

Day Twenty: May 20, 2020

CREATE A TIME CAPSULE

We are currently living in a very unusual and unprecedented time, one that will be documented and recorded in our future Social Studies/History textbooks.

Take some time to tell your own story of this time by creating a time capsule that can be opened by your children, grandchildren, or great-grandchildren so they can learn about your experience during the COVID-19 pandemic.

Start by deciding what method you would like to use for your Time Capsule. You might find a shoebox, canister, yogurt container, or some other sort of container to decorate and fill with items. You may prefer to create a digital Time Capsule and create a slide show, film, online journal, or audio file. Then decide what you would like to include in your Time Capsule!

Some ideas are listed below.

1. Write a letter or create a voice recording or a film to your future self, children/grandchildren or future friends telling them about your experience of the current situation.
2. Include some newspaper articles about what is happening in the world today. You might like to include some stories of communities coming together to support each other during this time.
3. Take photos, videos or draw pictures of some of your favorite activities to do during this time. You may want to include some of the activities you have been doing as part of the CVRDrec Adventure Calendar! Include any new activities you have tried as a result of your time of self-isolation.
4. Include some of your favourite recipes that you've been cooking at home during this time.
5. Include a list of the books you have been reading, the movies/TV shows you have been watching and/or the music you have been listening to.
6. Create a family tree to include in the Time Capsule
7. Create a list of prices for some of the common items you use every day.
8. Draw a map of your neighbourhood, including some interesting facts about where you live and any changes that have taken place in the last two months.
9. Create a chart or record (using words or images) that compares your daily routine from before the COVID-19 Pandemic (mid-March) to now. Leave space to keeping adding to the chart or record as the situation continues to change and unfold.





Quarantine Time Capsule 2020

By:

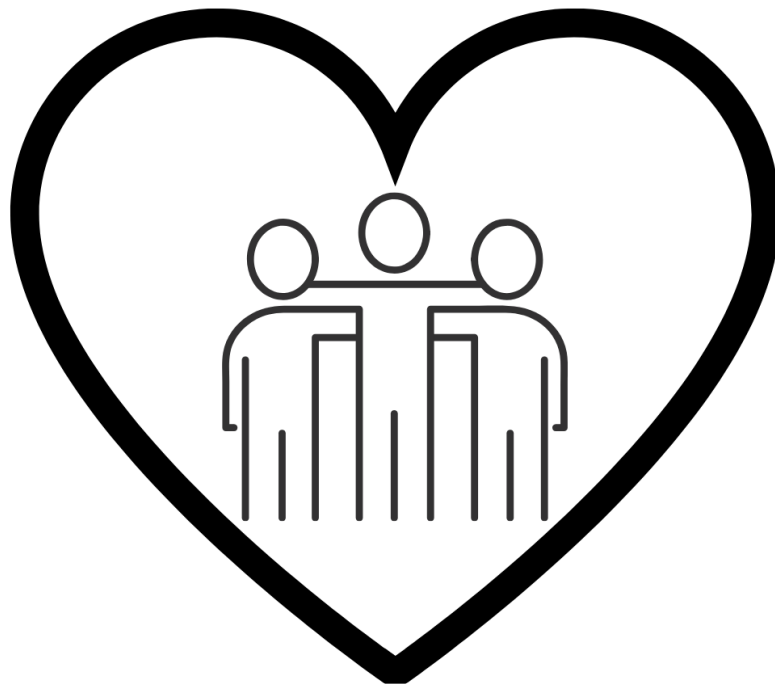


Image Credit: www.louisvillefamilyfun.net

DISCLAIMER: The CVRD is not responsible for any harm, including bodily or infrastructure, that may be caused as a result of doing this activity at home, so please use your discretion and participate within the scope of your abilities, knowledge and comfort level. Please feel free to alter this activity to suit your needs, and remember to be safe and have fun!