

Capture the moment

COVID-19 TIME CAPSULE



What if you made something to help your family remember the significance of this time?

Here is a list of items/ideas you could include in a COVID-19 time capsule.

What will really make it special are the stories you'll tell along with each of the items years from now.

Gather everything, put the items in a box, and then stick it in the attic or back of a closet to be forgotten. Years from now, you'll have an amazing discovery to share with your family.

Some potential items to include:

- A couple squares of toilet paper (or even a full roll, if you have enough?!)
- List of the shows you binge-watched on Netflix/Amazon Prime/TV
- Recipe for a dish you made using creative substitutions/a favourite meal you enjoyed in 2020
- Evidence of games or activities you did as a family, like a Yahtzee score card
- Handprint tracing of everyone in the family
- Description of the craziest or most out-of-the-box game or activity you created together
- Who was famous in 2020?
- What music was in the charts in 2020?
- Put some coins from 2020 into the capsule.
- Photographs of yourself, family and friends so that people in the future know about what you wore
- What was playing in the cinema the week everything closed?
- Anything else you can think of that you believe people in the future could learn from about life in 2020

Other ideas to include in your Covid-19 Time Capsule

(requires some written work!)

- Write a letter to yourself/future you/future children you may have describing how you're feeling and what life is like
- Write a newspaper article about the events and/or save some articles about key events so far in the Coronavirus pandemic
- Write a leaflet about the Coronavirus and how to combat it.
- Write a speech or design a poster, persuading others to prevent the spread of Coronavirus.
- A map of the world showing where COVID-19 spread and worst affected countries (this will need to be dated as this is something that is changing, but people in the future will learn about this outbreak and where and how it spread)
- Graphs to show different countries growth rates of people infected – again, this is something that will be studied to see how the virus spread and how quickly

Word play

Complete the following extract or make your own.

It was a (ADJECTIVE) day in March 2020, when the COVID-19 pandemic really started making the news. My family stayed inside for (NUMBER) days. We practiced social distancing responsibly and didn't come within (NUMBER) (UNIT OF MEASUREMENT) (DISTANCE/LENGTH) of other people.

Some people were concerned about running out of toilet paper, but we were prepared to use our (ITEM OF CLOTHING) if we ran out. Our favourite snack was (COLOR) (FOOD) which we would eat after we (TYPE OF EXERCISE) safely in our living rooms. Instead of visiting friends, we watched (ANIMAL) outside of our windows.

We saw what (CELEBRITY), (CELEBRITY), and (CELEBRITY) were saying about the virus on social media, but we listened to health officials instead. We got tired of being at home, but had heard the virus was worse in (FICTIONAL PLACE). It was a tough time, but we made it through!