Hey! Thank you so much for downloading this time capsule for your family to fill out while practicing social distancing and “safer at home” orders. As a lover of photography and documenting stories, I wanted to create something for families that would help us to remember and capture life right now. My hope is that it will be an opportunity for your children to process this time and engage it in a way that will be meaningful in the years to come.

A few ideas:

• Print out the whole packet and fill out just one or two sheets a day. That way it will feel fun and not burdensome.
• Fill out some sheets too! This isn’t just for kids. Document your own favorites, feelings and memories.
• Create a physical time capsule to go with this handout. Visit themomcreative.com/coronaviruscapsule for details on how to put together a keepsake box that will be fun to open in 20 years!

Please share this resource with other families on your personal social media accounts, in facebook groups, parent email lists, schools etc. I want this to help as many people as possible.

May your time at home be filled with more love than frustration, more grace than entitlement and more laughter than tears.

Be well,
Jessica Turner
TheMomCreative.com
@JessicaNTurner
# About Our Family

<table>
<thead>
<tr>
<th>Names</th>
<th>Ages</th>
<th>Grade or Job</th>
<th>Favorite Hobby</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</table>

- **Family Photo**

- **Pet(s)**
  - 
  - 
  - 

- **Where We Live**
  - 
  - 
  - 

Courtesy of @JessicaNTurner | TheMomCreative.com
Our Family at Home

Draw where you live and the members of your family.

Courtesy of @JessicaNTurner | TheMomCreative.com
Safer At Home: How I Spend My Days

In these boxes, write or draw how you spend your days at home. Be sure to include as many details as you can so that years from now you can clearly remember what this time was like. For instance, don’t just write school, but describe how you are learning and how school is different at home than your regular school!
# My Safer At Home Favorites

List all your favorites during this time at home.

| Favorite meal |  |
| Favorite arts and craft activity |  |
| Favorite thing to do outside |  |
| Favorite thing about homeschooling |  |
| Favorite show I've watched |  |
| Favorite movie I've watched |  |
| Favorite game I've played |  |
| Favorite dessert |  |
| Favorite song |  |
| Favorite book I read |  |
| Favorite friend or family member to Facetime |  |
Special Days and Memories

What special days have you had at home? Maybe you celebrated a holiday, birthday or had a family pizza night. Document your favorite days in the grid below.
Safer At Home Photos
Outdoor Adventures

Since most stores, schools and restaurants are closed, what fun things have you done outside?

1. ______________________________
   ________________________________

2. ______________________________
   ________________________________

3. ______________________________
   ________________________________

4. ______________________________
   ________________________________

5. ______________________________
   ________________________________

6. ______________________________
   ________________________________

7. ______________________________
   ________________________________

8. ______________________________
   ________________________________

9. ______________________________
   ________________________________

10. ______________________________
   ________________________________

What was the weather like during COVID-19?

_______________________________________________
_______________________________________________
_______________________________________________

Did your neighborhood do anything special during this time like bear hunts, sidewalk chalk messages or Christmas decorations? If so, what?

______________________________________________
______________________________________________
______________________________________________
______________________________________________
______________________________________________
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______________________________________________

Courtesy of @JessicaNTurner | TheMomCreative.com
The Silver Lining

Every hard thing has a silver lining. Write about the things you are grateful for during this season.
Challenges During Coronavirus

What have you missed the most while staying at home?
_______________________________________________________________
_______________________________________________________________

Who have you missed the most?
_______________________________________________________________

How have you talked to your family and friends?
_______________________________________________________________

Did you have any extra-curricular activities you couldn’t do because of the outbreak? If so, what were they and what did you do instead?
_______________________________________________________________
_______________________________________________________________

Did your family have to cancel any plans? If so, what?
_______________________________________________________________
_______________________________________________________________

Did your family have trouble getting any food or home essentials? If so, what?
_______________________________________________________________
_______________________________________________________________
My Feelings

What kinds of feelings have you experienced while staying at home during the coronavirus? Joy? Frustration? Anger? Sadness? Chances are, you've probably felt all of these things at one point or another. And as we know, feelings are important and good - all of them. Take a minute to reflect on your feelings during this time.

I felt happy when _______________________________________
I felt scared when _______________________________________
I felt peaceful when _______________________________________
I felt angry when _______________________________________
I felt disappointed when _______________________________________
I felt excited when _______________________________________
I felt sad when _______________________________________
I felt loved when _______________________________________

Courtesy of @JessicaNTurner | TheMomCreative.com
Dear Me:
A Letter to Myself

Write a letter to yourself to read in 20 years. Write about how this time has made you feel, what has been fun, what has been hard and what you hope you’ll always remember.

Date: ________________

Dear ________________

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

From,
____________________

____________________
After the Coronavirus Outbreak

Fill this out in a few months, once the pandemic has passed.

Date: _______________

What did you learn during your time at home?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

What is your best memory from your time at home?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

What is the thing you missed the most?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________