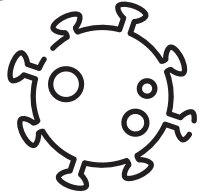
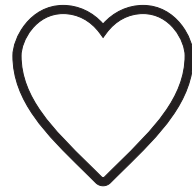


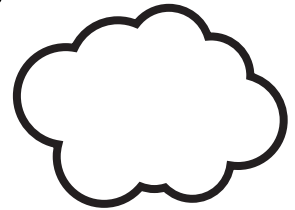
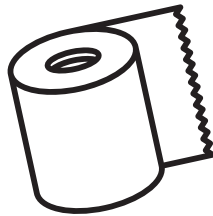
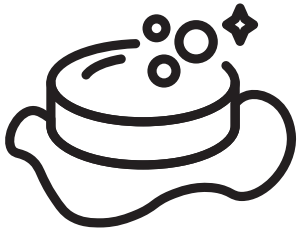
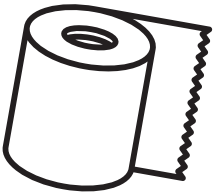
# Coronavirus



# Time



# Capsule



Name: \_\_\_\_\_

Date: \_\_\_\_\_

# A Parent's Guide to This Time Capsule

Hey! Thank you so much for downloading this time capsule for your family to fill out while practicing social distancing and "safer at home" orders. As a lover of photography and documenting stories, I wanted to create something for families that would help us to remember and capture life right now. My hope is that it will be an opportunity for your children to process this time and engage it in a way that will be meaningful in the years to come.

A few ideas:

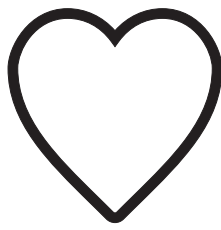
- Print out the whole packet and fill out just one or two sheets a day. That way it will feel fun and not burdensome.
- Fill out some sheets too! This isn't just for kids. Document your own favorites, feelings and memories.
- Create a physical time capsule to go with this handout. Visit [themomcreative.com/coronaviruscapsule](https://themomcreative.com/coronaviruscapsule) for details on how to put together a keepsake box that will be fun to open in 20 years!

Please share this resource with other families on your personal social media accounts, in Facebook groups, parent email lists, schools etc. I want this to help as many people as possible.

May your time at home be filled with more love than frustration, more grace than entitlement and more laughter than tears.



Be well,  
Jessica Turner  
[TheMomCreative.com](https://TheMomCreative.com)  
📷 @JessicaNTurner



# About Our Family

Names

Ages

Grade or Job

Favorite Hobby

Family Photo

Pet(s)

Where We Live



# Our Family at Home

Draw where you live and the members of your family.

A large, empty rectangular area defined by a dashed line, intended for drawing a home and family members.



# Safer At Home: How I Spend My Days

In these boxes, write or draw how you spend your days at home. Be sure to include as many details as you can so that years from now you can clearly remember what this time was like. For instance, don't just write school, but describe how you are learning and how school is different at home than your regular school!




# My Safer At Home Favorites

List all your favorites during this time at home.

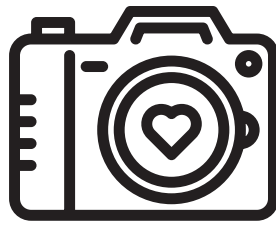
Favorite meal	
Favorite arts and craft activity	
Favorite thing to do outside	
Favorite thing about homeschooling	
Favorite show I've watched	
Favorite movie I've watched	
Favorite game I've played	
Favorite dessert	
Favorite song	
Favorite book I read	
Favorite friend or family member to Facetime	



# Special Days and Memories

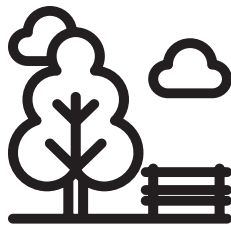
What special days have you had at home? Maybe you celebrated a holiday, birthday or had a family pizza night. Document your favorite days in the grid below.

A large grid for writing, formed by two intersecting dashed lines.



# **Safer At Home Photos**





# Outdoor Adventures

Since most stores, schools and restaurants are closed, what fun things have you done outside?

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_
6. \_\_\_\_\_  
\_\_\_\_\_
7. \_\_\_\_\_  
\_\_\_\_\_
8. \_\_\_\_\_  
\_\_\_\_\_
9. \_\_\_\_\_  
\_\_\_\_\_
10. \_\_\_\_\_  
\_\_\_\_\_



What was the weather like during COVID-19?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Did your neighborhood do anything special during this time like bear hunts, sidewalk chalk messages or Christmas decorations? If so, what?

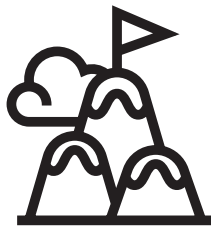
\_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# The Silver Lining

Every hard thing has a silver lining. Write about the things you are grateful for during this season.

The form consists of five large, empty cloud outlines arranged in two columns. The left column has two clouds, and the right column has three clouds. These clouds are intended for the user to write their reflections on.



# Challenges During Coronavirus

What have you missed the most while staying at home?

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Who have you missed the most?

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How have you talked to your family and friends?

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Did you have any extra-curricular activities you couldn't do because of the outbreak? If so, what were they and what did you do instead?

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Did your family have to cancel any plans? If so, what?

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Did your family have trouble getting any food or home essentials? If so, what?









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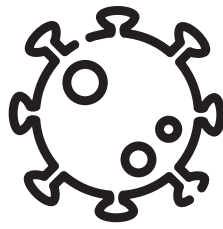


# My Feelings

What kinds of feelings have you experienced while staying at home during the coronavirus? Joy? Frustration? Anger? Sadness? Chances are, you've probably felt all of these things at one point or another. And as we know, feelings are important and good - all of them. Take a minute to reflect on your feelings during this time.

-  I felt happy when \_\_\_\_\_
-  I felt scared when \_\_\_\_\_
-  I felt peaceful when \_\_\_\_\_
-  I felt angry when \_\_\_\_\_
-  I felt disappointed when \_\_\_\_\_
-  I felt excited when \_\_\_\_\_
-  I felt sad when \_\_\_\_\_
-  I felt loved when \_\_\_\_\_





# After the Coronavirus Outbreak

Fill this out in a few months, once the pandemic has passed.

Date: \_\_\_\_\_

What did you learn during your time at home?

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What is your best memory from your time at home?

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What is the thing you missed the most?

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