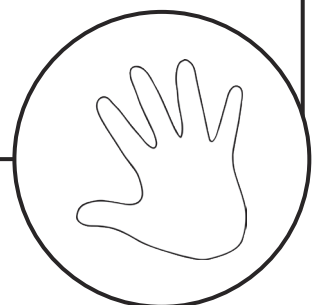


My Time Capsule 2020

By: _____

My Mindfulness Hand

Date: _____



Trace around your hand and include some colourful designs to create a mindfulness hand print.

All About Me!

Name: _____

Age: _____

Date: _____

Favourites!

Food: _____

Drink: _____

Colour: _____

Animal: _____

TV Show: _____

Song: _____

Hobby: _____



In my free time I like to ...

When I grow up I would like to be...

_____ because _____



Safe at Home



Things I am doing while I am safe at home

I feel



My favourite thing about being safe at home is

I can't wait to



My Thoughts

Keep a diary for one week of staying safe at home.

Remember to include what you have done and how you are feeling.

Monday the _____ of _____

Something I learned
this week

Tuesday the _____ of _____

Wednesday the _____ of _____

Favourite moment of
the week

Thursday the _____ of _____

Something I'd like to
do next week

Friday the _____ of _____

Saturday the _____ of _____

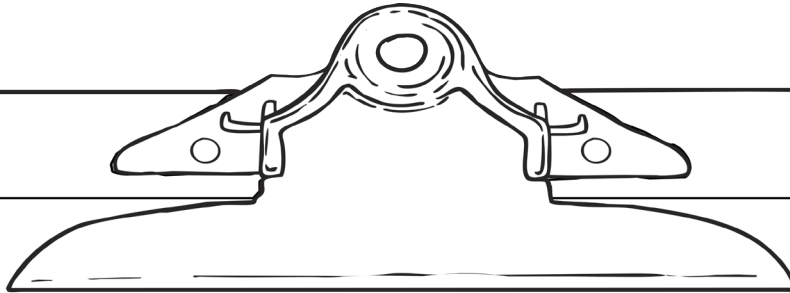
Sunday the _____ of _____



Interview



Interview an adult. It could be someone at home, or you could make a phone call or video call to someone else you care about.



1. How many days have you been at home?

2. How are you feeling?

3. What has been the biggest change for you?

4. What are you most thankful for?

5. What are you most looking forward to doing?

6. What has been your favourite moment(s)?

Letter to Myself

Write a letter to your future self. It might include what you are looking forward to, what you miss, how you are feeling, what changes you have observed during your time at home.

Date _____

Dear _____,

History in the Making

We are living through history. Take a look at some newspapers in your home. Cut out some of the articles or record some of the headlines. Don't forget to include the dates!

