

MY 2020

COVID-19

TIME CAPSULE

DIARY

BY

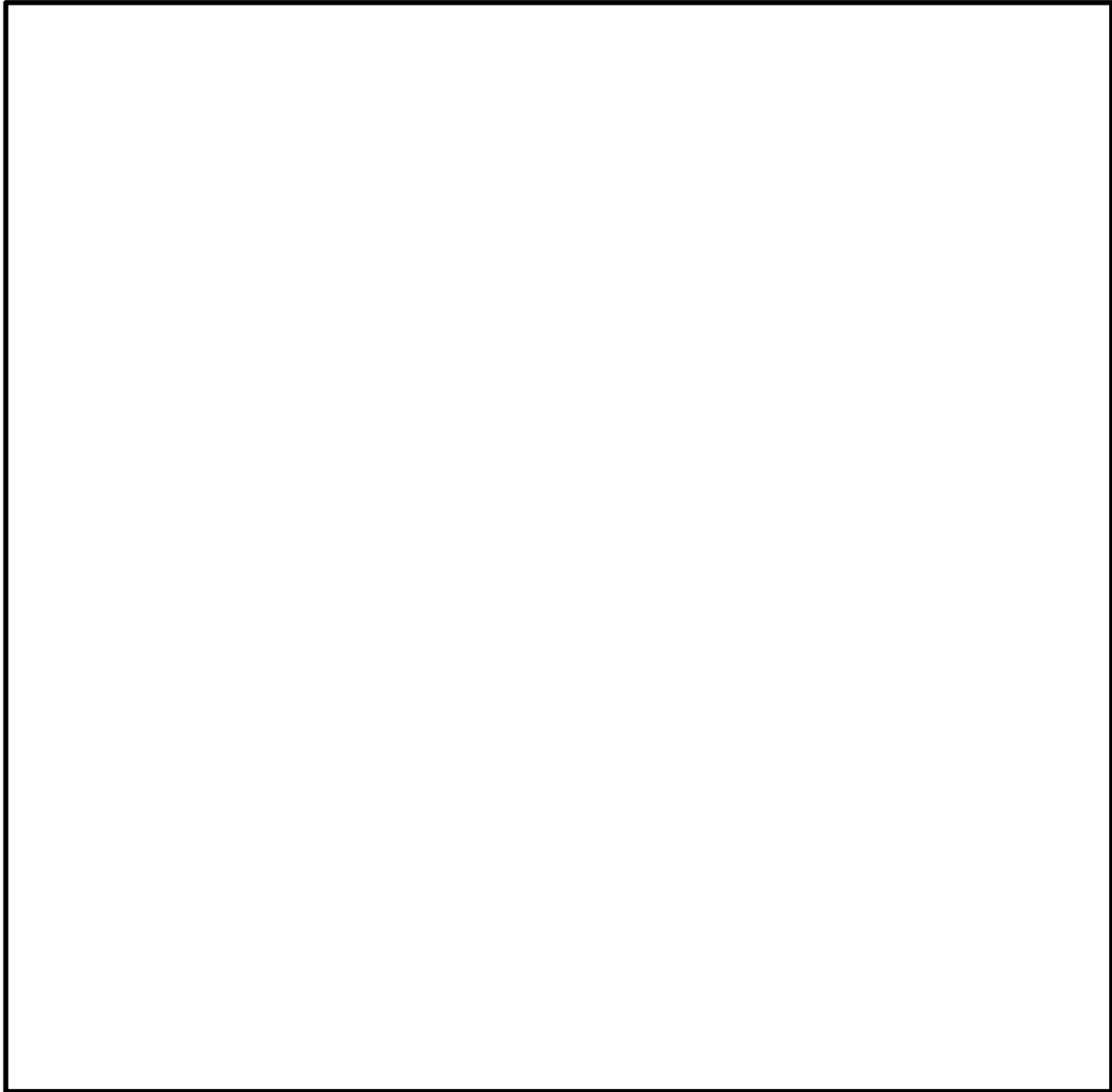


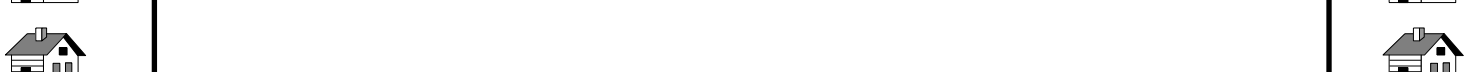
You are living through history right now

Fill in the pages for your future self to look back on.

Here are some ideas to include:

- Some photos from this time
 - A journal of your days
- Local newspaper pages or clippings
 - Art work you have created
 - Family/pet pictures
 - Special memories







Letter to myself



Dear,

































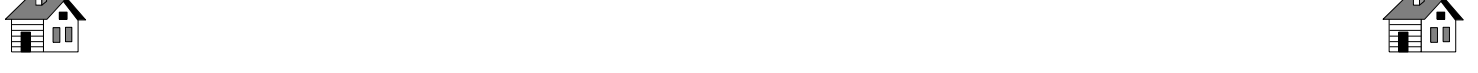
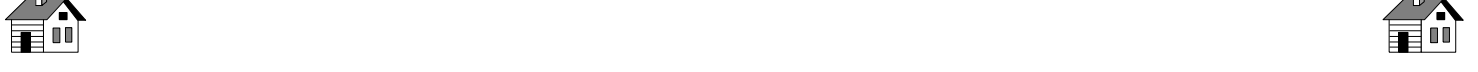
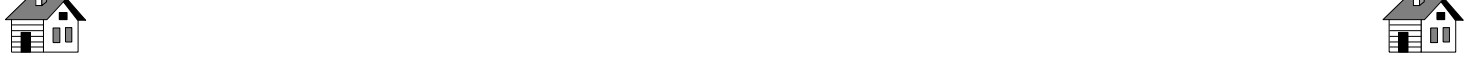
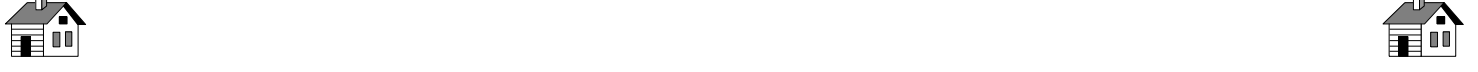


Love,





Draw, write or photograph the people in your house during lockdown.
You could also print your handprints on this page in different colours.



Interview your parents/carers

What has been the biggest change?

What are you most thankful for?

What has been the biggest change?

How are you feeling?

Your top 3 moments from this experience.

What activities/hobbies have you most enjoyed doing?

Days spent inside so far?

