

Time Capsule

Most children won't understand the magnitude of what we are experiencing right now so making a time capsule is a great opportunity to help them understand how important this time is, talk through their feelings and help them to record the event. They can store it away to open in the future and reflect on.



You will need, a robust container, box or tin suitable to store your items

Some suggestions on what children could include;

- A newspaper with articles of recent days
- A diary of how they spent their time in lockdown
- Photographs of your family
- Letters to their future selves – inc their age, things they have been doing, what they are missing, how they our feeling, what they want to do when they are older
- Letters to them from parents, siblings, grandparents
- Handprints
- Picture of their family, including pets
- Any memorabilia from a special time or adventure
- A 2020 coin
- A stamp
- A list of current prices of everyday items, toilet rolls , milk, petrol, stamps, bread, newspaper etc.
- Tape to secure the container