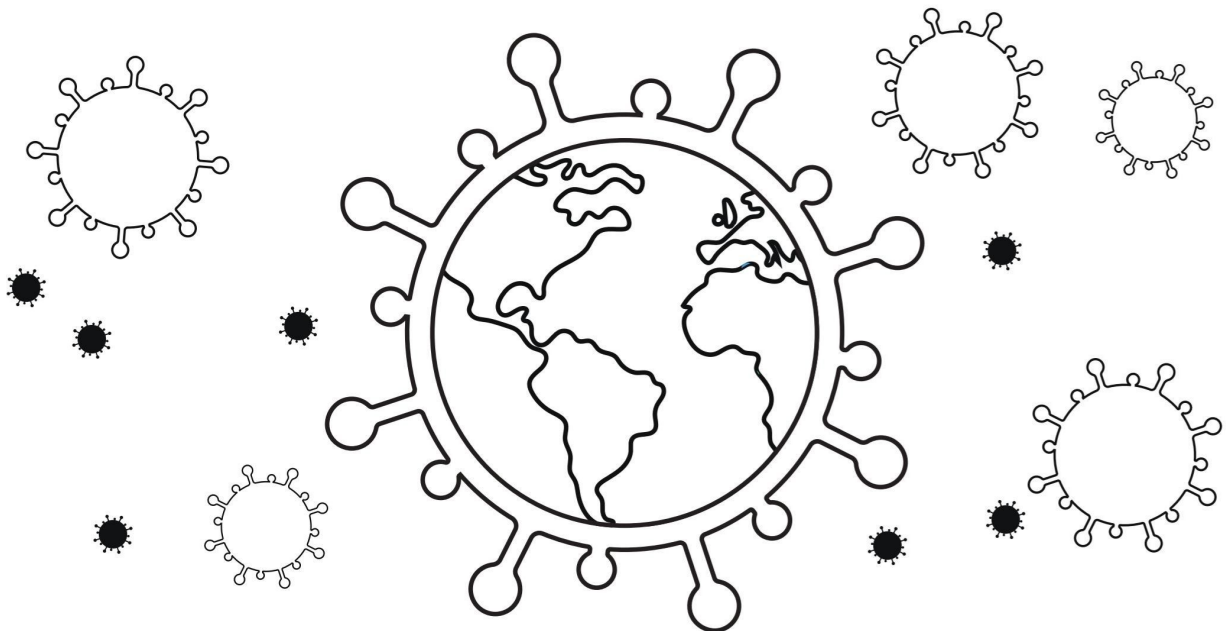


# MY 2021 COVID-19 TIME CAPSULE

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## ADULT EDITION

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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:

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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...

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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)

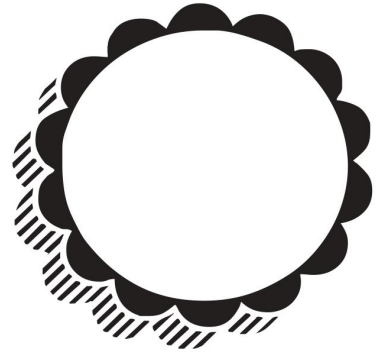
EVENT	DATE	HOW I CELEBRATED



# 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