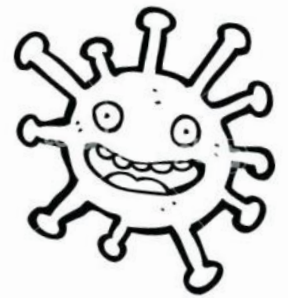
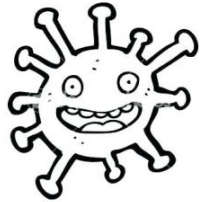
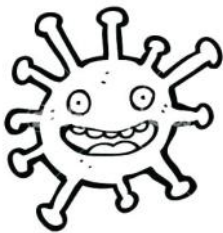


# CORONAVIRUS



TIME



CAPSULE

BY.....

# What would you like to include in your time capsule?

Some ideas to include

Photographs from this time

Personal diary

A newspaper

Your own creative work

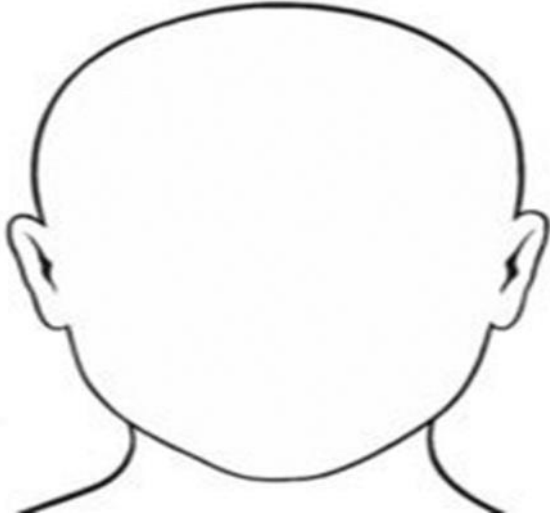
Pictures of your family, friends or animals

Important memories

Draw a picture of the people who are safe in your house



# How are you feeling?



Words that describe how you are feeling

For what are you grateful?

What have you learned during this time?

3 things you are looking forward to after this period of time

|  |  |  |
|--|--|--|
|  |  |  |
|--|--|--|

# Feelings Chart



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

# Feelings Chart



Monday

Tuesday

Wednesday

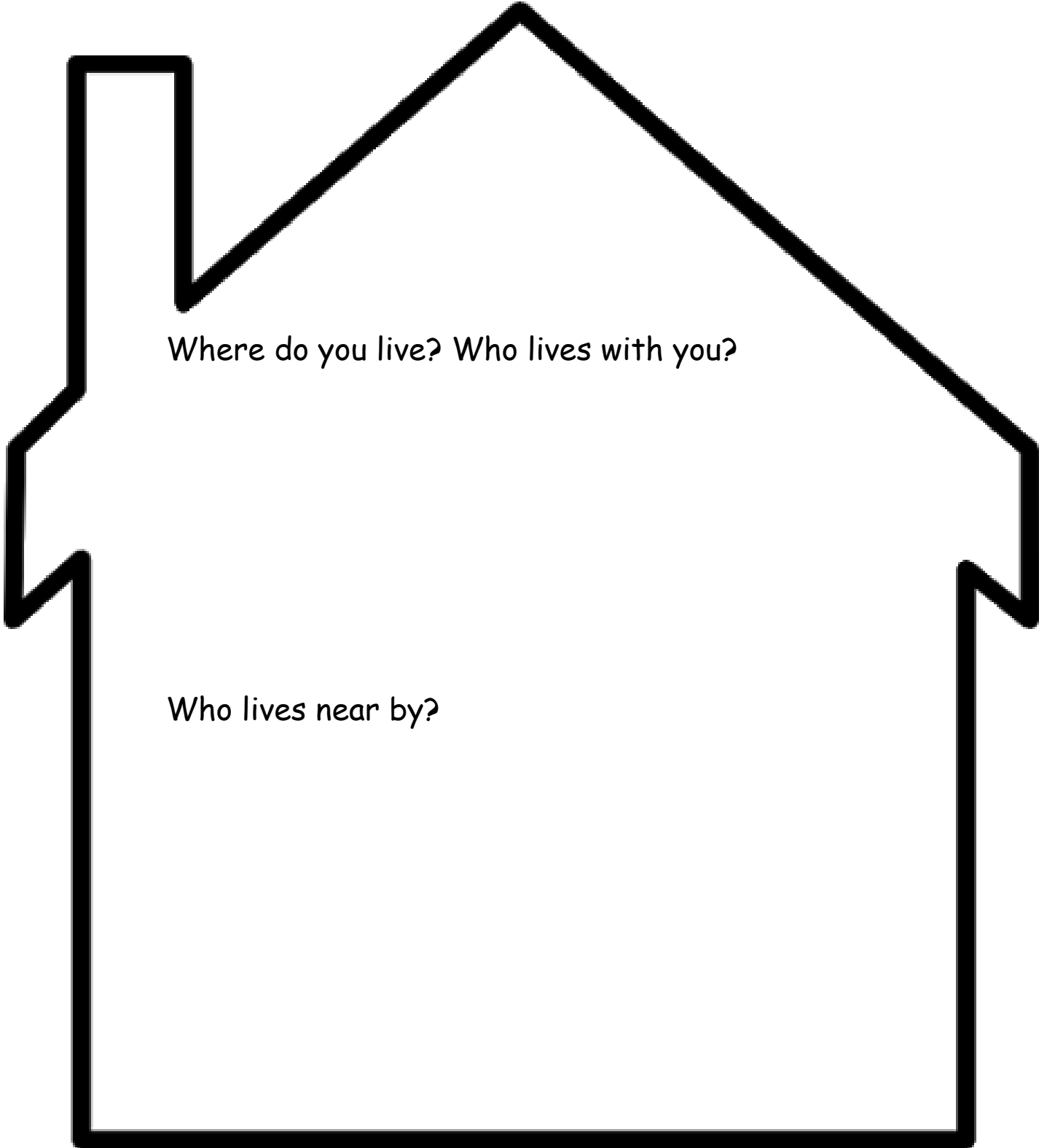
Thursday

Friday

Saturday

Sunday

# MY COMMUNITY



Where do you live? Who lives with you?

Who lives near by?



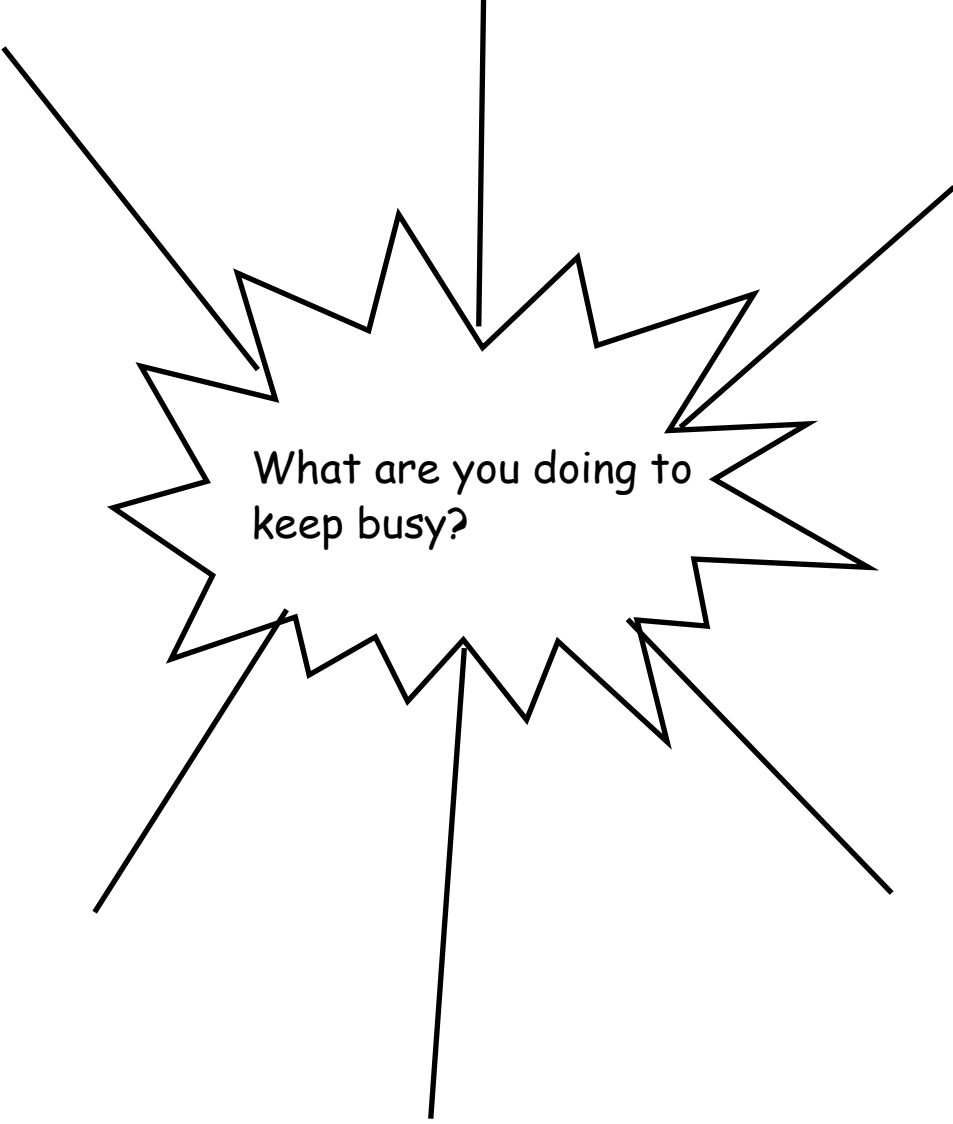
Who do you keep in touch with from another household?

Where do they live?

|  |
|--|
|  |
|  |
|  |
|  |
|  |
|  |
|  |

How do you keep in touch?

# You're safe at home!



What are you doing to  
keep busy?



# YOUR HANDS

Use the following pages to draw the hands of the people in your house.









# IMPORTANT DATES

What important events have you celebrated during Lockdown?

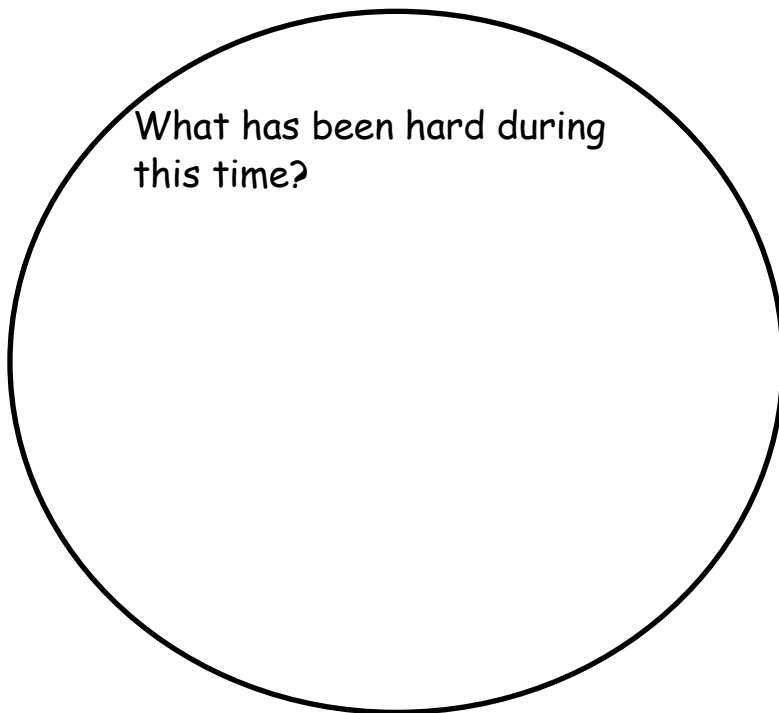
| Event | Date | How did you celebrate? |
|-------|------|------------------------|
|       |      |                        |
|       |      |                        |
|       |      |                        |
|       |      |                        |
|       |      |                        |
|       |      |                        |
|       |      |                        |

# CHAT WITH THE FAMILY

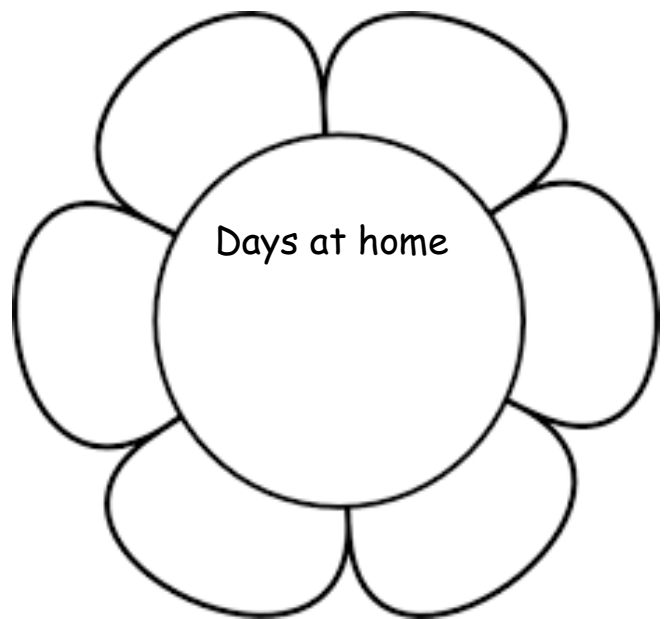
Use the following sheets to interview your family

Interview with.....

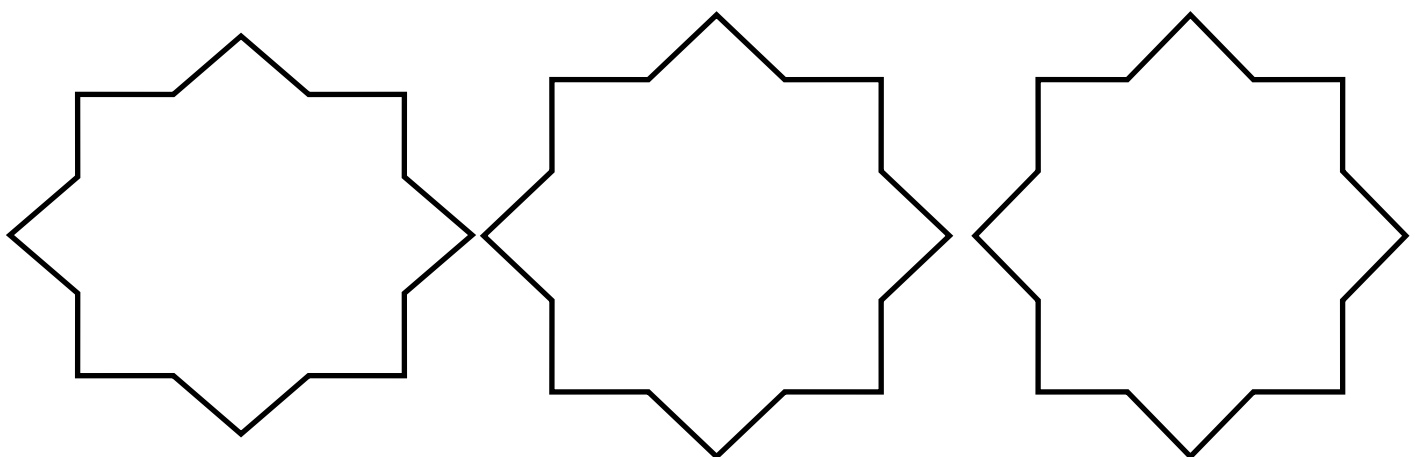
What has been hard during this time?



Days at home



3 positive things about this time



TV Programme watched.....

Favourite food.....

Favourite family activity.....

Favourite time of the day.....

What would you like to do after lockdown?

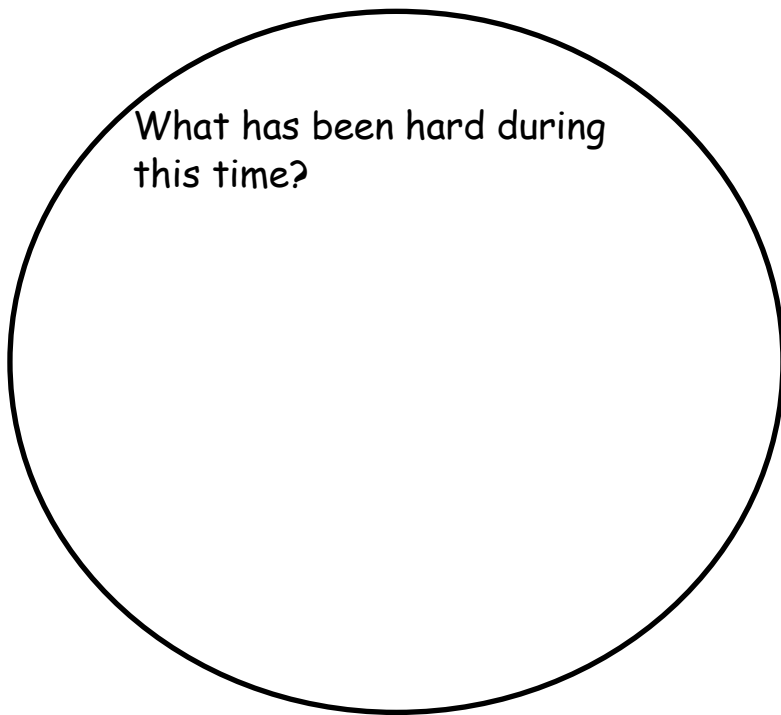
.....

# CHAT WITH THE FAMILY

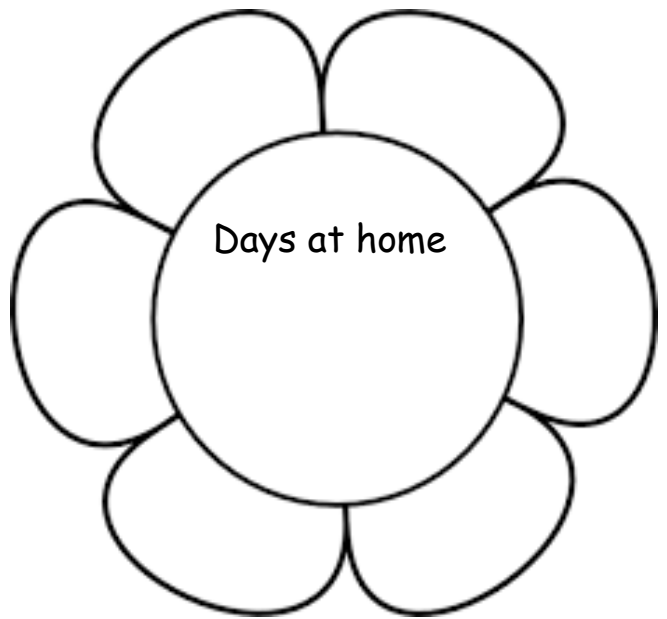
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Interview with.....

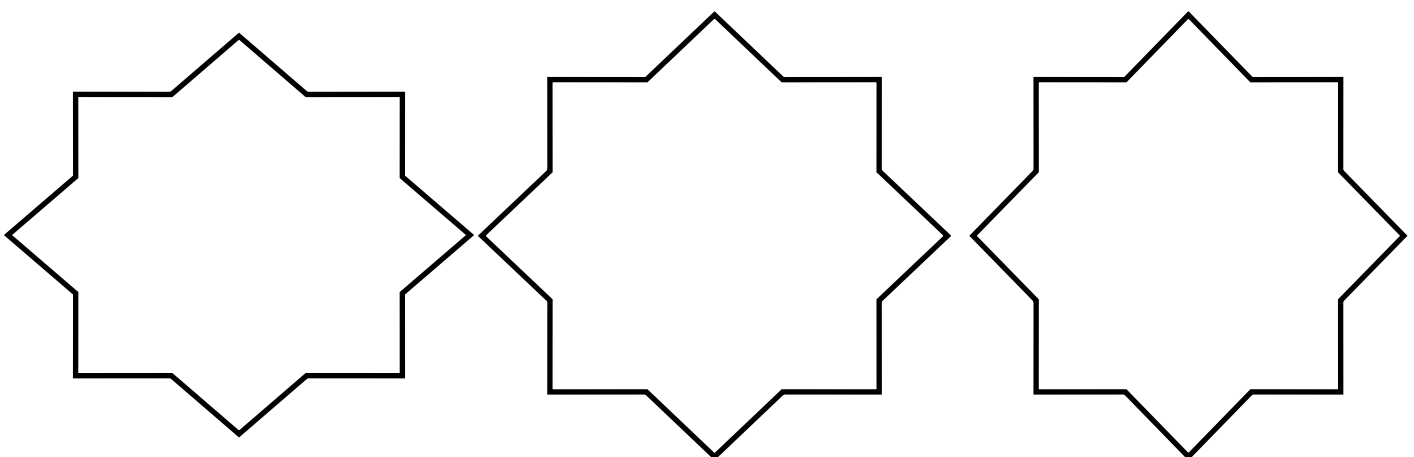
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.....

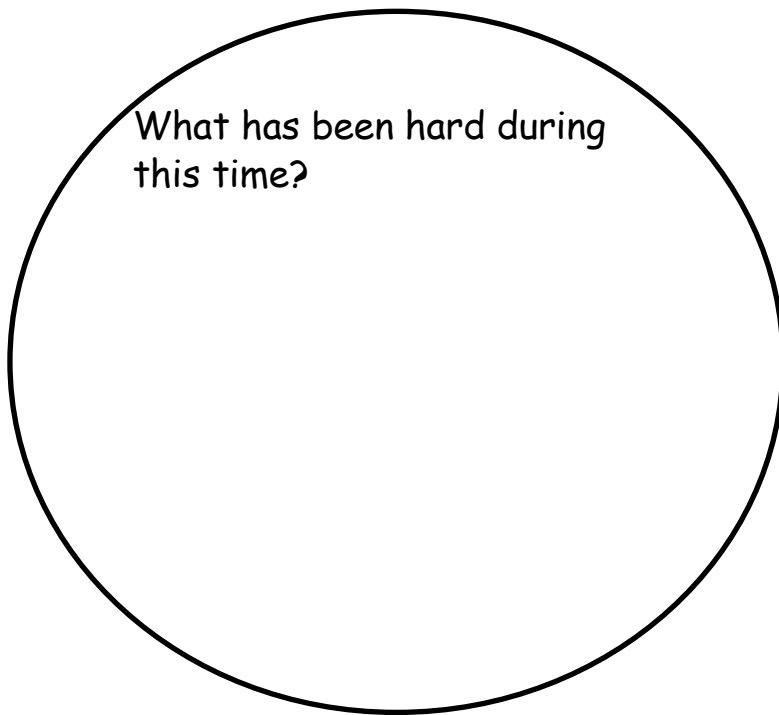


# CHAT WITH THE FAMILY

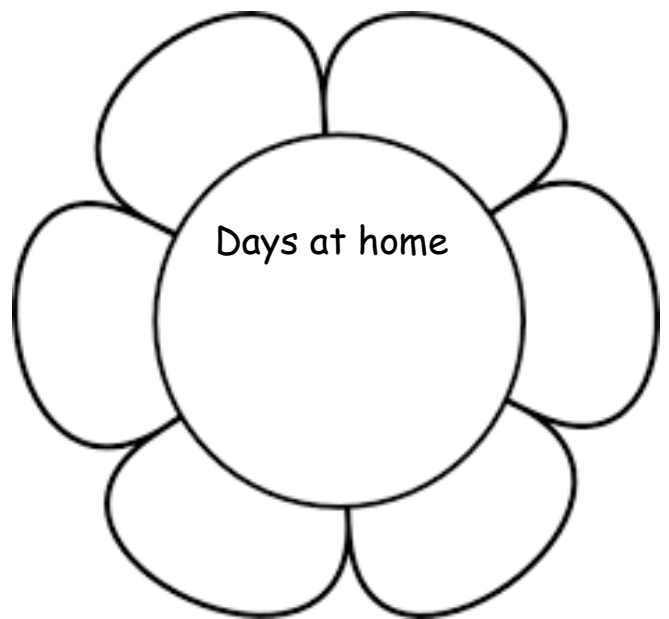
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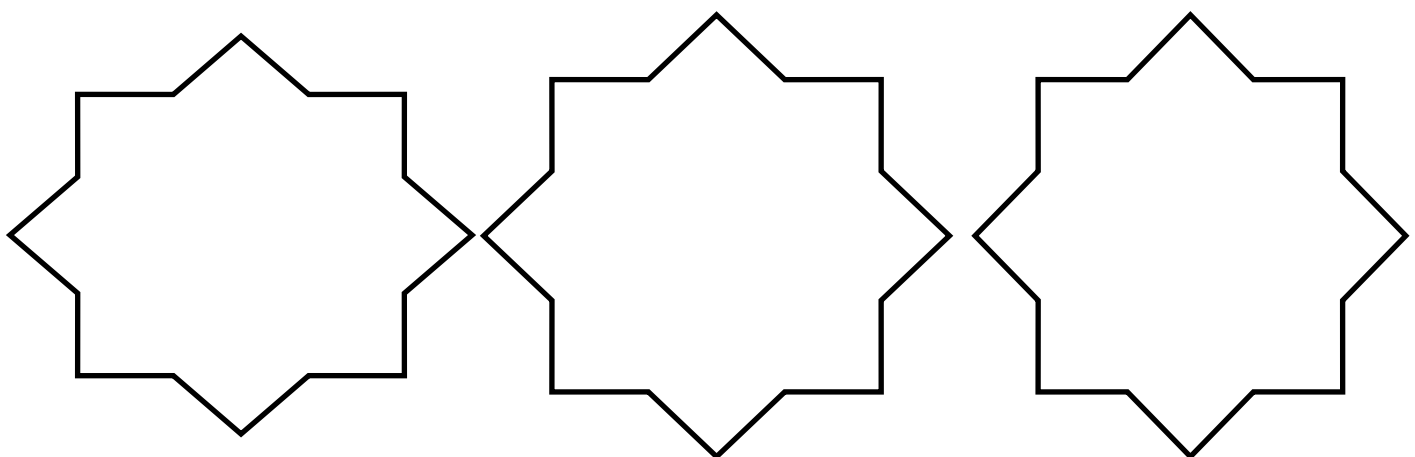
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Days at home



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TV Programme watched.....

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Favourite family activity.....

Favourite time of the day.....

What would you like to do after lockdown?

.....

# A LETTER TO MYSELF TO REMEMBER THIS TIME

A decorative rectangular frame with a scalloped border and small circles at the top and bottom edges. Inside the frame, there are several horizontal lines for writing. The lines are arranged in a way that suggests a letter format: a short line at the top right, a short line on the left side, a series of long lines in the middle, and two short lines at the bottom left.

# A LETTER TO MYSELF TO REMEMBER THIS TIME

A decorative rectangular frame with a scalloped border and small circles at the top and bottom. Inside the frame, there are several horizontal lines for writing. The lines are arranged as follows:

- One line near the top right.
- One line near the top left.
- Eight lines in the middle section.
- Two lines near the bottom left.