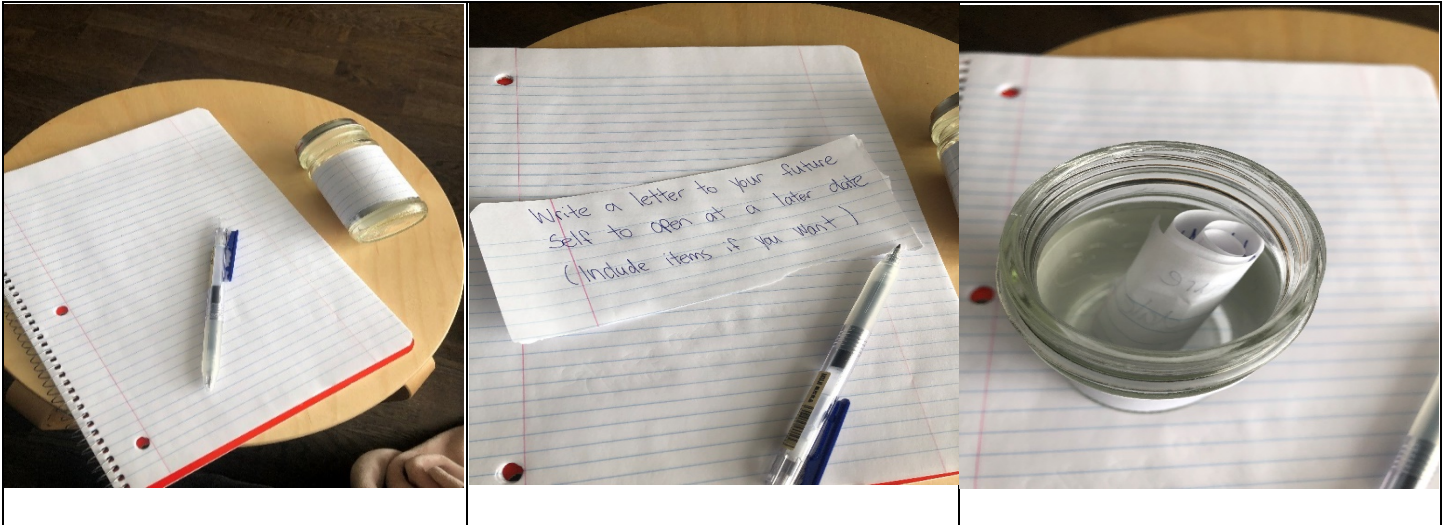


Title: Time Capsule

Age Group: School Age

Submitted by: Alice W. (Child's Nest 123)



Type of Activity: Literacy / Emotional

Materials:

- Paper
- Pen or Marker
- Container with lid
- Personal object (Not necessary)
- Hiding spot that you will remember!

How to Do it:

- Have your child write a letter to their future self. Encourage your child to describe personal feelings and interests: *Things I am best at is... My favourite thing to do is... My Favourite thing I did this year was... How I am feeling during this pandemic... What are my hopes for next year...?* You can reflect in any way while creating your time capsule.
- Set a future date for when you plan to open the capsule; 1-5 years from the date created.
- Place the letter and object in the container and seal lid tightly.
- Find your hiding spot & hide your time capsule.
- Make a note of where you have hidden time capsule & set date in a calendar for opening.

Root Skill / Extension:

Language & Literacy 3.2 -expressive language skills / Emotional – expression of feelings

This activity encourages children to reflect on personal experiences, and interests. They will be excited to search and hide the capsule and anticipate the day they will open and read their responses.

Extend the learning: Set goals to be accomplished by the time the capsule is opened.