

# FWFN 2020 COVID-19 TIME CAPSULE



Familys Name:

Date & Time Filled out:

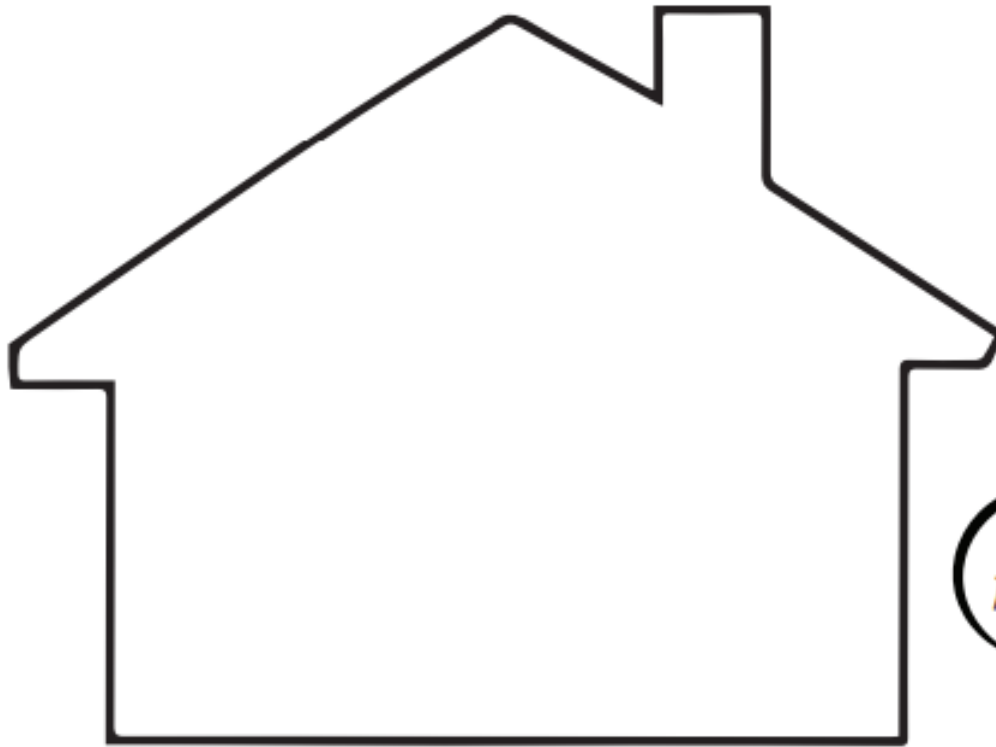
# YOU ARE LIVING THROUGH HISTORY RIGHT NOW

TAKE A MOMENT TO FILL IN THESE PAGES FOR YOUR FUTURE SELF TO LOOK BACK ON. AND HERE ARE SOME OTHER IDEAS OF THINGS TO INCLUDE:

- SOME PHOTOS FROM THIS TIME
- ANY ART WORK YOU CREATED
- A JOURNAL OF YOUR DAYS
- FAMILY / PET PICTURES
- LOCAL NEWSPAPER PAGES OR CLIPPING
- SPECIAL MEMORIES

Draw, Paste or add a picture for the future!  
Add if you like: Letters to my future self from your kids

# MY COMMUNITY



COLOUR THIS HOUSE  
TO LOOK LIKE YOURS

WHERE I AM LIVING DURING THIS TIME:

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WHAT THINGS ARE YOU DOING TO HELP FEEL CONNECTED/HAVE FUN  
OUTSIDE (e.g hearts in windows, chalk notes on sidewalk, etc)

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HOW ARE YOU CONNECTING WITH OTHERS?

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# ALL ABOUT MY FAMILY

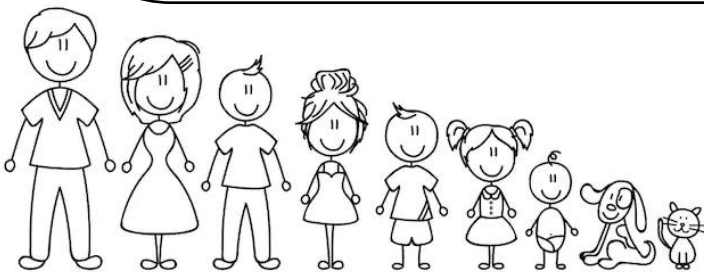
How is my family feeling

What are our favourite activities

What is new ?

What do we miss as a Family?

Draw your whole family even your pets.



Some things you could Add

- Names of everyone
- Ages of everyone
- Date & Time

Whats your familys favourite

Card game : \_\_\_\_\_

App : \_\_\_\_\_

Puzzle : \_\_\_\_\_

Board game : \_\_\_\_\_

Outside Fun: \_\_\_\_\_

Sport : \_\_\_\_\_

Draw your familys favourite Movie:

Draw your favourtie snack

WHAT I HAVE LEARNT MOST FROM THIS EXPERIENCE:

I AM MOST THANKFUL FOR

THE 3 THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER:

1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# OUR HANDPRINTS



PRINT THE HANDS OF ALL THE PEOPLE LIVING IN YOUR HOME  
(IN DIFFERENT COLOURS) AND PLACE YOUR HANDS HERE

**Big family ? add your familys prints on another blank page !**

More Ideas : Trace & colour or ink finger prints.



WHAT HAS BEEN THE BIGGEST CHANGE?

HOW ARE YOU FINDING HOMESCHOOLING?



DAYS SPENT INSIDE

HOW ARE YOU FEELING?

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Who did I Facetime

Who helped with homework

GOAL/S FOR AFTER THIS:

FAVOURITE FOOD TO BAKE: \_\_\_\_\_

FAVOURITE TIME OF DAY: \_\_\_\_\_



Don't forget place everything in an Envelope with your mailing address on it & Email [marniegreenwald@fwfn.com](mailto:marniegreenwald@fwfn.com) to pick up! Marnie will stop collecting July



30 Because its going in the ground that day @3pm 😊