



# Children's Expressive Art Activity: Create a Time Capsule

**Description:** The Coronavirus global pandemic will be a memorable time in history. In this activity, you'll learn how to create a time capsule, with some helpful prompts and inspiration to consider what things mean the most to you from this experience. Someday you will look back on the pandemic as a memory from your past. What would you most like to remember?

We recommend adult assistance for younger children, especially to explain the prompts and engage in discussion. The questions are also appropriate for older teens and adults, and can be completed individually.

## Supplies:

1. You will need something to use as the container for your time capsule. Consider how you will store the time capsule when selecting the container. Here are some ideas we recommend:
  - a. A shoebox
  - b. A cookie tin
  - c. Plastic storage container/To-go food container
  - d. A mason jar - Use a larger jar to store items, or create a memory jar using paper notes inside a smaller mason jar.
  - e. Tube-like container (like from coffee, Pringles or potato sticks)
  - f. Amazon or other box from something mailed to you

## Suggested Time Capsule Prompts:

1. Review the prompts below as you create your time capsule. You may add actual items, or perhaps write or draw about memorable things and experiences during the last several weeks of quarantine.
  - a. What are three things you are grateful for at this moment?
  - b. What has your favorite or go-to meal been lately?
  - c. Did you enjoy watching any movies or television shows? Read any books? Listen to podcasts?
  - d. How did your experience of school (or work) change? Were there any memorable school or work-related moments?
  - e. When is the last time (or loudest time) you laughed lately?
  - f. Can you remember a time you felt fearful? What was that like? And what is something that brought you comfort?
  - g. If you wrote a letter to yourself before the pandemic, about what it's been like to live during the pandemic, what would you say?
  - h. What is a goal you want to accomplish when the pandemic is past?
  - i. When you think about your person and the pandemic, what do you think they would have most enjoyed? Or been annoyed by?
  - j. If you are interested in additional ideas, there are several printable documents with additional prompts and creative designs free to download at: <https://letsembark.ca/time-capsule>

## Storing & Opening Your Time Capsule in the Future:

1. Decide where a safe place is to store your time capsule, and when you will open it. We hope this was a fun experience to reflect on your experiences, and will be an insightful experience to open it whenever you choose to do so.

Joel's Place for Children is a 501(c)(3) non-profit that provides grief support for school-aged children and their families who have experienced the death of someone special in their lives. Founded in 2003, Joel's Place believes that children can express feelings, share memories, and honor their loved ones in a supportive and hope-filled environment. Our bi-monthly sessions typically take place on Tuesdays during the school year. We also offer a support group for the adults who bring children to Joel's Place. Find more grief support resources at: [joelsplaceforchildren.org/resources](https://joelsplaceforchildren.org/resources)