

Building a Time Capsule for 2020 and Beyond

A. Together Activities

These could be family projects, conversations, or even games. You can do them together, or invite in others and do it as a zoom call!

Just make sure to document the answers!

A Glimpse of the World in 2020

Answer:

Big events that happened this year in the world

Big things that happened this year in our family

Who was Prime Minister of Canada? Premier of BC? Our Mayor?

Most popular music genre/song

Most popular names for babies

Biggest names in the news

Add:

A whole magazine (or 2)

A pic of someone famous from this year.

Clippings from the local paper

Pandemic messages from the school

Anything else you can think of!

A glimpse of our Family in 2020

Answer:

Where were we living?

Who was living with us?

What was Dad doing for work? What was Mom?

What kind of cars were we driving?

What were our favourite activities as a family?

Did we have phones? What kind?

Was there anything we did as a family that was really different?

How did we deal with the pandemic? What did we miss doing? What was the best part for us and live to you in as a family?

Shows we watched or things we liked to do

Add:

A family photo.

Pictures of our home....outside and the rooms. (A pic of bedrooms too...:)

A piece of of technology that will soon be dated – like a remote control, cell phone or garage door opener.

Create a piece of artwork

Or create the time capsule together!

The Cost of Living in 2020

Average prices for:

- A can of pop
- A take-out coffee
- A bottle of water
- A litre of milk
- A litre of gasoline
- Movie ticket
- Candy/chocolate bar
- A dozen eggs
- A stamp
- A take-out roast chicken
- Anything you can think of that's better

Fortune Teller

This will be fun to come back and review when you open this.

For each person, finish this sentence: "**___ years from now, when this will be opened, I see you as....**"

For example, everyone answers this question for Dad. Then Mom. Then....
Ask someone to scribe the answers and add them in. Or record this!

OR

A great conversation to begin would be "*there are things we take for granted today that weren't around a decade ago.*" (like snapchat, Netflix, tiktok, Alexa, iPads, iPhones, Amazon delivery (other than books).

What are some of the things we use today that will be gone when we open up the time capsule?

What are some things that will be coming, do you think?

B. Especially for Kids

Although we are all going to see things differently as we look back, some of us have going to carry the memory of a pandemic with us for longer.

Add something personal

Add **something that you don't need or want anymore** but will enjoy seeing when this is opened.

Remember, it needs to be small enough to fit in! So no hockey sticks!

You do YOU

What did you look like when you went outside? Draw a picture of it!

All about me

- My age
- my height
- my weight
- my favourite:
 - show
 - movie
 - colour
 - song
 - book or story
 - course at school (or job at work)
 - holiday
 - month
 - day of the week
 - food
- My best friends
- Things I like to do

My Pandemic Year

What does school look like every day for you?

Did you have to wear a mask? Did you hate it or love it? What did it look like?

What does playing with friends look like? Is it online? In person? How do you play

Did you get a haircut during 2020? Was it weird ?

What did your birthday look like? Did you have a party? How did you celebrate?

How about Easter? And Thanksgiving?

During your summer break, did you go on vacation? Visit family? Stay home?

What about Christmas ? What was different? What was the same?

What was your highest high and your lowest low this year?

What do you look most forward to next year?

Write a letter to yourself in the future and tell them about the year you had?

C. One-on-One (by yourself or interviewing others)

You can do these on your own as reflective exercises. Or interview each other and ask questions. Or in some cases, invite someone special who can't be with you to contribute.

You may want to share before putting in. Or keep it until it's opened...you will know.

The Best Day Ever

Imagine that you could have **the best day ever**.

It could be a normal day that's perfect, or even a day beyond your wildest dreams.

When you wake up in the morning, where are you? What time is it?
What you do in the morning? Where do you go? Who else is there? Do you do this every day?

What about lunch time? Do you even have lunch?
Where do you go for lunch? What do you have for lunch? Who do you have lunch with?
What are you doing?

And what you do in the afternoon? Where are you? Who else is there?
How often do you do this? Do you have to?

What sort of hobbies or other activities are part of your day?

What about dinner time? What happens then? Where are you? Who else is there?
What are you eating? What else is happening?

The evening. What would be the perfect evening for you?
What time do you go to bed?
What are you happiest about?

Pandemic Interview

People don't often live through a pandemic...but you have!

- What were the biggest changes in your life?
- Was there anything different that you liked?
- What was the most difficult?
- What/who did you miss the most?
- Did you work at home/were you homeschooled? What was great about that? What wasn't so great?
- Did you develop any new hobbies or activities?
- what did you watch?
- What did you make?
- What did you learn to do that was different?
- What would you like to put into the capsule as a memento of co-vid 19?

Will it still be here?

This is a good interview to ask your parents or other family members.

Do you think, when this time capsule is opened, that these will still exist?

Why or why not? What might be in its place?

	yes	no	maybe	thoughts
Facebook				
Snapchat				
Postage stamps				
Tik Tok				
Spotify				
Cable TV				
Movie theatres				
Zoom				
Instagram				
Newspapers				
Magazines				
Ear buds				
Bluetooth				
Laptops				
Skip the Dishes				

My Gratitude List

Experts say thinking about what we are grateful for is the best way to end our day.

Write about what you are grateful for today. It can be a list of all the things you are thankful for. See if you can come up with 10!

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

A letter to the future

Imagine the future, when this time capsule is opened. In it is a letter that your future self wrote to your current self.

Who do you hope you are?

Who do you want to become?

What advice would you give yourself to help along the way?

OR

Write a letter to each child, telling them about your hopes and wishes for their future.

Sharing Stories

Ask a grandparent, god parent, or another important person to write a letter your child will open in ____ with their best memory from that age, and one thing they learned/figured out when they were that age (or anything else they want...:)

So if your child will be 16 when it's opened, ask you loved ones to write something from when THEY were 16.

Couple's Pandemic Love Letter (sort of)

okay, it's not a love letter per se, because with me, you just have to answer questions!

What was it like spending more time at home with you ?

What was the character trait that I most appreciated about you during this time?

What did you do/say that drove me crazy (but I still love you anyway).

What did I learn about you that I didn't know before ?

How did we change? What did we become more ? And what did we become less?

What was our best pandemic meal? What was the default?

Was there anything that you/we did that was out of character?

What did we do that we've never done before (that I loved?)

When, down the road, we look back to this time, what do I want to say about travelling it with you?

Pandemic Self Check-in

What was it like spending more time at home? How did you feel? How did you manage it?

Was there a character trait you really relied upon or actually grew during this time?

What did you learn about yourself that you didn't know before ?

How did you change? What did you become more ? And what did you become less?

What was your best pandemic meal? What was the default?

Was there anything that you did that was out of character? What was that like? What did you learn?

What did you do that you've never done before (that you loved?)

When, down the road, you look back to this time, what do you want to say to yourself about it?

