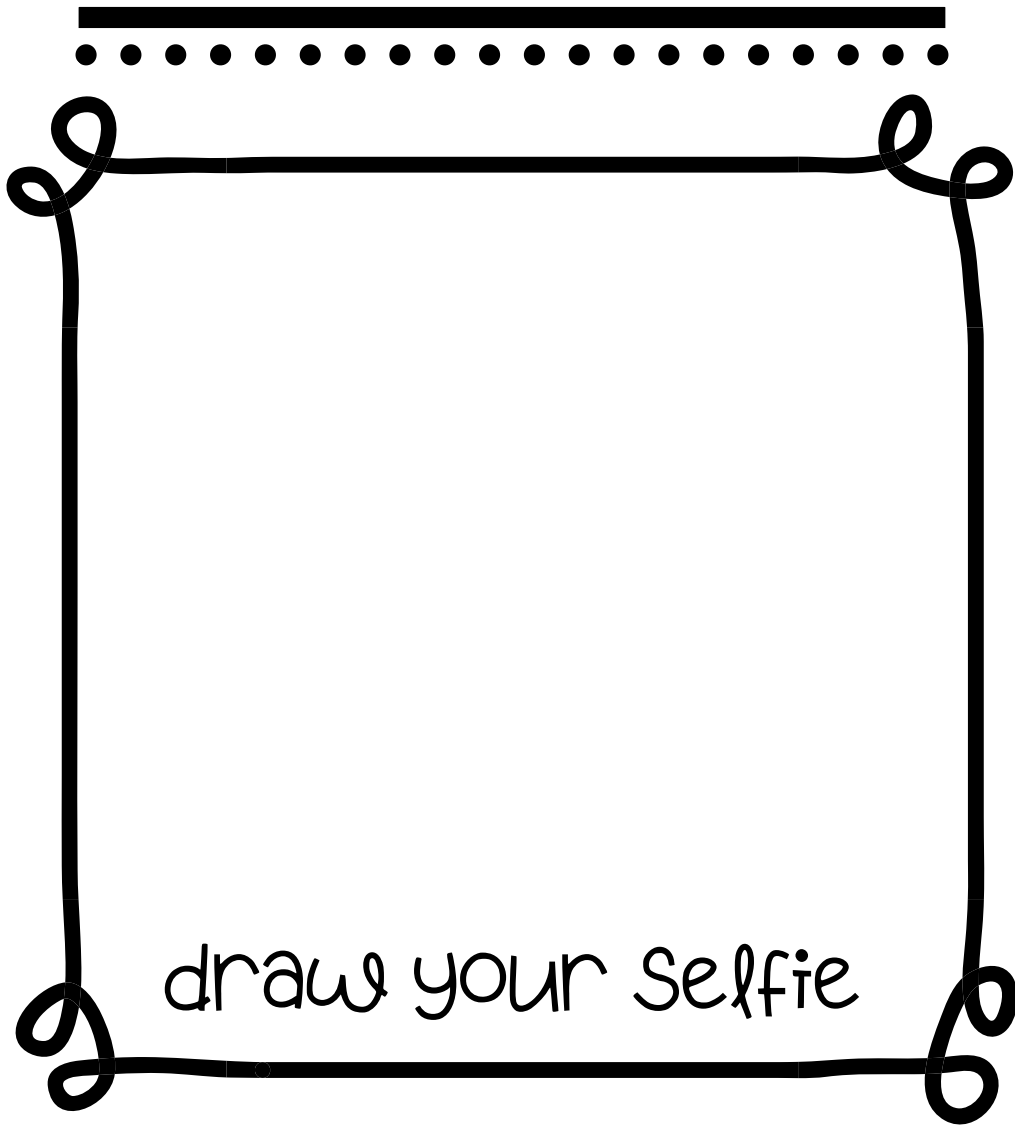
BY:



**WHAT I AM
DOING TO KEEP
BUSY AT HOME:**

You're not stuck at home, you're safe at home!

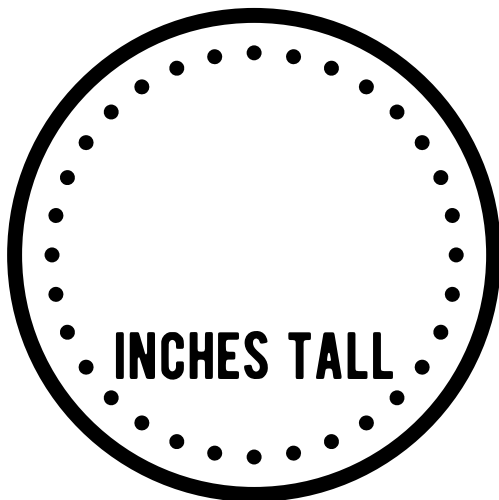
ALL ABOUT ME



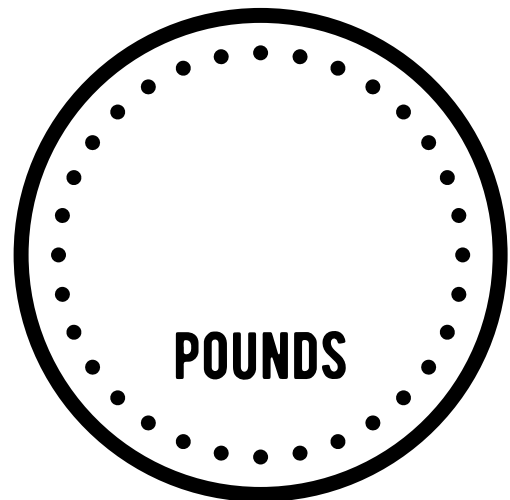
I AM



I STAND



I WEIGH





OUR HANDPRINTS

Print the hands of all the people living in your home!

LETTER TO MYSELF

Dear,

Love,

INTERVIEW YOUR PARENTS

HOW ARE YOU FEELING?

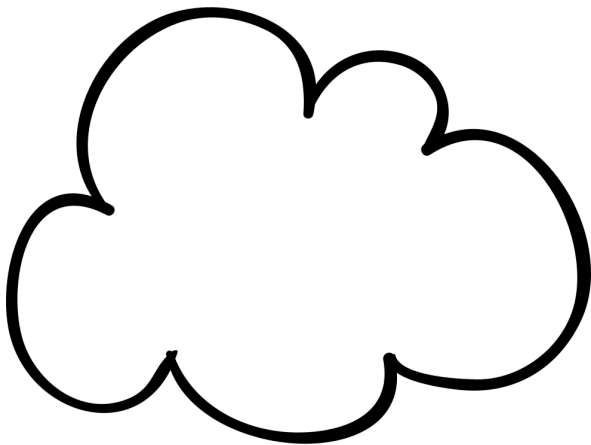


DAYS SPENT INSIDE

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE:

1. _____
2. _____
3. _____

GOAL AFTER THIS:



WHAT ACTIVITIES HAVE YOU ENJOYED DOING MOST?

WHAT ARE YOU MOST THANKFUL FOR?

YOU ARE LIVING THROUGH HISTORY

TAKE A MOMENT TO FILL IN THESE PAGES FOR YOUR FUTURE SELF TO LOOK BACK ON. YOU CAN ALSO INCLUDE:

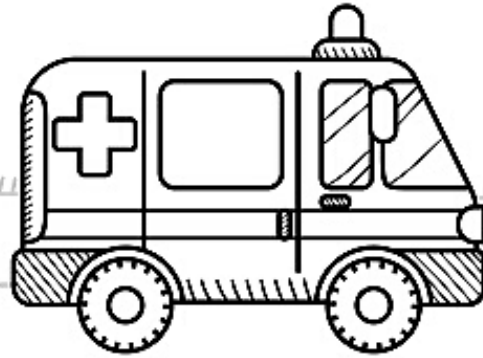
- PHOTOS FROM THIS TIME
- A JOURNAL OF YOUR DAYS
- ANY ARTWORK YOU CREATED
- NEWSPAPER CLIPPINGS
- FAMILY/PET PICTURES
- SPECIAL MEMORIES



DRAW A PICTURE OF THE PEOPLE YOU ARE SOCIAL DISTANCING WITH

IS your family prepared?

BEING HOME IS A GOOD TIME TO TALK ABOUT FAMILY SAFETY PLANS AND MAKE SURE YOU ARE PREPARED FOR ANY EMERGENCY.



WORK WITH YOUR PARENTS ON CHECKING OFF THIS LIST:

- CHECKED THAT ALL SMOKE AND CARBON MONOXIDE DETECTORS ARE WORKING
- UPDATED FAMILY EMERGENCY PLANS, INCLUDING FIRE AND EARTHQUAKE EXIT PLANS
- LOCATED AT LEAST ONE WORKING FLASHLIGHT, OR REPLACED BATTERIES, AS NEEDED.

- UPDATED EMERGENCY CONTACT AND MEDICAL FORMS
- CHECKED EARTHQUAKE KIT AND UPDATED, IF NEEDED

