



My 2020
Quarantine
Time Capsule




Big Life Journal

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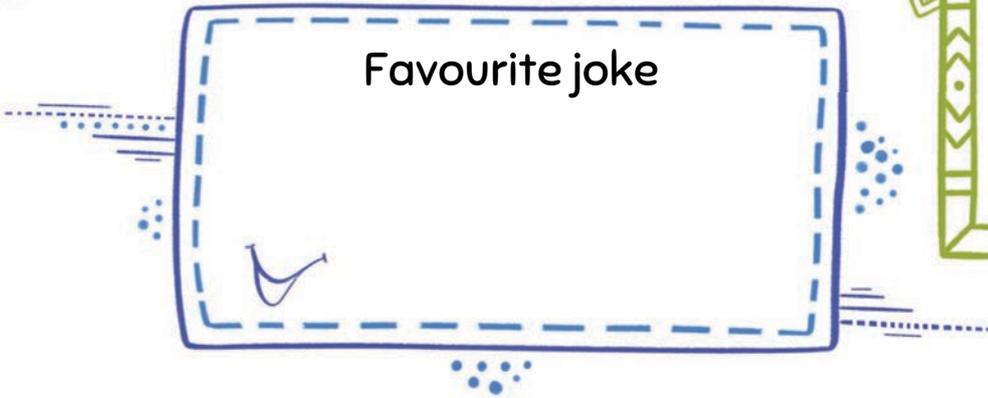
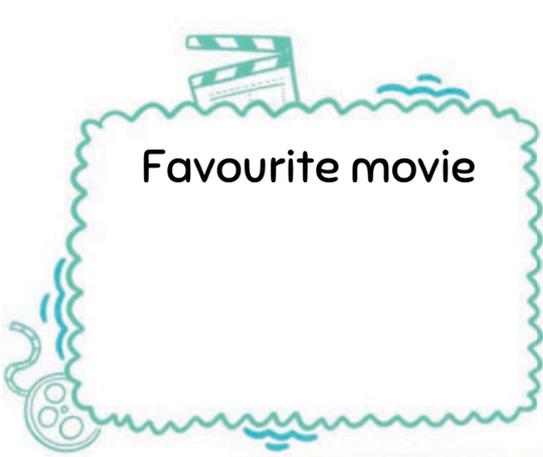
We are living through a very unique time in history! Imagine how interesting it would be for you to remember in the future all the things you did during this time. Get together with your family members to create your 2020 family time capsule or create one just for yourself!

- 1 Find a jar, an empty shoe box, or any empty container. Cut out the title from the first page and glue it to your time capsule.
- 2 Decide which pages and objects you want to include in your time capsule (see some ideas below).
- 3 Once you have everything inside, seal your time capsule. As time passes by, open the capsule to remember this historic time!

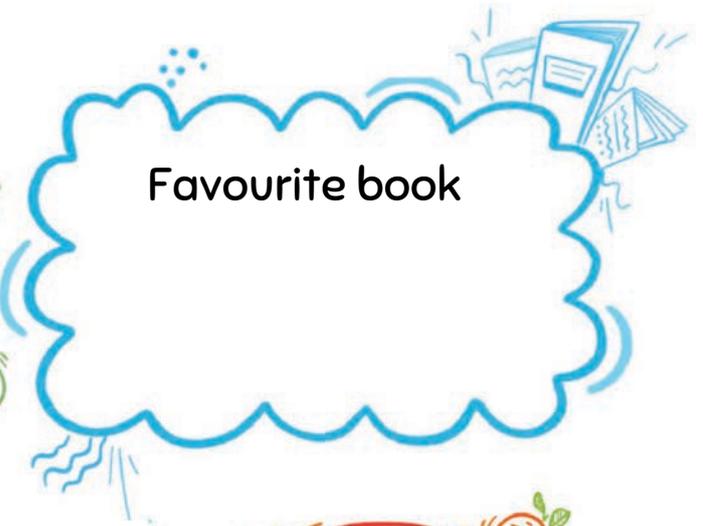
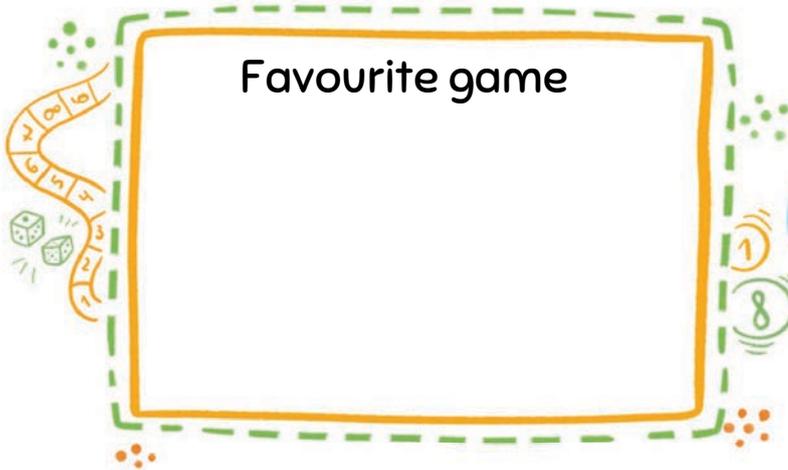


Other ideas to fill your capsule with:

- | | |
|--|---|
| <input type="checkbox"/> Photos from this time | <input type="checkbox"/> A letter to your future self |
| <input type="checkbox"/> Local newspaper cutouts | <input type="checkbox"/> Cost of things |
| <input type="checkbox"/> A letter from your parents | <input type="checkbox"/> List of things that were difficult to find |
| <input type="checkbox"/> Cards from friends and family | <input type="checkbox"/> Family handprints |
| <input type="checkbox"/> Your artwork | <input type="checkbox"/> Journal pages |



My Current Favourites



We Are Grateful Because We ...

CAN

ARE

HAVE



Me and My World

During the Quarantine

My name _____

I live in _____

I am _____ years old

I live with _____

I mostly feel



...and sometimes
I feel



What I'm mostly doing is

I wish I did more of



What I miss the most is

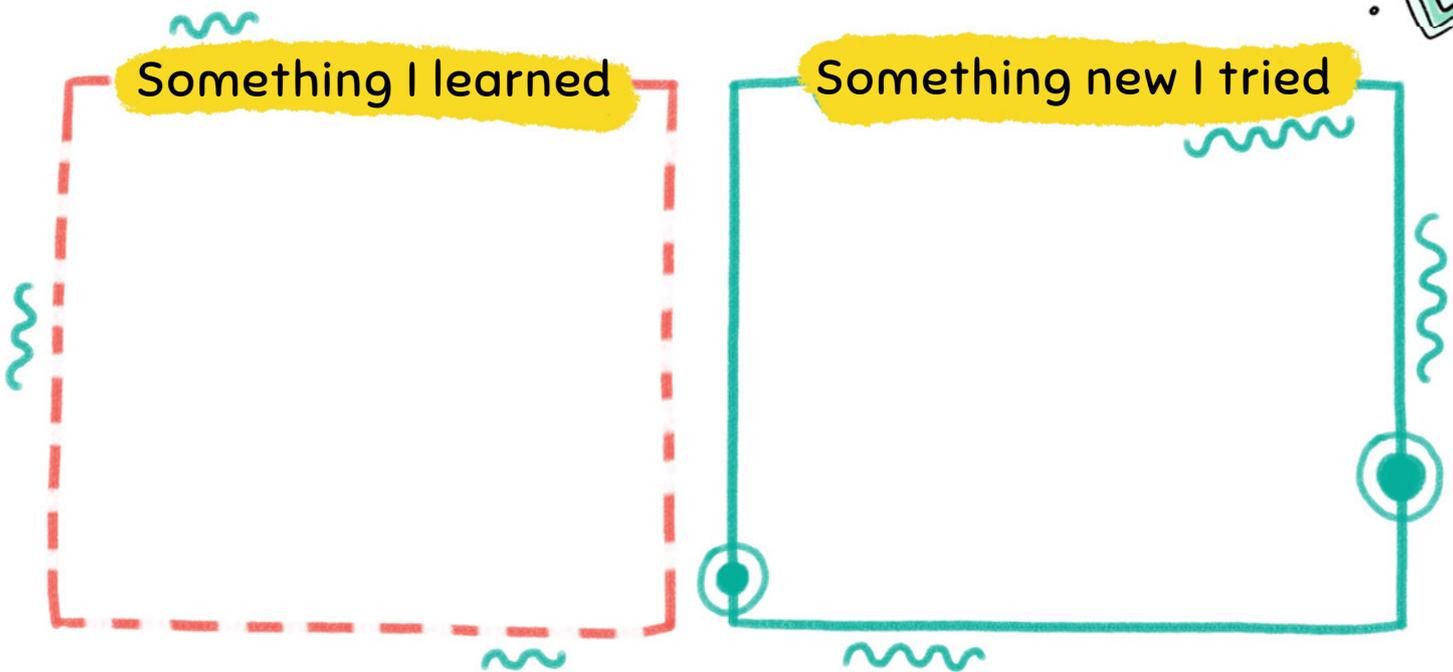
The person I miss the most is





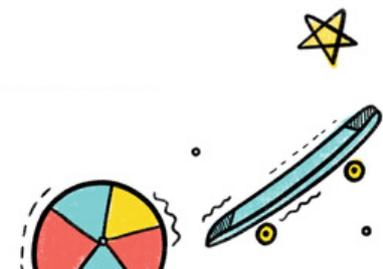
Something I learned

Something new I tried



I'm most THANKFUL for

After the quarantine is over, I can't wait to



My Day

So much of life has changed during these times, especially our daily routine. Describe your new routine in the spaces below.



Morning:



Afternoon:



Evening & Bedtime:

Interviewing My Parents



DATE: _____ INTERVIEWED BY: _____

A square box with a scalloped green border. The word 'portrait' is written at the bottom.

portrait

A square box with a yellow border and a red planet-themed sticker at the top. The text asks for something the respondent is proud of.

What is something you are proud of?

A yellow box with a scalloped green border. The text asks for 3 things the respondent is grateful for, followed by a numbered list.

What are 3 things you're grateful for?

- 1.
- 2.
- 3.

A dashed black box with yellow dots. The text asks what the respondent enjoys most about staying at home.

What do you enjoy the most about staying at home?

A white box with a black border and yellow stars. The text asks what the respondent wishes they did more as a family.

What do you wish we did more as a family?

A large box with a green border and a red header. The text asks what the respondent is looking forward to after this.

What are you looking forward to after this?

A list of prompts for favourite things, each followed by a horizontal line for an answer.

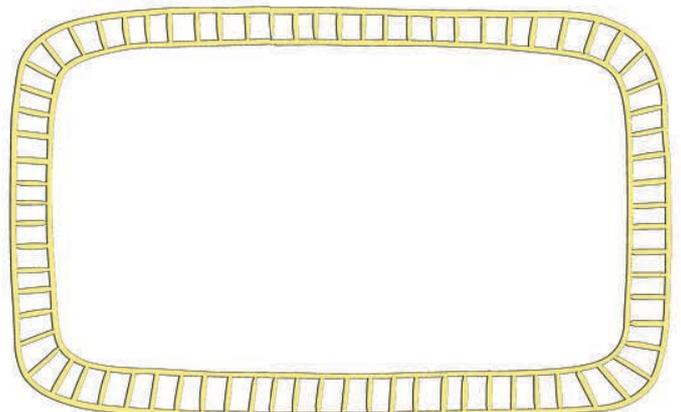
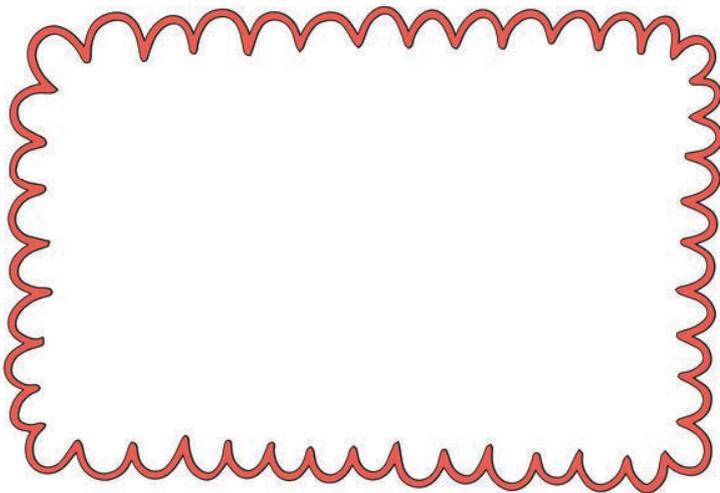
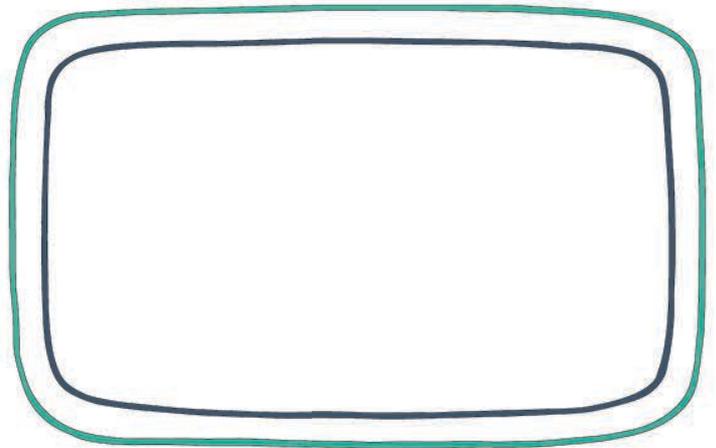
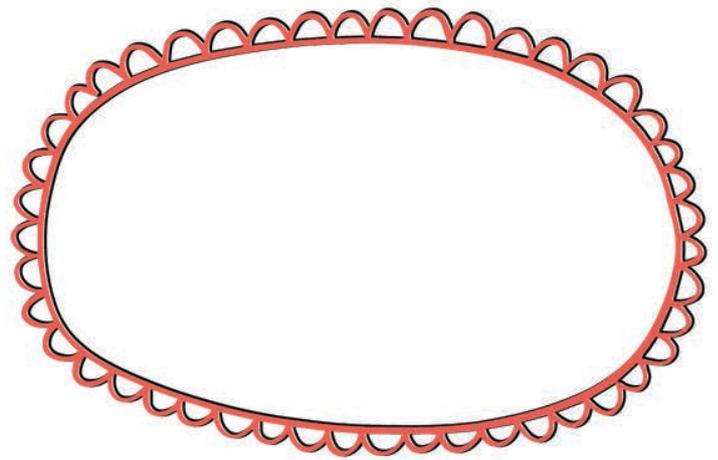
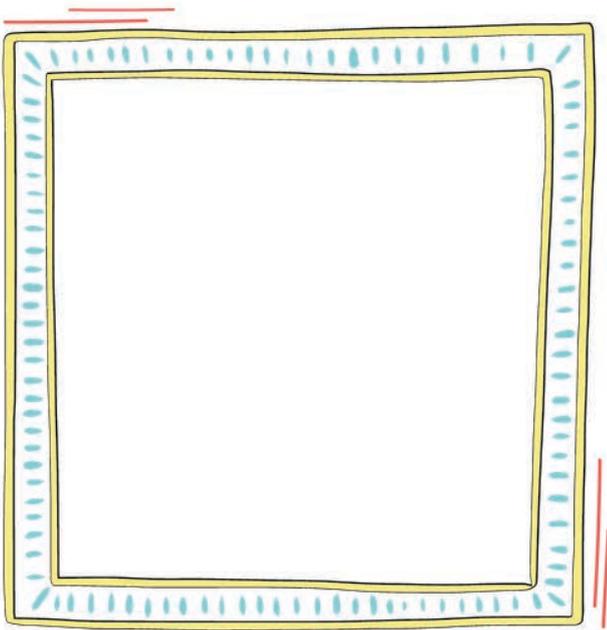
Favourite thing you did lately

Favourite recipe you tried

Favourite game we played

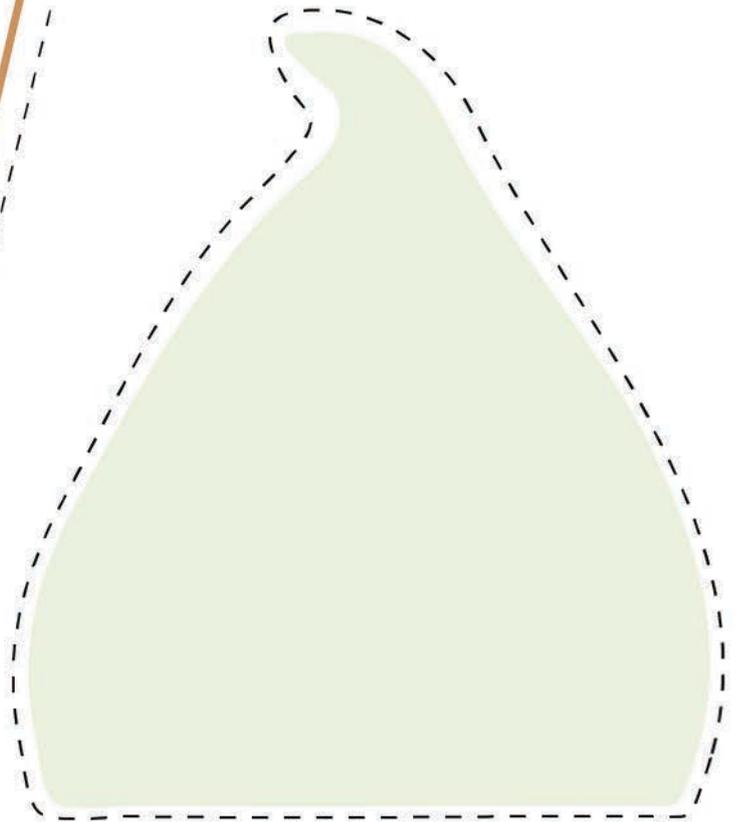
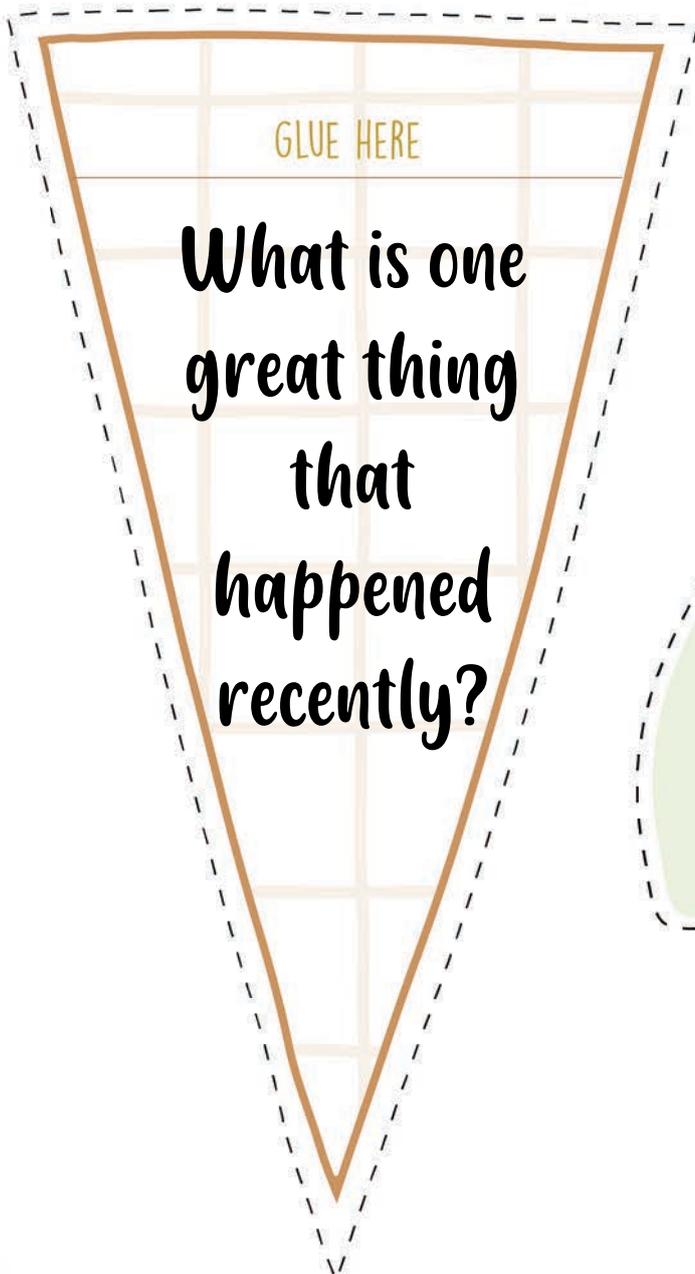
New Activities, Rituals, and Celebrations

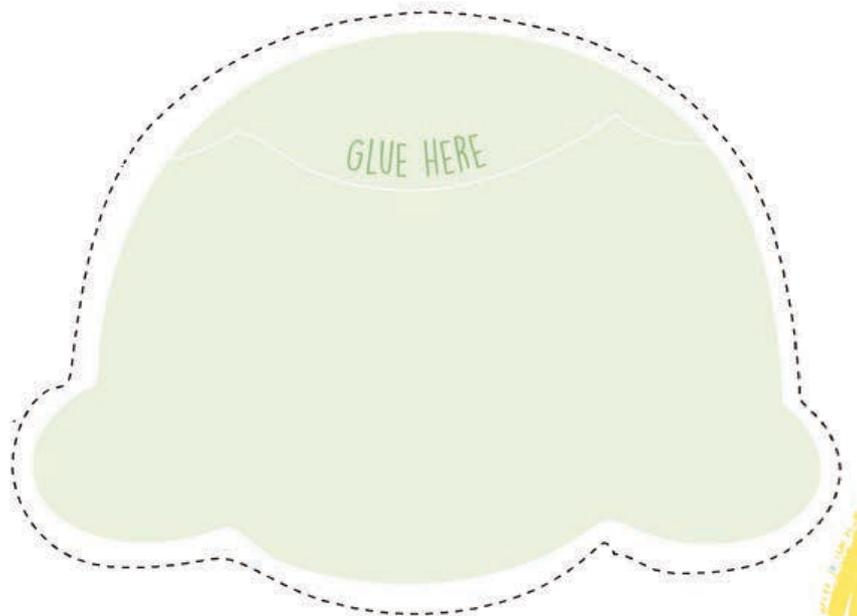
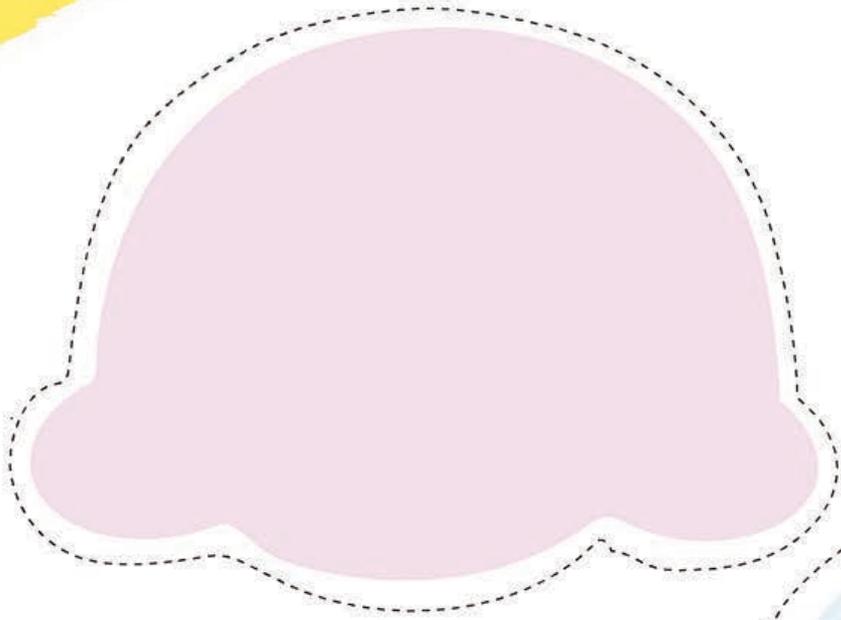
What new rituals, activities, and celebrations your family tried during this time? Fill in the frames below to document your favorite ones!

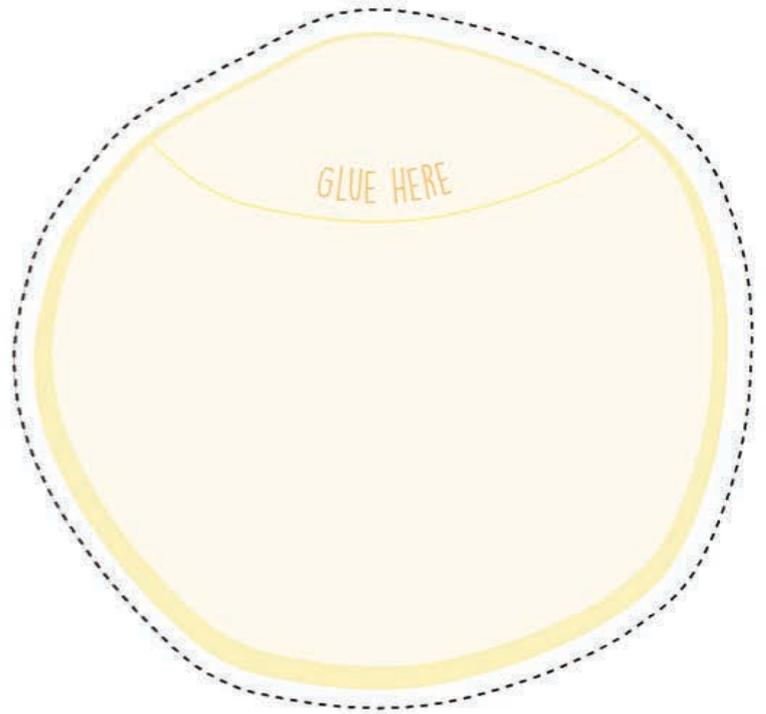
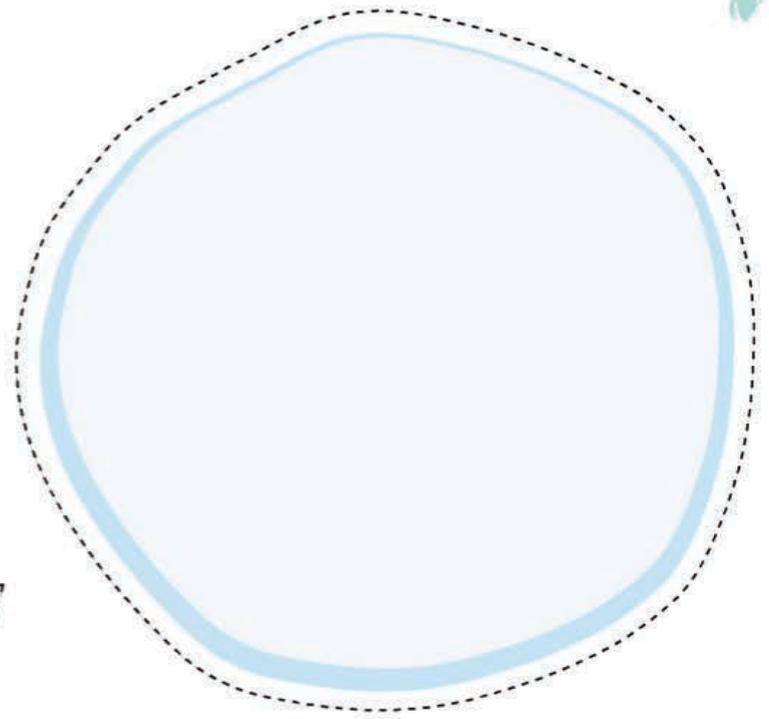


It's the Little Things that Count

Cut out the ice cream shapes and write your answers on the ice cream scoops. Use glue or tape to assemble the scoops on top of the cones and place them in your capsule.







25 TIPS & ACTIVITIES to make Quarantine Fun for Children

- 1 CREATE POSITIVE MEMORIES** for your children to talk about in the future. For example, do weekly theme nights, create a family gratitude tree, or let your children camp out in the living room. Focus on connection, relationships, gratitude, and having fun. 
- 2 ESTABLISH A LEARNING ENVIRONMENT** that works best for your family. Don't replicate the classroom. Each family has its own unique circumstances. Allow for flexibility, fun and creativity.
- 3 GIVE YOUR CHILD SOME FREEDOM** to choose what they want to learn. Use My Learning Projects template inside the FREE [Stay-At-Home Care Package](#). 
- 4 ADD A WEEKLY TRADITION** to your family so everyone has something to look forward to. For example, you can do family film nights, cook recipes from different cultures or do a video call with a different relative each week.
- 5 BEGIN THE DAY WITH "FAMILY TIME"**. Every day, a different person decides what the family does for the first hour of the day. For example, it can be jigsaws, card games, a family walk, etc. It's empowering for each family member to feel a sense of collaborative control and ownership of each day.
- 6 FILL A HEALTHY SNACK BOX AT THE START OF THE DAY.** Your child can choose when they snack and how often. When the box is empty, that's it for the day.
- 7 TAKE A SHORT BREAK WHEN THINGS GET DIFFICULT.** Do not think too far ahead. Take one step at a time.
- 8 ENCOURAGE YOUR CHILDREN** to learn something new or try something they've never done before. For ideas, download the FREE [Stay-At-Home Care Package](#).
- 9 LEARN A NEW SKILL YOURSELF!** For example, practice meditation, take a positive psychology course online or learn origami. By showing children that learning is truly a lifelong process, we set a great example for them to follow. 

10 **CREATE A MORNING ROUTINE** that works for your family by adding fun activities like family yoga or dance party.

11 **TEACH CHILDREN IMPORTANT LIFE SKILLS** such as doing washing, cleaning bathrooms, fixing things around the house and cooking. Have them plan and cook one meal at least once a week.



12 **MAKE A FORT AND HIDE THE BIG LIFE JOURNAL INSIDE!** Have a pretend camp-out, including a picnic, inside the fort.

13 **CREATE A QUARANTINE DIARY OR TIME CAPSULE.** Keep track of your daily activities and write them down. This will be a fun project to look back on in the years to come.

14 **START A "LOOKING FORWARD TO" JAR.** Every time someone wishes they could do a specific thing, write it on a note and put it in the jar to do after the restrictions end.



15 **FILL A SMALL BOX** with things that make your children feel good (something soft or squishy to touch, lyrics or quotes from favorite songs or shows, a favorite book, a non-perishable snack they like, etc). Incorporate items that cover all five senses. Reach for the box anytime someone is feeling bored or overwhelmed with the changes/losses. It can help them regroup and get connected.

16 **HAVE FAMILY MEETINGS TO TALK** about what's working and what needs to be adjusted. Have a look at some helpful tips in our blog post [here](#).

17 **CREATE A LIST OF DAILY "CHALLENGES"** which might include reading a certain number of pages, making an art project, working on a jigsaw, ringing a friend or relative, or building something.

18 **INVENT A GAME!** Here's an idea from a member in our community: get game dice and LEGO® bricks (or something similar). Roll the dice and the number you get is the number of pieces you have to build with. Keep rolling and create some amazing and imaginative projects!

19 **THROW A CHOOSE YOUR OWN ADVENTURE DANCE PARTY!** Roll a dice. If it's: 1 or 4: freeze dance (dance until the music is paused). If it's a 2 or 5: keep it moving (you can't stop moving until the song is done). If you roll a 3 or 6: dress up dance (put on a mask, cape, costume, funny hat, etc.). Have fun!



20 FIND WAYS TO HELP YOUR LOCAL COMMUNITY FROM HOME. Donate to a local food bank, sew masks, drop off food for elderly neighbours, etc.

21 TURN A HALLWAY INTO A BOWLING ALLEY for rainy days or make one outdoors on sunny days. Use toilet paper rolls for bowling pins or design your own with cardstock paper. Get creative!

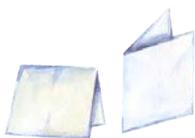


22 EXERCISE DAILY! Have children make a “sports video” for their friends. Designate Family Exercise time each day and go for walks, ride bikes, have a dance party, etc.

23 START A GARDEN OR GROW INDOOR PLANTS or herbs using recycled containers. Research which herbs, plants, vegetables or fruits grow well in your area. Find gardening videos or ebooks to add to the learning.

24 MAKE A JAR OF FUN! Brainstorm a list of activities and write them down on slips of paper. Place them in a jar. When someone gets bored, pick an activity from the jar to do alone or with someone in the family.

25 GO ON A “TRIP” OR “HOLIDAY” FROM HOME. Were your holiday plans cancelled or postponed? Make pretend airplane or train tickets. Research the location, watch videos about the destination, cook meals, make postcards, make a funny video about your trip. Remember to take pictures!



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