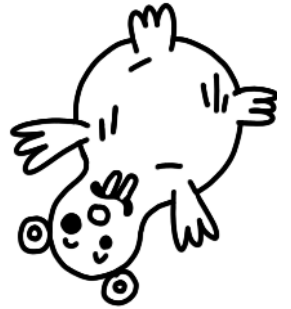


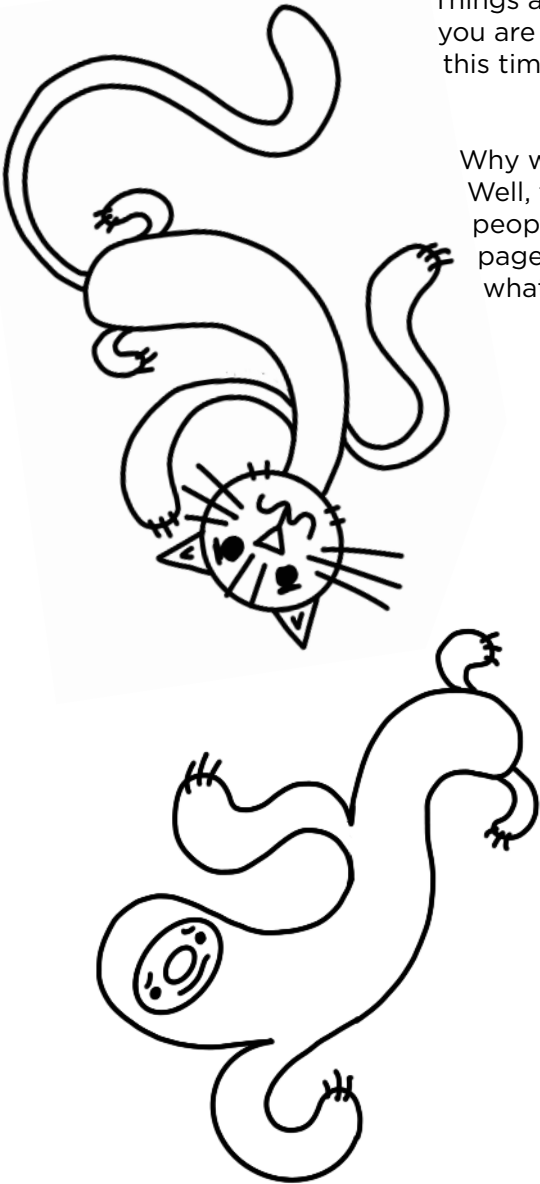
# My 2020 Time Capsule

## Hey, Explorers!

Things are topsy-turvy right now, aren't they? Because you are living through a unique time in history, we made this time capsule so you can record your memories.



Why would you want to remember the COVID-19 pandemic? Well, the world has changed SO much because of it that people will talk about it long into the future. Filling in these pages with words and pictures will remind your future self what it was like to live through a sad but historic time.



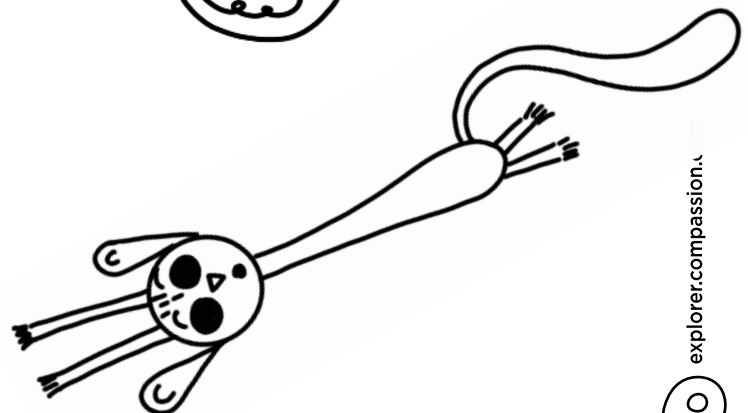
### What is a time capsule?

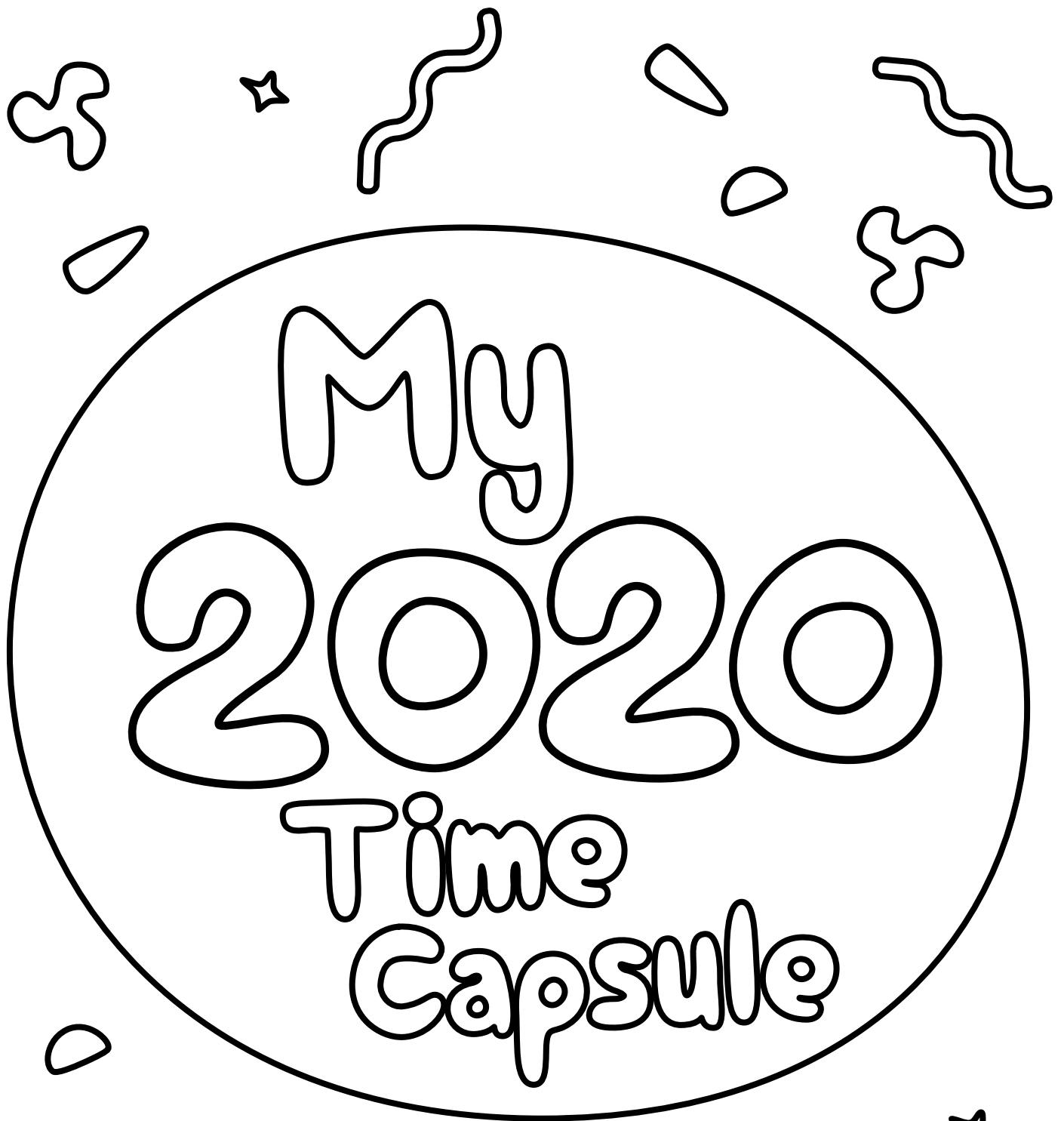
It's usually a container that people put items in and then bury. After many years they dig it up to remember the past. You don't have to bury this ... just keep it safe. Then wait at least a year to look at it again!



### Note for parents:

Most older kids won't need much help following the prompts on these pages. You'll need to guide younger kids through, writing down their replies and/or letting them draw them.





By:

# How the pandemic has changed my daily life

(write or draw your answers)

School:

Friendships:

Hairstyle:

Sports/group hobbies:

Eating:

Shopping:

Playing:

Other things that are different now:



# All About Me

Today's date: \_\_\_\_\_

I am \_\_\_\_\_ years old

I am \_\_\_\_\_ feet \_\_\_\_\_ inches tall

My shoe size: \_\_\_\_\_

Photo or drawing of me wearing my mask

When I grow up, I want to be:

My best friends:



## My Favorites



Book: \_\_\_\_\_

Song: \_\_\_\_\_

Movie: \_\_\_\_\_

Hobby: \_\_\_\_\_

Bible verse: \_\_\_\_\_

Game: \_\_\_\_\_

Toy: \_\_\_\_\_

Food: \_\_\_\_\_

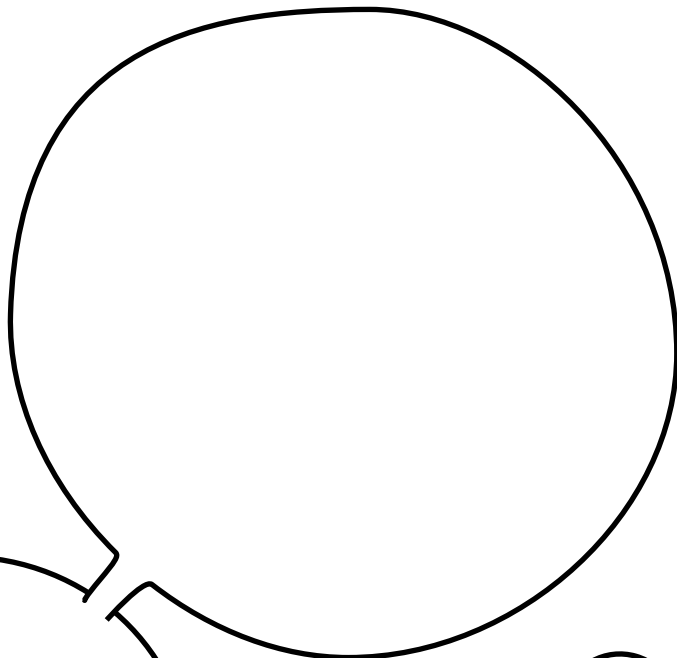
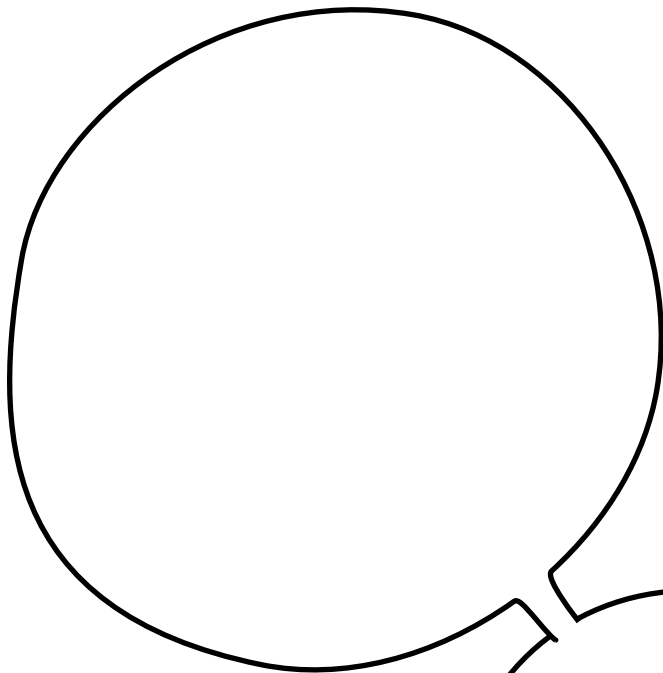
TV show: \_\_\_\_\_

Magazine: *Compassion Explorer* ;)



# My Community

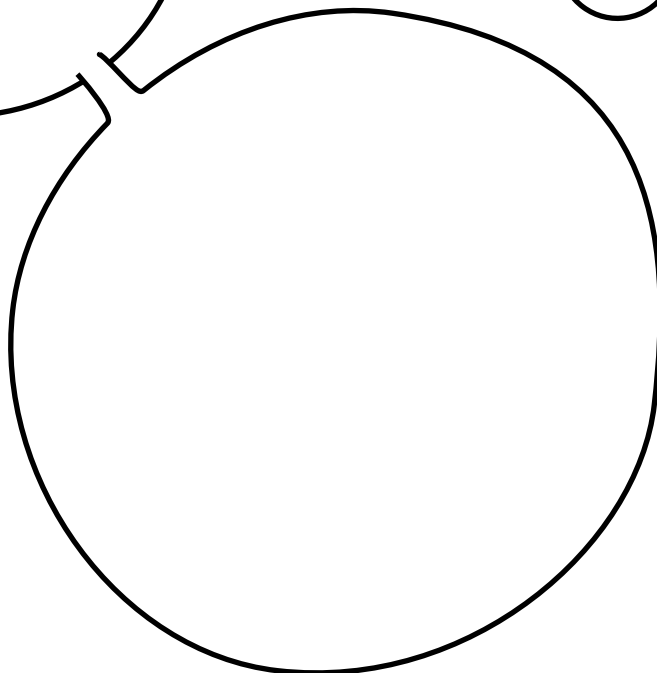
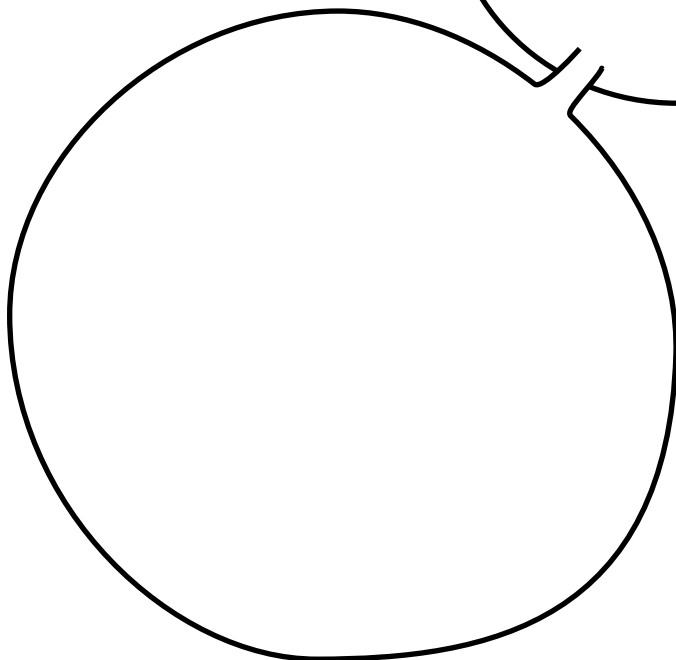
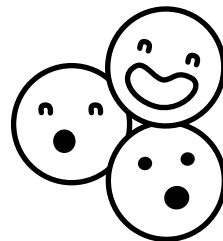
I live in a: house apartment townhome duplex other \_\_\_\_\_



Window  
bear  
hunts

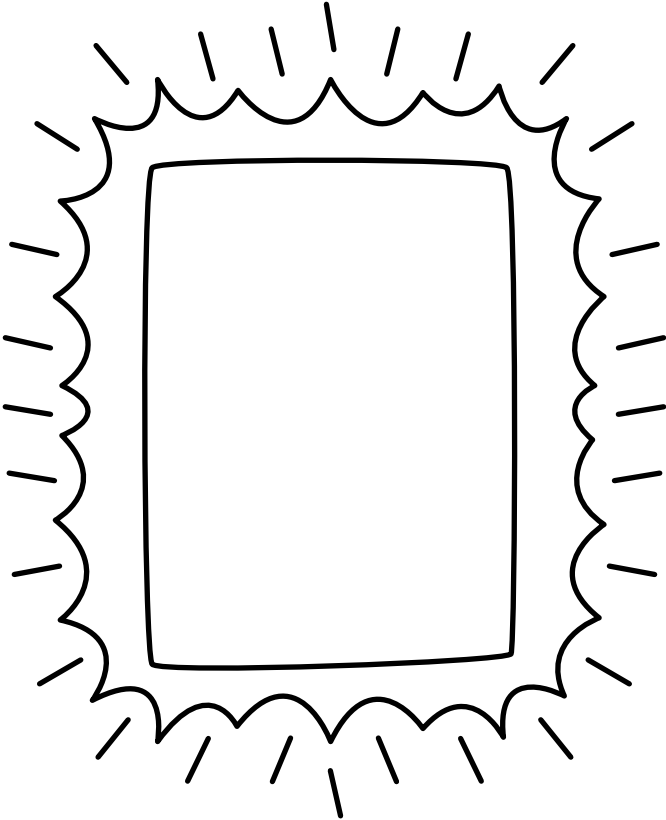
Here are some fun ways  
neighbors have stayed con-  
nected while distancing.  
(Write or draw, like in the  
examples.)

Cheering  
or howling  
for essential  
workers.

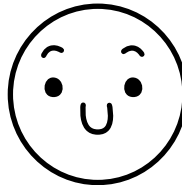


# How I Feel

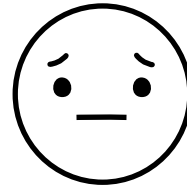
A drawing of what my face looks like right now:



The emoticon and word that best describe how I feel lately (circle one):



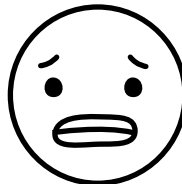
Happy



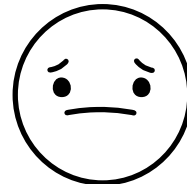
Shy



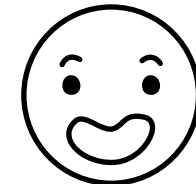
Sad



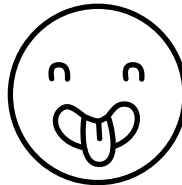
Scared



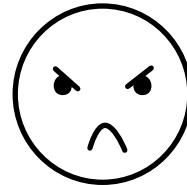
Embarrassed



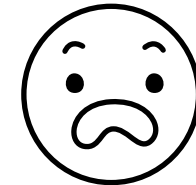
Excited



Silly



Angry



Surprised

Something I have learned from this experience:

Three things I'm most excited to do when this is all over:

1

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2

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3

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# My Family



On the next two pages (use front and back if needed), have everyone who lives with you trace an outline of their hand with crayon or marker to make some cool art. Or, if you have paints, you could have everyone do a paint handprint! Make sure everyone writes their name and age near their hand art!

# My Prayers

One prayer God has answered lately:

Something I'm asking God for today:

Today I thank God for these three things or people:

One prayer I am waiting for God to answer is:

Something I've learned in the Bible lately:



# Interview With a Grown-up

With a parent's help, set up a video call with someone you care about — like a grandparent, aunt or uncle. Interview the person about his or her life (example questions below), and record the call. Then save the video somewhere safe so you can watch it in the future!

Who we called: \_\_\_\_\_

Where we saved the video call afterward: \_\_\_\_\_

## Here are some questions you could ask:

- What's your favorite memory from when you were my age?
- Where were you born?
- What was the biggest challenge you faced at my age?
- What is something that scared you as a kid?
- What was your favorite hobby as a kid?
- How has your life changed during this pandemic?
- What have you been praying about?

# My Family's Sponsored Child

Name(s) of the child(ren) my family sponsors:

Where they live (color in and write):

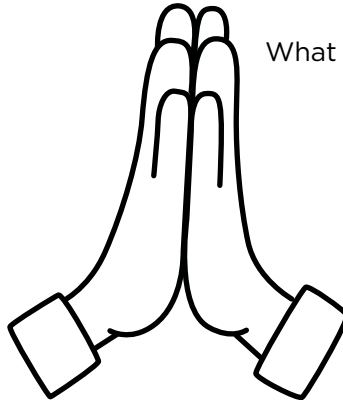


Something they have written in letters to us:

Something I have written or drawn for them:

My prayer for them today:

What I would tell them if they were here now:



How COVID-19 has changed life where they live (To find out, go to [compassion.com/crisis/covid-19](https://www.compassion.com/crisis/covid-19)):



# Letter to Myself

Dear Me,

Something I want to remember from the past couple of months is:

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When I picture myself a year from now, I hope I am

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When I picture myself 15 years from now, I hope I am:

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Love,  
Me

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