

IN 2020, COVID-19 HAPPENED AND I LIVED  
THROUGH THIS HISTORIC EVENT...

# A MOMENT IN MY TIME

COVID-19 TIME CAPSULE

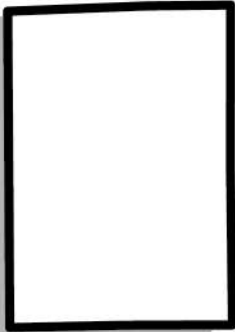


My Name: \_\_\_\_\_

CREATED BY: JASON THARP

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# THIS TIME CAPSULE BELONGS TO:



draw the first letter in your name

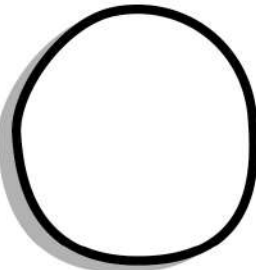
draw your name in fun capital letters

draw your address in fun swirly letters



color this your favorite color

draw today's date

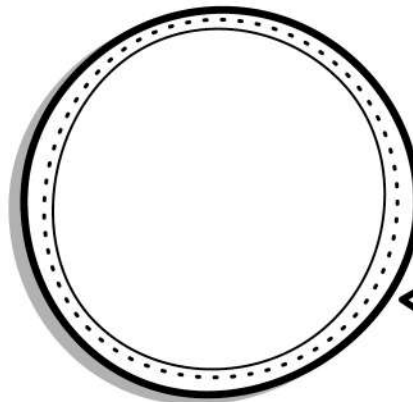


my age

My biggest dream is...



draw your favorite food



★ MY  
★ Y  
★ GRADE ★

draw it in a fun way

BE ON THE LOOKOUT FOR  
TIME STAMP MESSAGES  
HIDDEN THROUGHOUT  
THE TIME CAPSULE!

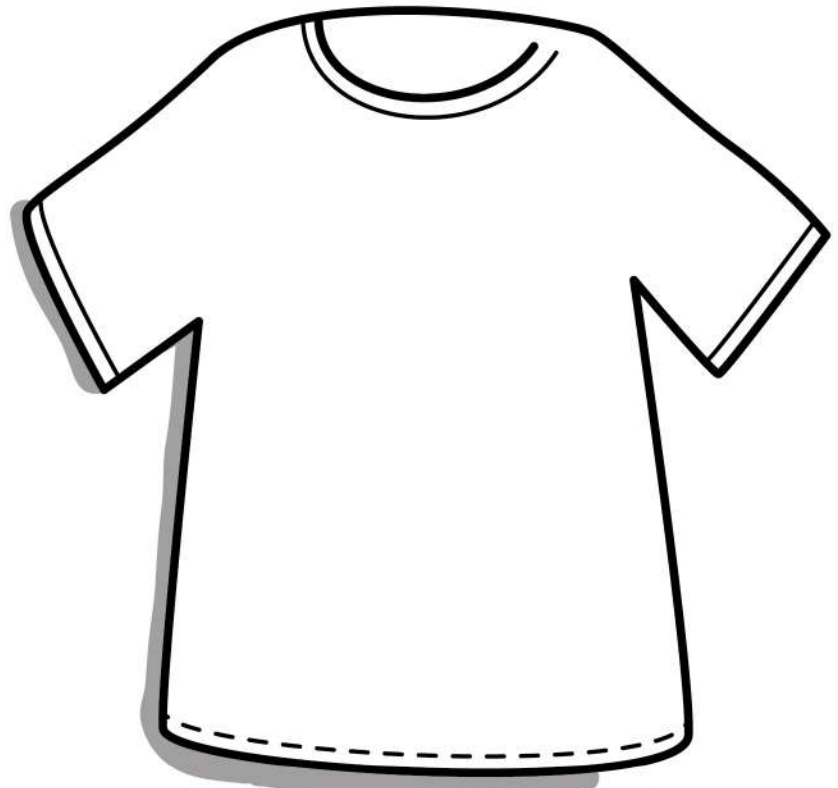
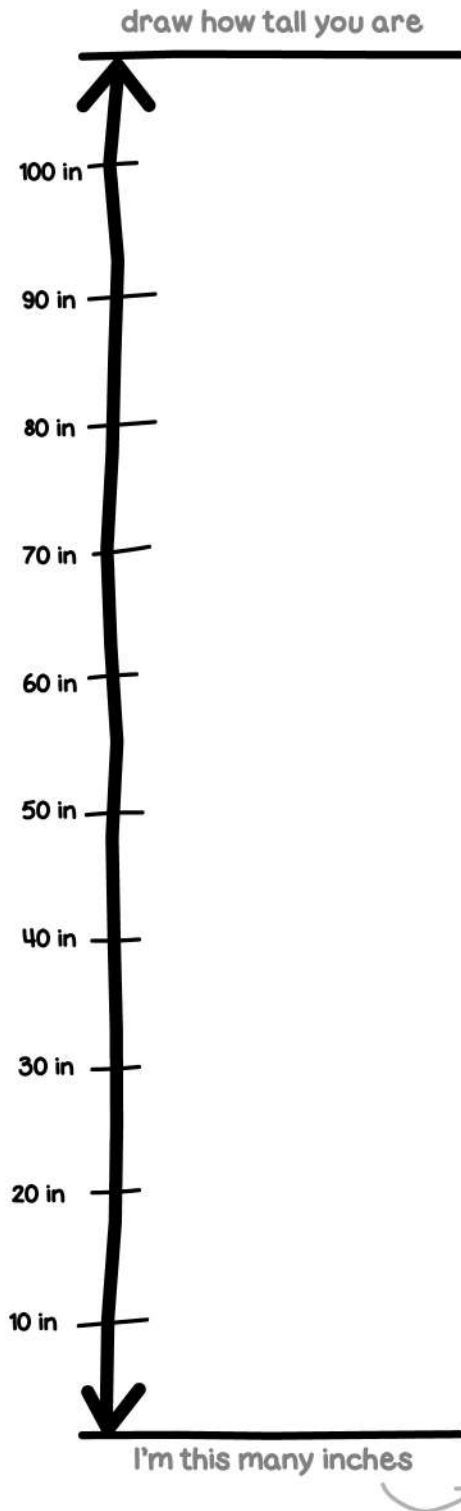
**TIME STAMP!**

put your thumbprint  
somewhere on this  
page

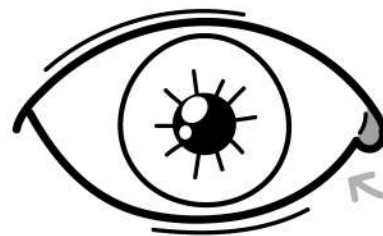
draw your favorite animal

# A Little About Me

draw your answers below



draw your favorite T-shirt



my eyes are  
this color  
(color them)

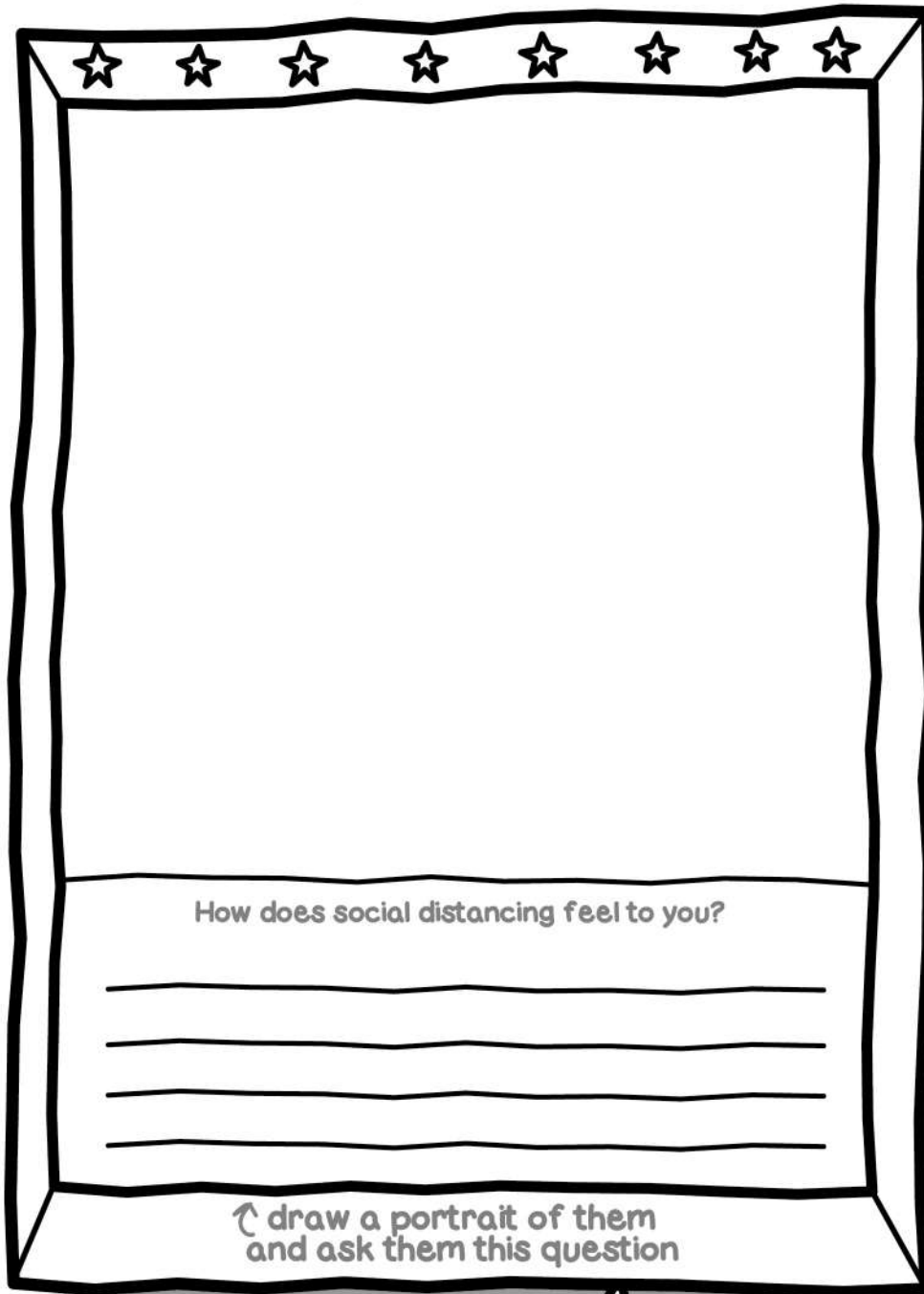


**TIME STAMP!**  
trace your foot on  
this page and see how  
many inches it is



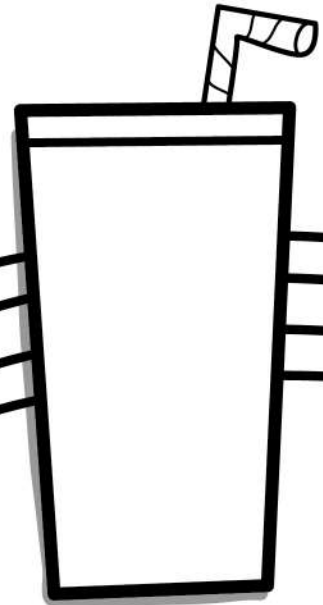
# Interview Your Family

draw your answers below for one of your family members.  
(print extras for each family member)

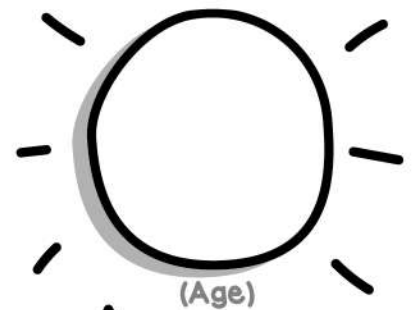


How does social distancing feel to you?

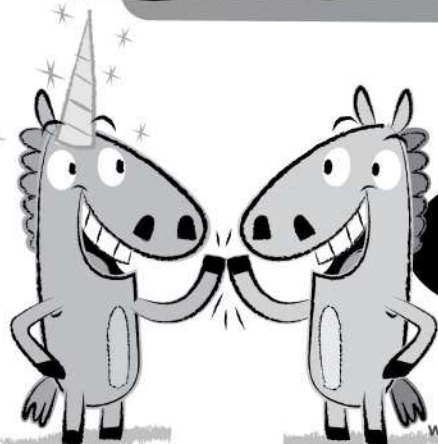
↑ draw a portrait of them and ask them this question



draw their favorite drink



color all the stars in with their favorite color



**TIME STAMP!**  
ask your parent what their favorite thing about themselves is and draw it somewhere on these pages



doodle their name in fun letters

# My Favorite Things

draw and color your answers below

in the blank spaces  
around this page,  
draw your  
favorite things  
around your room

## ★ MY FAVORITE SONGS ★

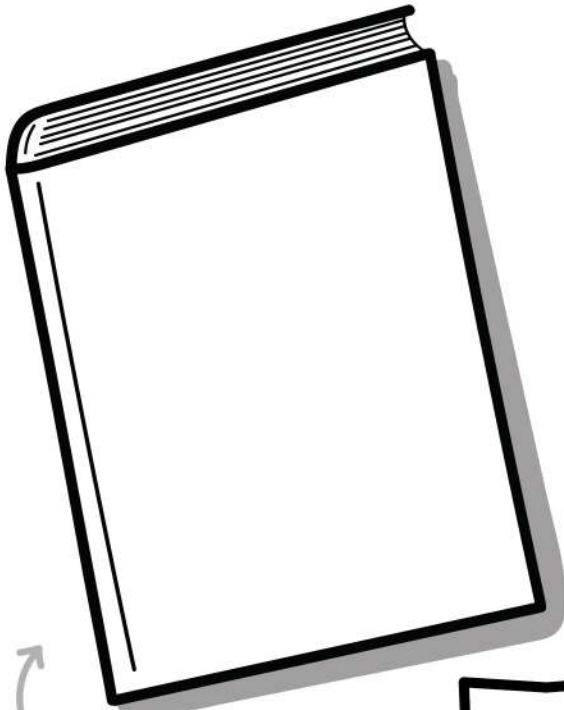
①

②

③

④

⑤



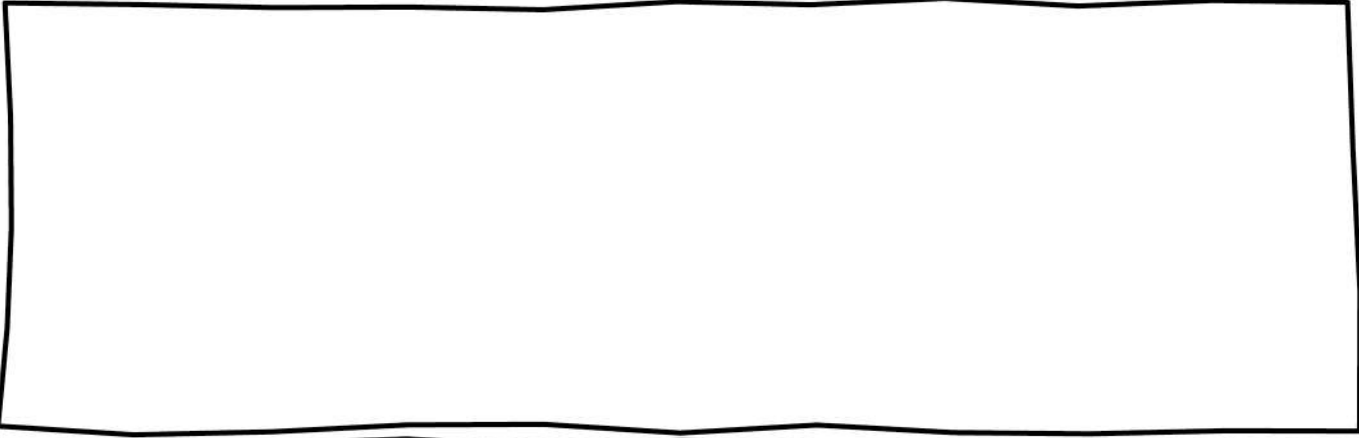
draw your  
favorite book  
cover

## MY FAVORITE SHOW



# Mixed Feelings

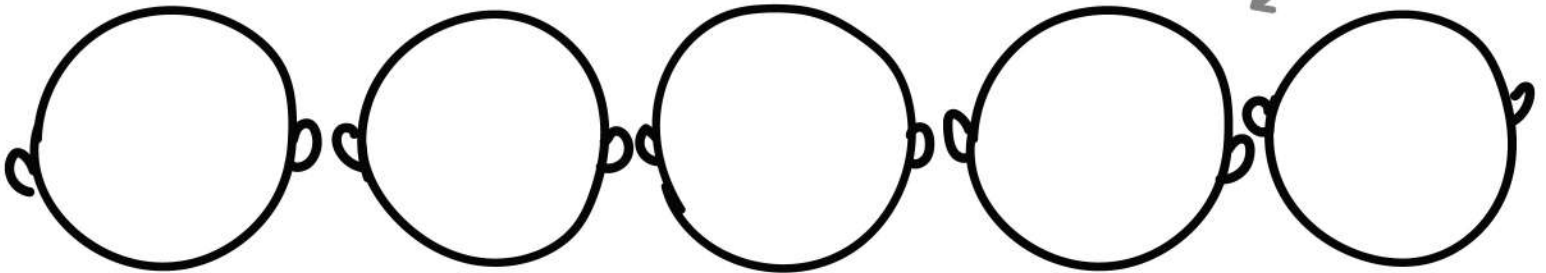
THIS WORD INSPIRES ME



## I've Been Feeling

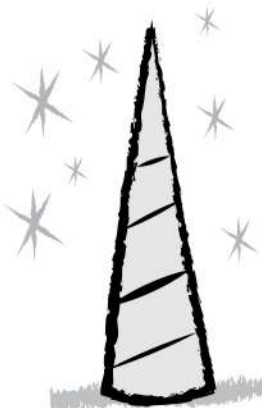
draw the different feelings you've had and write them out below

**TIME STAMP!**  
make an inspirational  
message and put  
it in a neighbor's  
mailbox



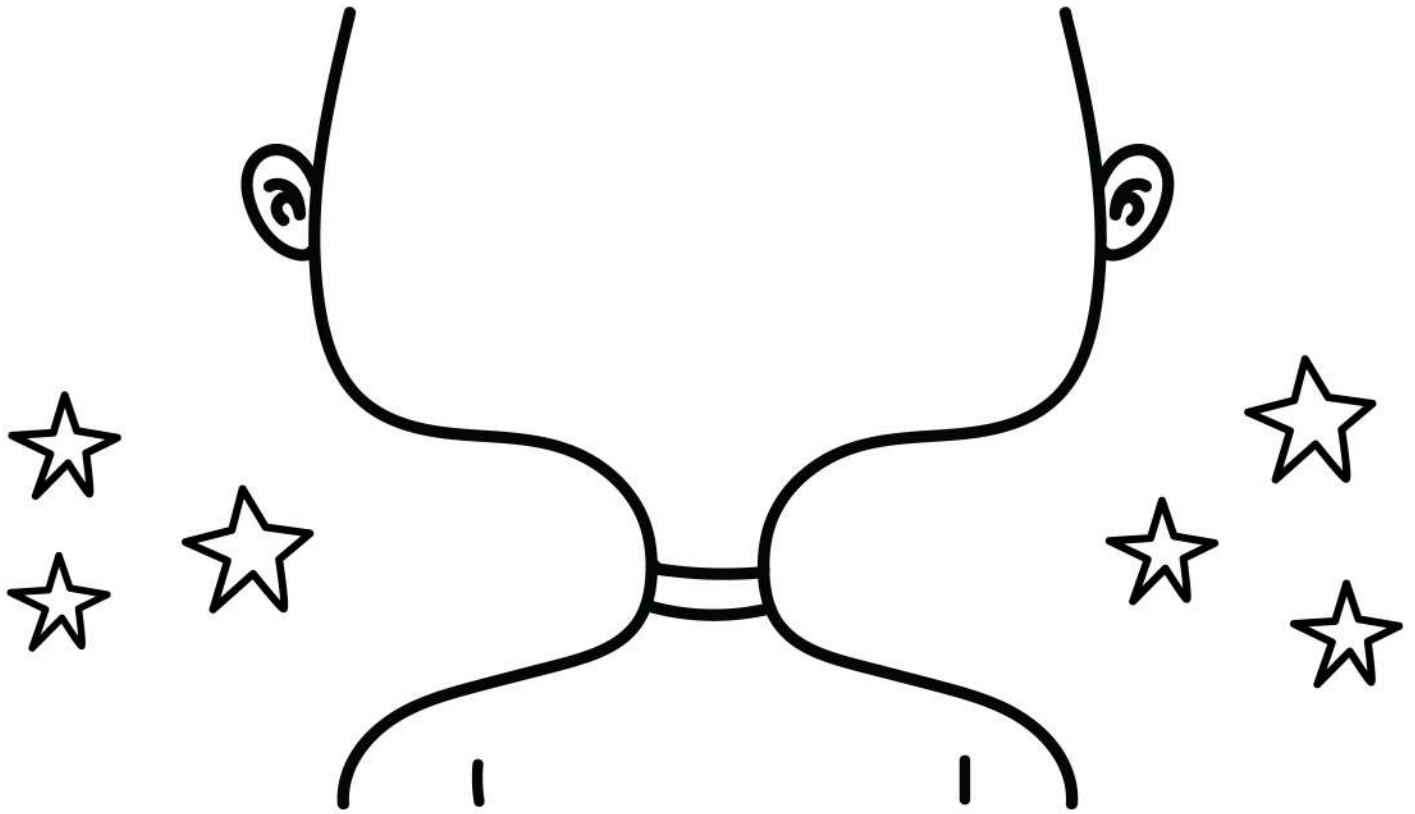
\_\_\_\_\_

draw and write out a magical moment that happened recently



# I Have A Feeling

Draw a portrait of yourself below,  
then write a letter to yourself about how you have been feeling.



Dear Me, \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# I've Discovered New Talents!

fill in the missing words

You may not realize this, but I am an expert \_\_\_\_\_  
(what you've been doing while you've been home)

player and have a huge talent for \_\_\_\_\_. When  
(something you can do with your hands)

I was \_\_\_\_\_ years old, I realized that I was a  
(your favorite number)

very \_\_\_\_\_ kid. While other kids were  
(adjective)

busy \_\_\_\_\_, I would be playing my blue  
(your favorite activity while you've been home)

\_\_\_\_\_ in front of \_\_\_\_\_ people.  
(name of an instrument) (year you were born)

Little did I know, someone was filming my \_\_\_\_\_  
(the thing you want to do most when this is over)

concert and uploaded it to \_\_\_\_\_. Next thing I  
(your favorite website)

know, I'm flying to \_\_\_\_\_ and meeting my new  
(place you went for your last vacation)

fans. Look out, world! I'm going to be the biggest

\_\_\_\_\_ you've ever seen!  
(funny body part)

## Who Knew?!

draw the two biggest things you've learned from this experience ↴

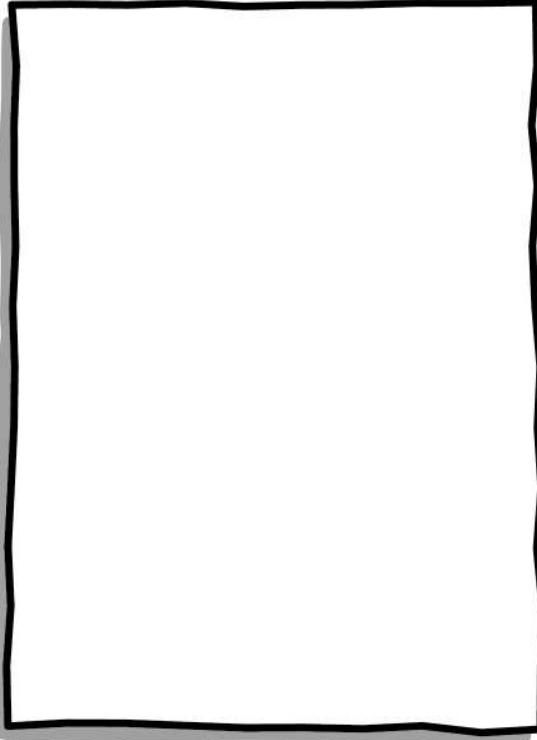
### TIME STAMP!

draw and write out  
a talent you wish you had  
and make a plan to learn  
the new talent

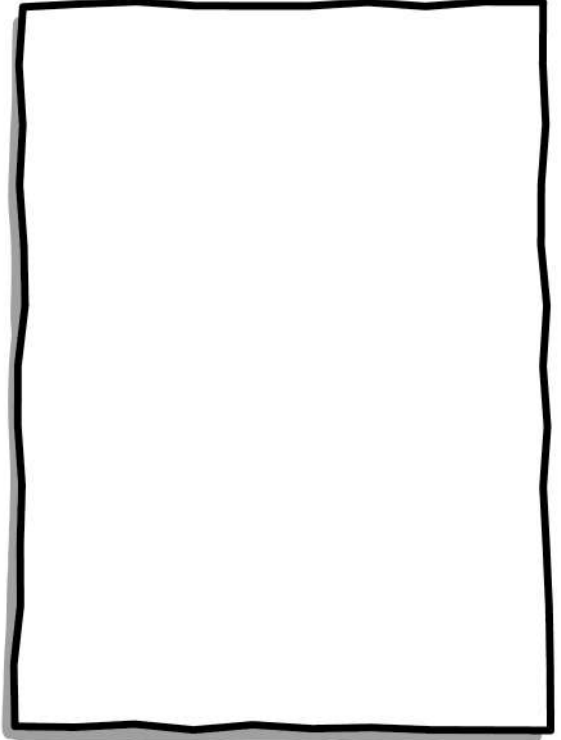


# Dear Future Me:

draw and WRITE where you think you might want to go to college



draw and WRITE a piece of advice from your parents



write out  
three things you're  
excited to do when  
this is over



① \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

② \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

③ \_\_\_\_\_

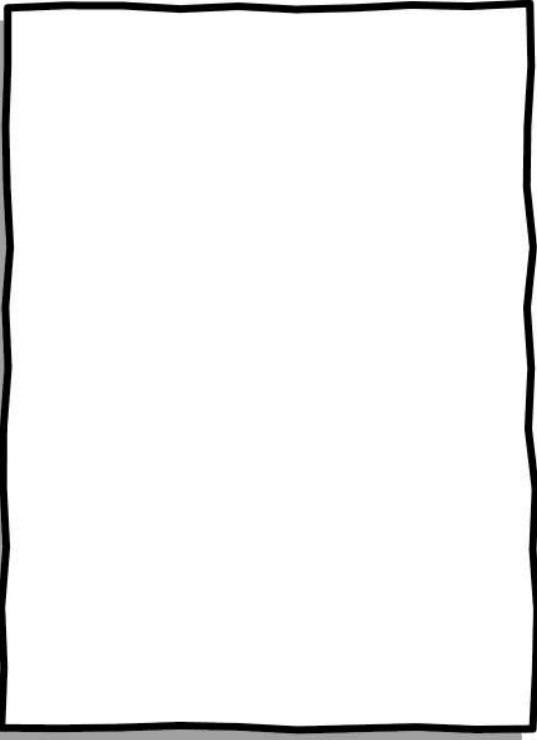
\_\_\_\_\_

\_\_\_\_\_

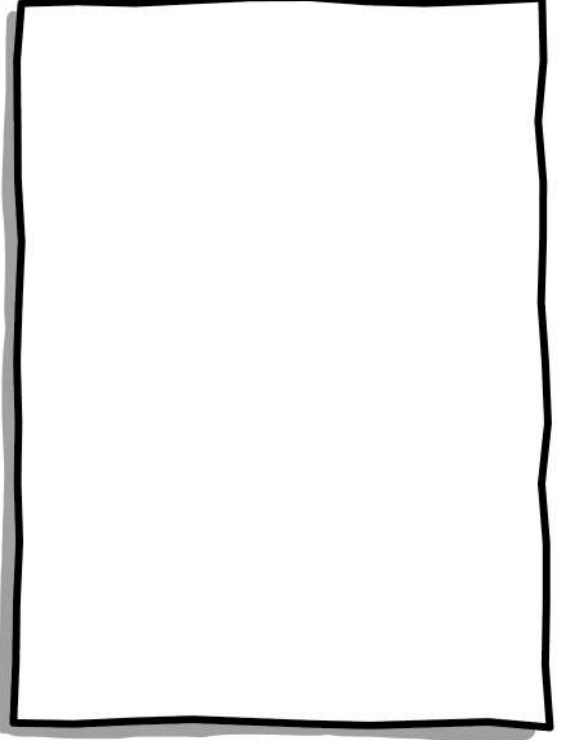
\_\_\_\_\_



draw and WRITE something your  
at home teacher taught  
you that you liked

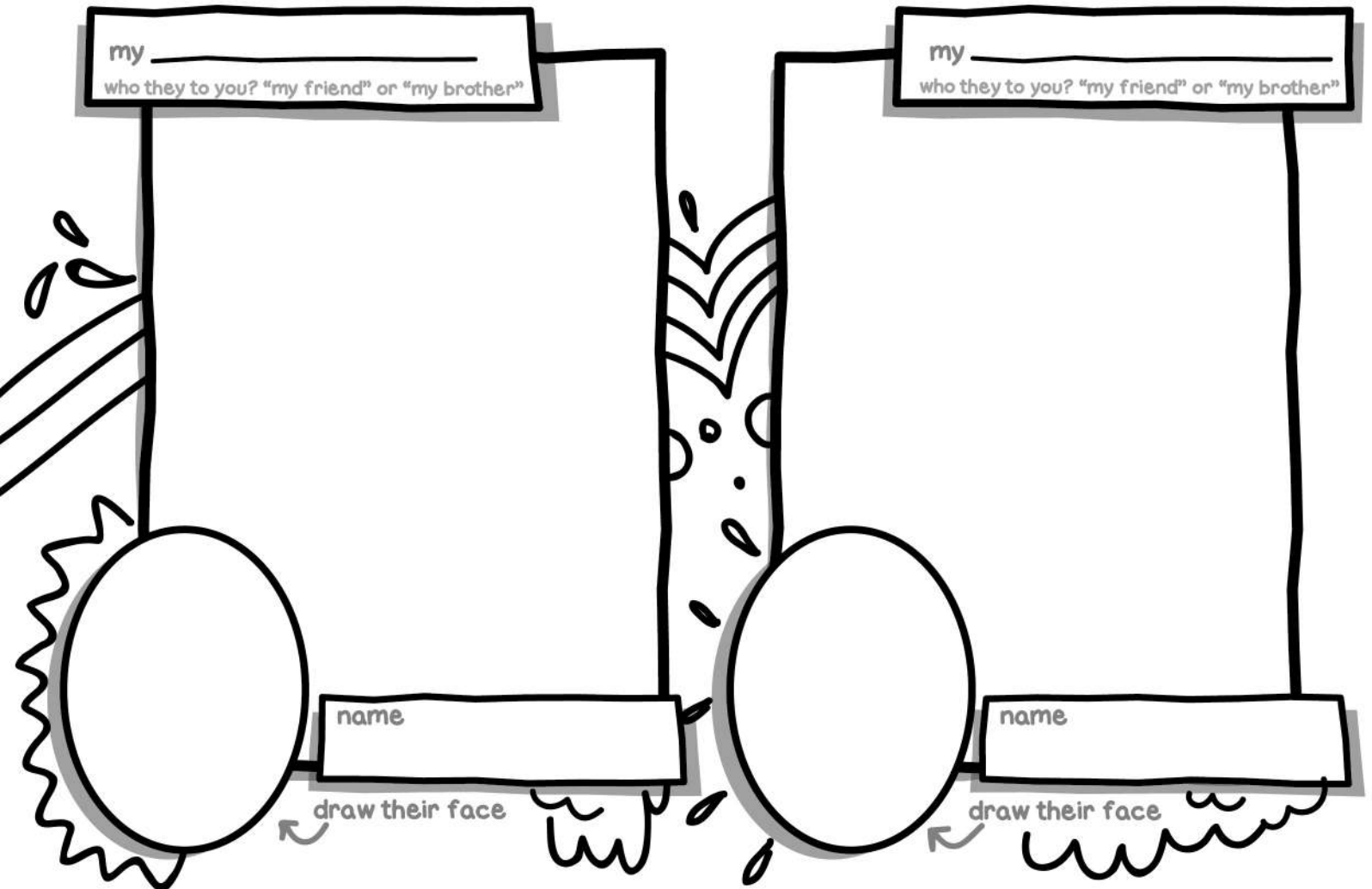


draw what you think you will  
look like when you are 40 years old



# Why I'm Awesome

ask someone in your house to help you  
fill in the answers below

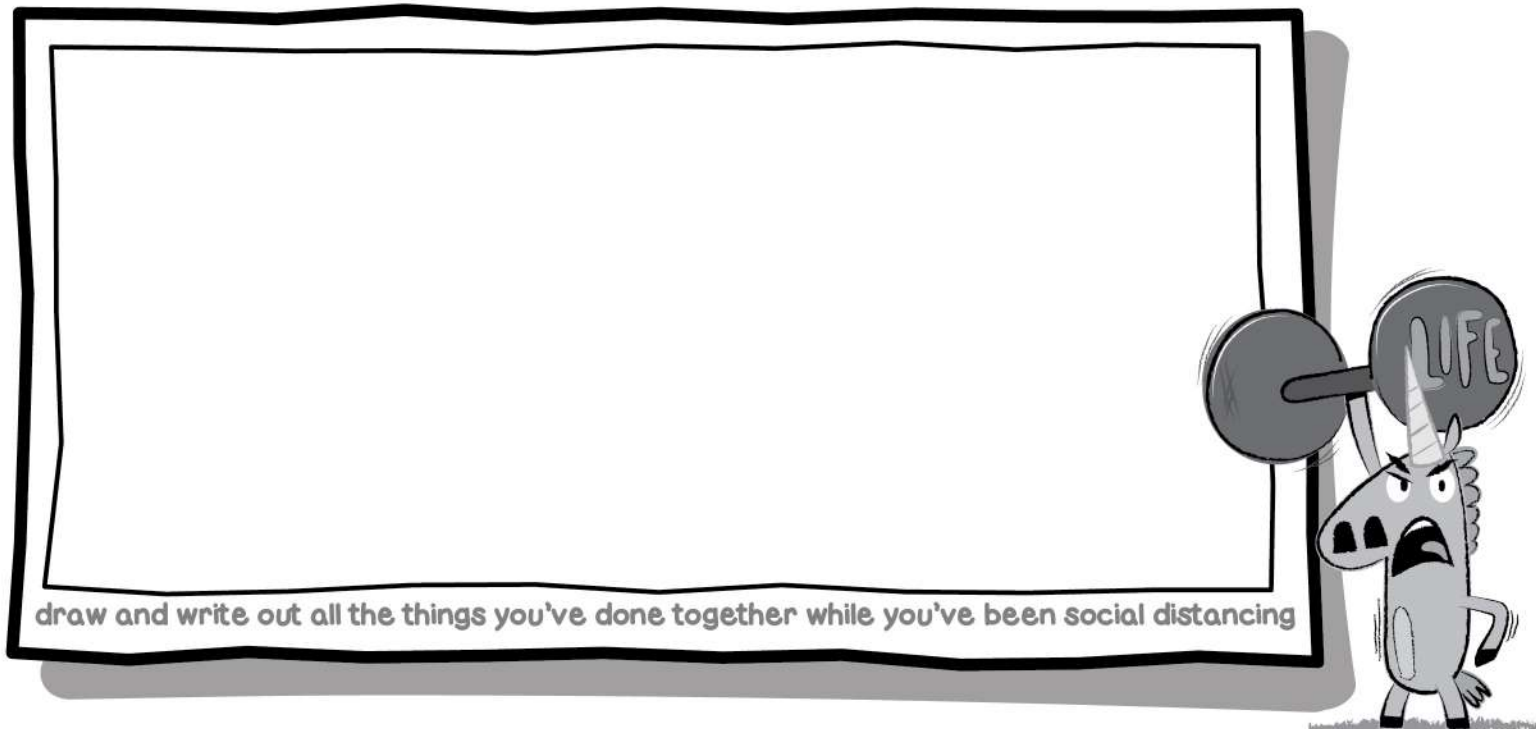


my \_\_\_\_\_  
who they to you? "my friend" or "my brother"

name

draw their face

This block contains two identical vertical forms. Each form has a large empty circle at the bottom left for drawing a face, with an arrow pointing to it from the text "draw their face". To the right of the circle is a rectangular box labeled "name". Above the circle and box is a large rectangular area for drawing. At the top of each form is a rectangular box with the text "my \_\_\_\_\_" and "who they to you? 'my friend' or 'my brother'". The forms are connected by a central vertical line with decorative wavy patterns.



draw and write out all the things you've done together while you've been social distancing

This block contains a large rectangular area for drawing and writing. At the bottom right corner, there is a cartoon illustration of a grey unicorn with a single horn, looking up and holding a large grey circular weight with the word "LIFE" written on it. Below the main drawing area is a line of text: "draw and write out all the things you've done together while you've been social distancing".

# Why I'm Amazing

my favorite thing about myself

this makes me unique

↑ draw something you can do  
that no one else you know can do

↻ draw your favorite thing about yourself

this is my best subject  
in school

this is what makes me helpful

↻ draw something you do to help others

↻ draw your favorite  
subject in school





# In My Own Words

1. What is covid-19?

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2. What is social distancing?

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draw what  
you think it  
looks like

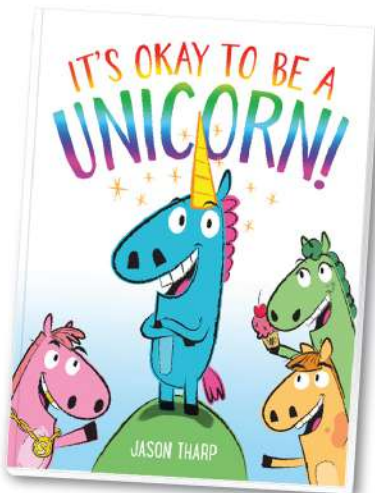
3. Who were your teachers while you were home schooling?

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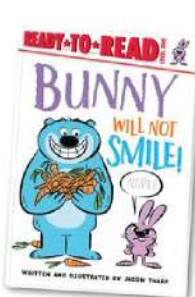
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write how many days  
you think you'll be home for?



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FRIENDS™**  
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