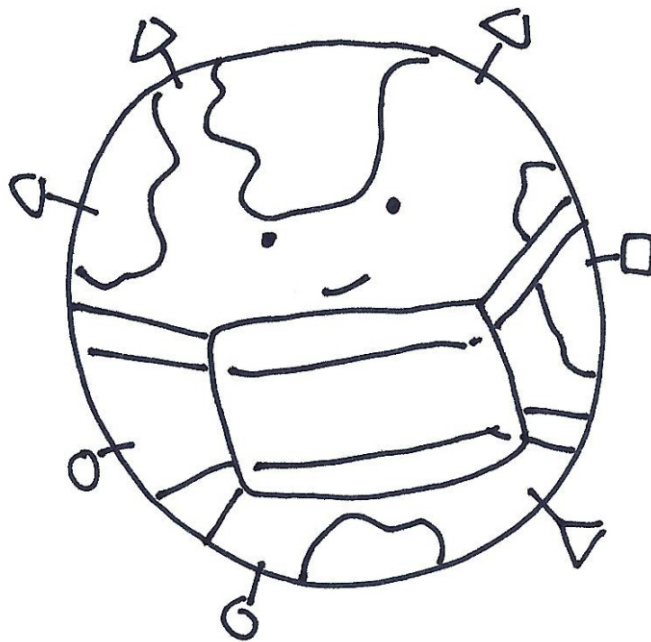
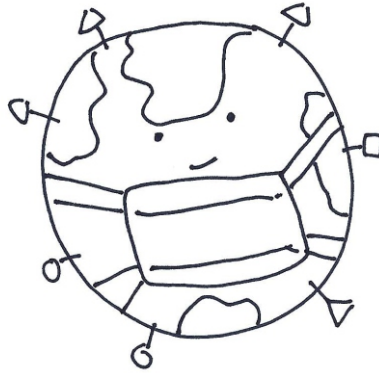


MY 2020 COVID-19 TIME CAPSULE



created BY:

Ideas for using the Covid-19 Time Capsule Collection



This printable collection is meant to create a collection of memories from these days.

Suggestions:

1. Work together with your children.
2. Use these pages as conversation starters.
3. Create a box or large envelope to keep all of the pages in with any photos or keepsakes.
4. Add itmes to the box like:

Photographs

Letters from Family and Friends

Artwork

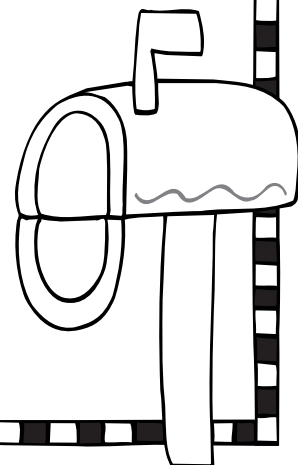
New Recipes Tried

Face Mask

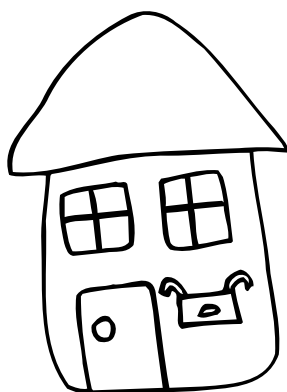
Empty TP Tube

Empty Hand Sanitizer container

My Address:

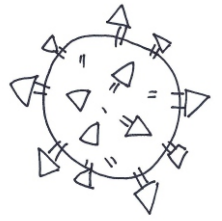


The People I am Social Distancing with



Facts About Me

These are my current favorite things:



Friend

Book

Game

Food

Place to Go

Sport or Activity

MY Height

MY School

MY Grade

MY Age

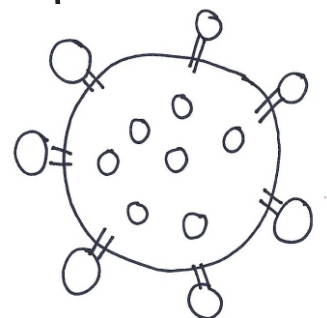
Some important words from these days.

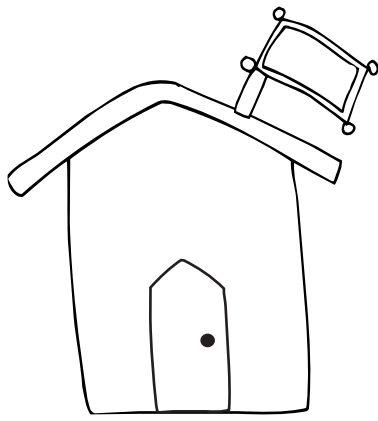
coronaviruses (cov) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-cov) and Severe Acute Respiratory Syndrome (SARS-cov).

Coronavirus disease (COVID-19) is a new strain that was discovered in 2019 and has not been previously identified in humans.

	S	S	D	K	S	A	M	E	C	A	F	O	C	P	J
epidemic	I	O	A	K	E	S	B	L	L	V	U	O	A	A	E
pandemic	P	C	E	W	S	B	S	A	R	T	R	H	S	N	S
coronavirus	A	I	R	K	D	I	B	E	B	O	W	I	I	D	H
widespread	H	A	P	U	A	O	V	R	N	A	Y	T	C	E	M
outbreak	N	L	S	C	L	V	E	A	B	L	N	U	M	M	J
cough	P	D	E	G	A	A	V	M	I	A	L	V	J	I	V
fever	N	I	D	V	K	I	T	T	R	Z	D	I	A	C	Q
facemask	D	S	I	G	R	E	P	A	P	T	E	L	I	O	T
spread	A	T	W	U	T	F	U	E	P	I	D	E	M	I	C
illness	E	A	S	L	Z	Q	E	T	S	D	G	H	V	U	E
global	R	N	C	O	U	G	H	V	M	N	E	K	Q	L	X
germs	P	C	V	Z	W	P	S	P	E	L	R	Q	Q	Z	Z
social distance	S	E	H	G	P	B	N	I	J	R	M	Z	I	H	I
quarantine	S	S	Y	M	F	L	H	A	C	O	S	X	P	K	S
toilet paper															

These are my thoughts about toilet paper:





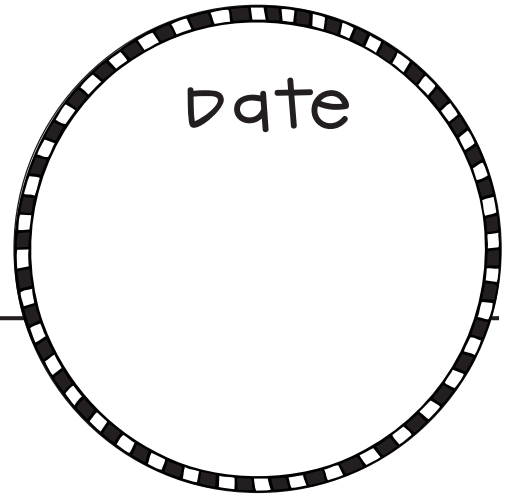
4 Things I Like To Do at Home



A Letter to My Future Self

Dear Me,

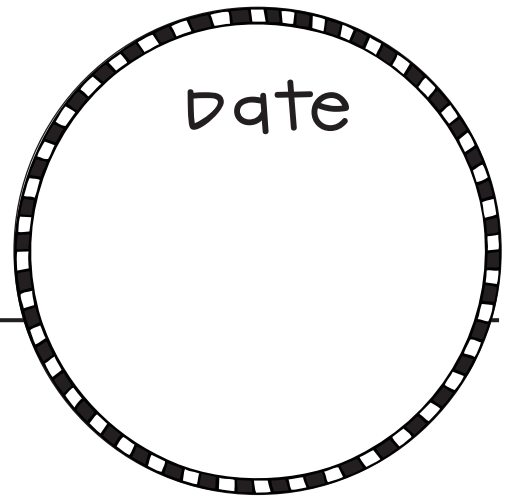
Date



Love,

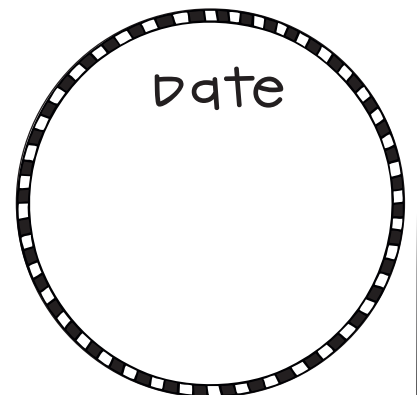
A Letter to from my Parent

Dear _____.

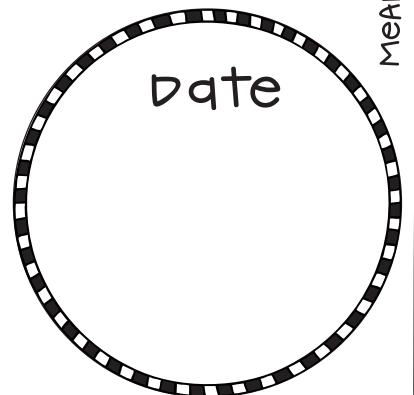


Love,

My Handprint



MY Footprint



This is what I miss the most.



I am most thankful for these things.



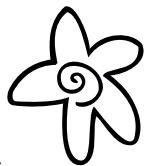
I am feeling...



When I can go somewhere, I am going to...

These are the ways I am staying
connected to my world.




Draw Pictures or Write



Ideas: Hearts in windows, calling Family, calling Friends.
FaceTime, writing Letters, chalking Sidewalks, Going for walks

Family Fun

color in things you have done with your family during quarantine days of covid-19.

Bake cookies. 	Take a bubble bath. 	Build a puzzle. 	Listen to music! 	Play video games. 
Paint 	Call a friend. 	Write a letter.	Read a book.	Throw ball. 
Dance in the kitchen.	Cook a meal. 	Eat breakfast for dinner. 	Use a saw.	Make a craft.
Take a nap.	Build a fort. 	Watch a movie. 	Go for a walk.	Take photos of nature.
Work in the yard.  	Play a game. 	Organize a closet. 	Chalk your walk.	Look at the stars.  

A week of My Life

Sunday

Tuesday

Thursday

saturday

Monday

wednesday

Friday

NOTES



For more FREE printable resources,
please visit
www.meandmyinklings.com