

MY 2020 TIME CAPSULE

In a time like never before!



هيئة أبوظبي للطفولة المبكرة
Abu Dhabi Early Childhood Authority

By:

INSTRUCTIONS FOR PARENTS

What is **this book**

This is a Time Capsule which offers children a chance to reflect on the current situation and to record their thoughts to be able to look back at this time and remember it in the future

How to **use** this book

Please go through the booklet and explain the steps to your child as needed

Some sections might require further adult supervision (e.g. using scissors to cut and paste)

Once they have completed the book, please ask them to store it in a nice box along with some other present day items (e.g. photos, letters, artwork) and let the children decorate the box and store it somewhere safe to be re-opened in the future

Things you **need** for this book

- Pencil
- Colors
- Paint for hand printing
- Scissors
- Glue



ALL ABOUT ME

My favorites

Toy

Show

Color

Movie

Animal

Book

Food

Activity

My best friend/s:

When I grow up I want to be:

I AM

YEARS
OLD

STAND

METERS
TALL

SHOE SIZE

DATE _____

HOW I'M FEELING



HOW MY FACE LOOKS



I am most thankful for:

How I'm feeling these days:

What I have learned most from this experience:

The 3 things I am most excited to do when COVID-19 is over

1

2

3

YOU ARE LIVING THROUGH HISTORY RIGHT NOW

Draw a picture of the people you are with at home and how you are spending your time



Print as many as you want

OUR HAND PRINTS

Print the hands of all the people living in your home (in different colors) and place your hands here



Print as many as you want

Stick a **picture**
of your **family**
member

INTERVIEW YOUR HOUSEHOLD

What has been the **biggest change**?

How did you find the experience
of **homeschooling**?

How are you
feeling?



Your **top 3 moments** from
this **experience**

What activities/
hobbies have you most
enjoyed doing?

What are you
most thankful for?

Goal/s for after this:

What **TV show** you watched: _____

Your **new found favorite**
household activity: _____

Favorite **food** to make: _____

Favorite **time** of day: _____

LETTER FROM MY PARENTS

Dear,



Love,



My Travel List

(when it's safe for us to travel)

AROUND THE WORLD

Follow the example

Can you guess the rest?



Qasr al Hosn

Abu Dhabi



MY TRAVEL WISH LIST

Where do I want to travel?



My travel wish list

Country

What I want to see

**SPECIAL
MEMORIES**

**ANY ART
WORK YOU
CREATED**

**Other potential
items you can
include within
your time capsule**

**FAMILY/PET
PICTURES**

**SOME
PHOTOS
FROM THIS
TIME**





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THE END

Inspired by Long Creations'

'My 2020 COVID-10 Time Capsule'



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