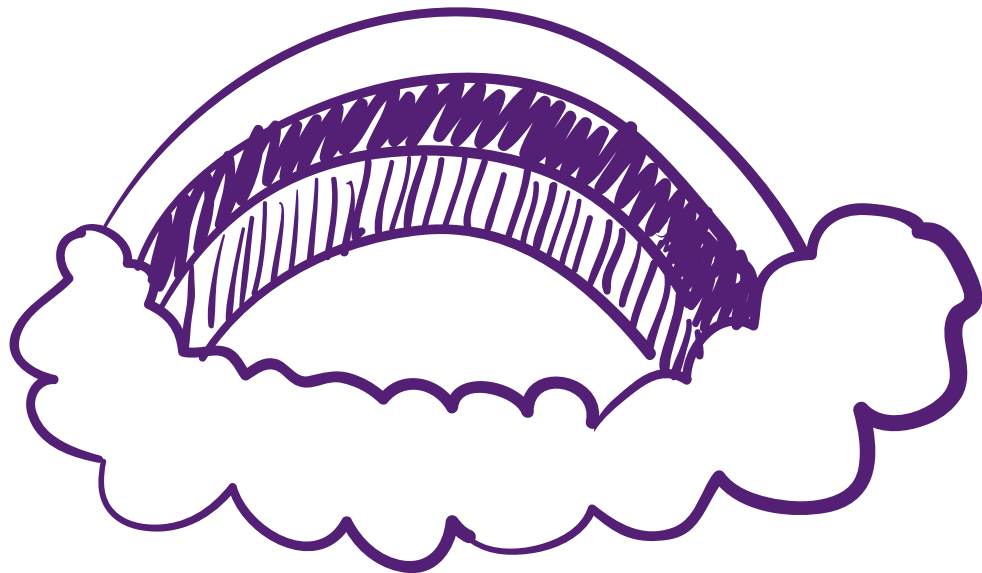


MY 2020 COVID-19 TIME CAPSULE



BY: _____



C.P.J. Field.

More than a funeral director since 1690.

YOU ARE LIVING THROUGH HISTORY RIGHT NOW

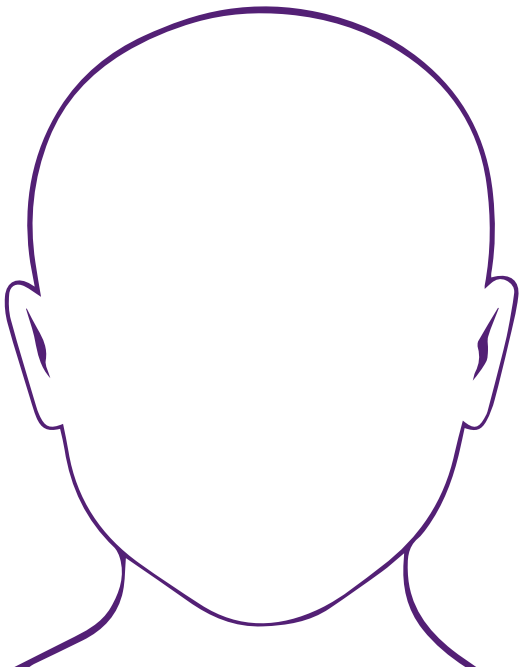
TAKE A MOMENT TO FILL IN THESE PAGES FOR YOUR FAMILY OR FUTURE SELF TO LOOK BACK ON. BELOW ARE SOME IDEAS OF THINGS YOU COULD INCLUDE:

- Some photos from the current time
- A journal of your daily routines
- Local newspaper clippings / print-offs from news websites
- Any artwork or pictures of creations you've made
- Photos of family in isolations
- Special memories, key events

Draw or stick a picture of the people you are self isolating with



HOW AM I FEELING



MY CURRENT
EXPRESSION LOOKS LIKE...



WORDS THAT EXPLAIN HOW I FEEL AT
THE CURRENT TIME

WHAT I FEEL I HAVE LEARNT MOST FROM
THIS EXPERIENCE SO FAR

I AM MOST THANKFUL FOR:

THE 3 THINGS THAT I AM MOST LOOKING FORWARD TO BEING ABLE TO DO
WHEN THIS IS OVER:

1.

2.

3.

MY COMMUNITY

WHERE AM I LIVING DURING THIS TIME?



WHAT THINGS ARE YOU DOING TO HELP YOU TO FEEL CONNECTED WITH YOUR LOCAL COMMUNITY AT THIS TIME E.G DRAWING RAINBOWS TO POST IN WINDOWS, PASSING MY FRIENDS` HOUSES ON A WALK?

LIST SOME WAYS IN WHICH YOU`VE BEEN HELPING OTHERS IN YOUR LOCAL AREA E.G SHOPPING FOR A NEIGHBOUR, CALLING SOMEONE LIVING ON THEIR OWN, ETC

HOW ARE YOU CONNECTING WITH OTHERS? HAVE YOU EMBRACED NEW TECHNOLOGY, IF SO, WHAT? (E.G. FACETIME, WHATSAPP ETC)



YOU ARE NOT STUCK AT HOME,
YOU ARE SAFE AT HOME



WHAT I AM DOING
TO KEEP ME BUSY AT
HOME



OUR HANDPRINTS OR PORTRAITS

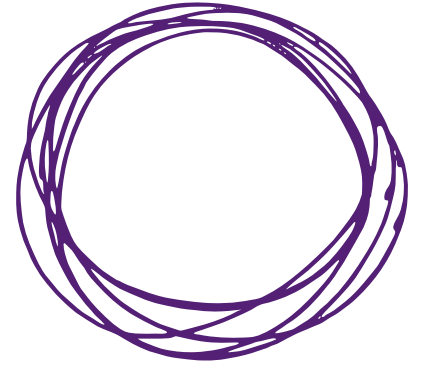


PRINT HANDPRINTS OR DRAW PORTRAITS OF ALL THE PEOPLE
LIVING WITH YOU, IN DIFFERENT COLOURS, OR YOU COULD
STICK PHOTOS

INTERVIEW YOUR PARENTS OR FAMILY MEMBERS

WHAT HAS BEEN THE
BIGGEST CHANGE?

HOW ARE YOU FINDING
HOME SCHOOLING?



DAYS ON LOCKDOWN

HOW ARE YOU FEELING?

YOUR TOP THREE MOMENTS FROM THIS EXPERIENCE

1.

2.

3.

WHAT ACTIVITIES OR HOBBIES
HAVE YOU ENJOYED DOING?

WHAT ARE YOU MOST THANKFUL FOR?

WHAT TV SHOW YOU WATCHED _____

YOUR NEW-FOUND FAVOURITE FAMILY ACTIVITY

FAVOURITE FOOD TO BAKE _____

FAVOURITE TIME OF DAY _____

GOAL(S)
AFTER THIS

