**Make your own time capsule**

**As a family, how about making a time capsule for your future self to look at? Before you start you will need to find yourself a good sized box, some tape or string to seal it, a plastic bin bag to keep it waterproof and a special place to store it. Here a few ideas for you to get started and think about:**

**\* You could include a letter or a picture for your future self all about each of you- how old you are, who your friends are, all about your family, who you live with, favourite song etc.;**

**\* Also include what you are looking forward to doing when this is all over;**

**\*What have you enjoyed about being a home? ;**

**\*Write about the things you did to stay in touch with family members and friends- did you use Zoom, FaceTime or Skype? ;**

**\*What type of things did you do to keep busy and safe at home?**

**\*Were there any events that you celebrated whilst at home-birthdays, anniversaries, Easter etc? What did you do to celebrate them? ;**

**\*Why don’t you paint or draw a rainbow and put that in as well as an explanation as to why rainbows were important to people at this time;**

**\*Take a handprint of everyone who is living in your house right now and put those in too;**

**\*Have you got a 2020 coin and a stamp to put in as well as a copy of that day’s newspaper with all the current headlines?;**

**\*Ask your family to write a short letter, a little note or do a drawing to put it;**

**\*You could include a special picture, drawing or any art work with that days date on it;**

**\*Any other special mementos- a feather, a pebble, photos of your special and favourite things, a cuddly toy etc. that you feel like putting in.**

**This is your special time capsule so put in anything else you feel like. Just don’t forget to date it, seal it up well and remember the special place you put in it. Also remember to decide how long you are going to put it away for-5/10/15 years….. You decide. Have fun deciding what goes in and don’t forget to take some photos for us to see!**