

COVID - 19 TIME CAPSULE



A RECORD OF MEMORIES, FEELINGS,
EVENTS AND MORE DURING THE
2020 GLOBAL PANDEMIC

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KEEP A RECORD FOR YOUR FUTURE SELF TO LOOK BACK ON

WE ARE LIVING THROUGH HISTORY

Your name:

Who are you social distancing with?

Where are you living right now?

How old are you and/or what is today's date?

Are you in quarantine or are you an essential worker?

QUARANTINE LIFE

Is your location deemed a hot spot?

What social distancing measures are you taking?



How are you shopping and getting needed supplies?



Have you, your friends and/or family lost jobs or work hours due to the pandemic and if so, how are you/they coping with this?



COMMUNITY

How are you staying connected to others while social distancing?

How are community members helping each other?

Coping with Covid

Big changes in your daily life due to the pandemic:

Little changes in your daily life due to the pandemic:

Are there any good things resulting from this time?

Coping with Covid

How are you keeping busy?

Worries and concerns:

What helps you manage the stress and anxiety of this time?

Coping with Covid

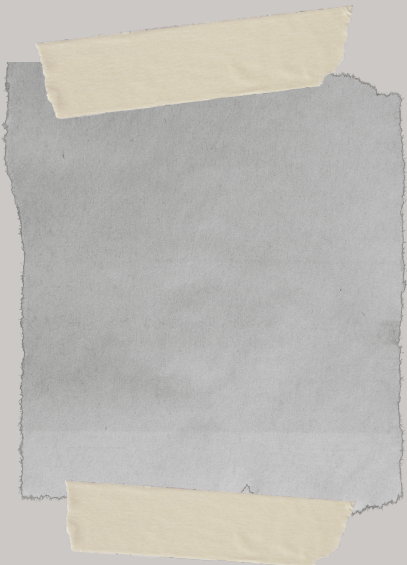
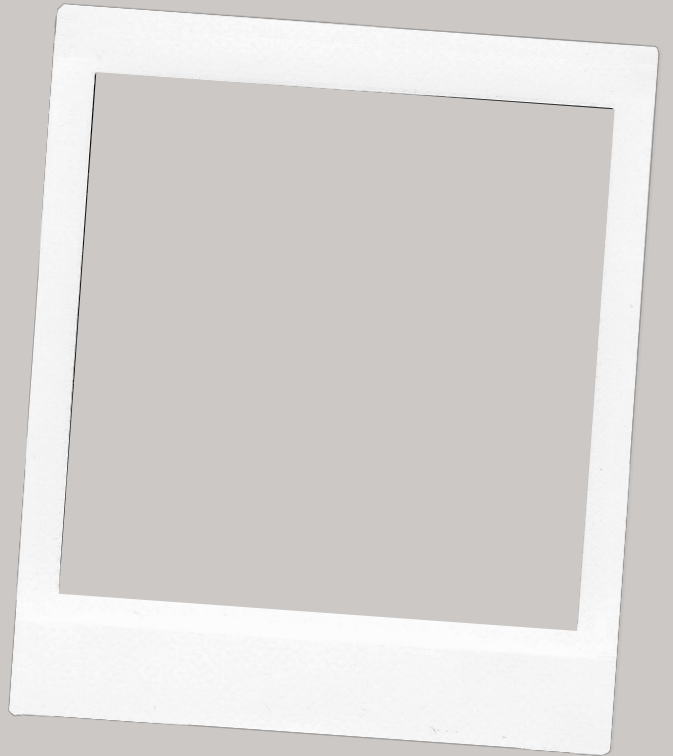
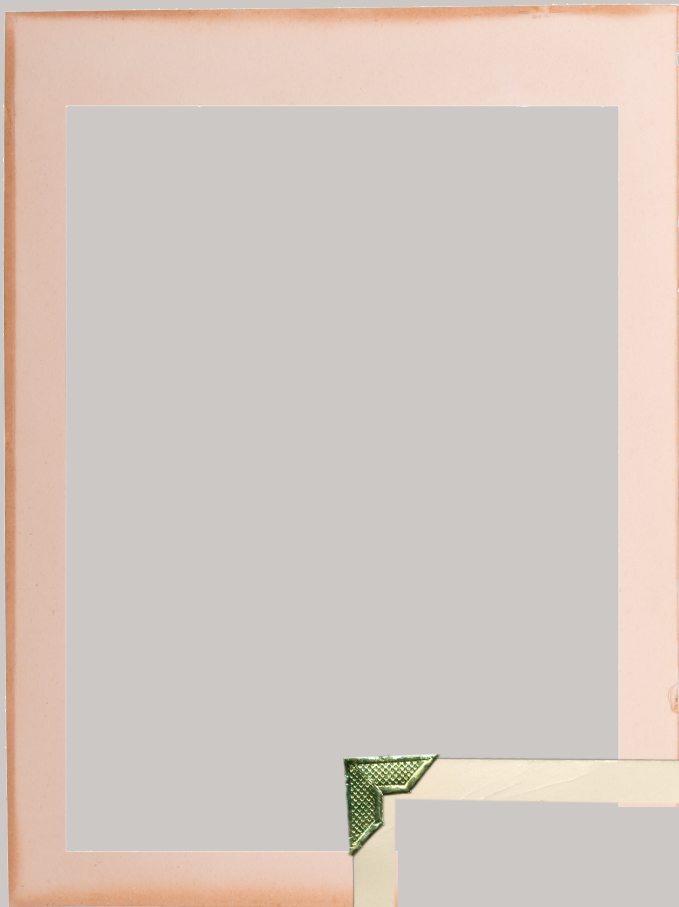
Goals or accomplishments set or met during this time:

Fun activities during this time:

I am grateful for:

I have learned:

photos & news clippings



more photos & news clippings

store signs, newspaper headlines, etc.

WRITE A LETTER

TO YOUR CHILDREN, GRANDCHILDREN
AND/OR FUTURE GENERATIONS
TELLING THEM ABOUT THIS HISTORIC TIME

