



**Mabwysiadau**  
Canolbarth a Gorllewin Cymru  
**Adoption**  
Mid & West Wales

# Covid 19 Time Capsule



Created for you by  
Rachel Cook and Janine Griffiths.

# TIME CAPSULE

This little poem is a sweet idea,  
Of something to share with those you are near,  
It is made of ideas of why and how,  
You could record the here and now.  
Because right now, can you see,  
That you are living through history?  
So much has changed and lots of things new  
One day we will look back on what we lived through.  
School is closed, were staying at home,  
Allowed out once a day to walk and roam,  
Spending more time with our family,  
Our parents teach us about the things we see.  
Helping bake cakes and eating them...yum  
We're playing in the garden and having some fun.  
Now we are talking to friends through a screen  
Because this is the time of Covid19.  
This time you know, it will pass so fast,  
So, let's find a way to make the memory last.  
Find a plastic bottle or a box of tin,  
Something to keep these memories in,  
You could write yourself a letter,  
For a time when the world gets better,  
You could press your handprint in some dough,  
Measure yourself, see how much you grow,  
Take some special photos of this time,  
You could write a poem and make it rhyme,  
Newspaper clippings and stories that are told,  
Maybe a treasure that you can hold,  
Keep a diary of your days,  
So that you remember all the ways,  
You spent this time and how you feel,  
Even, write down your favourite meal.  
Don't forget a rainbow, the symbol of hope,  
In a time when we all washed our hands with soap.  
When you are ready put it all away,  
Save it to open on another day,  
Put it all in a time capsule, close the lid...  
And in the future remember where it was hid.



# Letter to Myself

Date.....

Dear.....

Love From.....

# All about me..

Drawing of me

Name.....

Age.....

Favourite colour.....

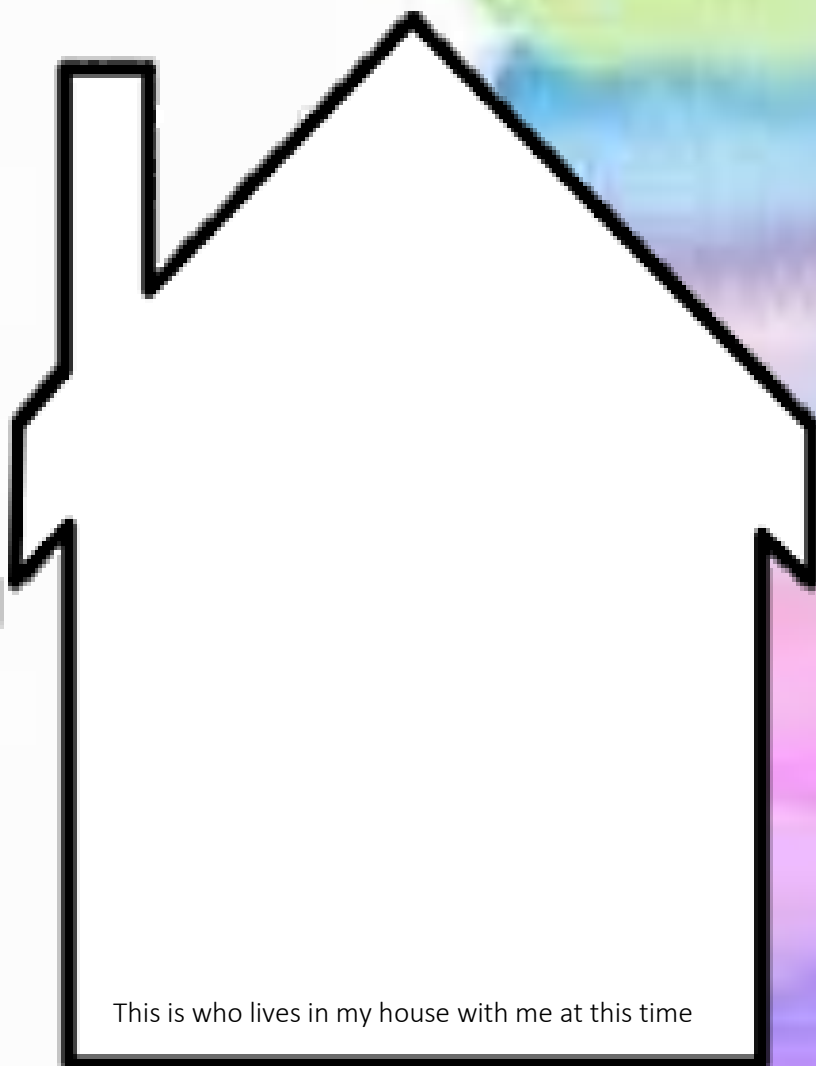
Favourite food.....

Favourite tv Programme.....

Favourite song.....



My thoughts and how I feel right now



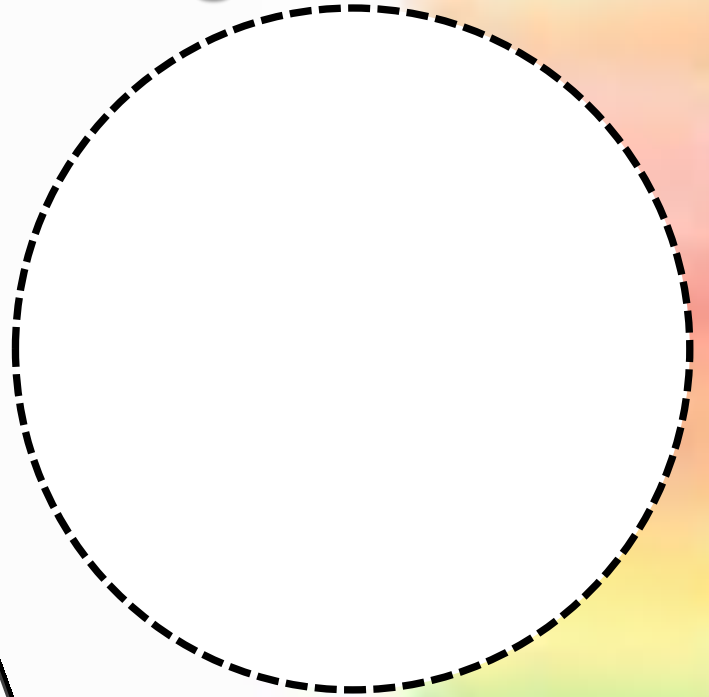
This is who lives in my house with me at this time

# What we've been doing

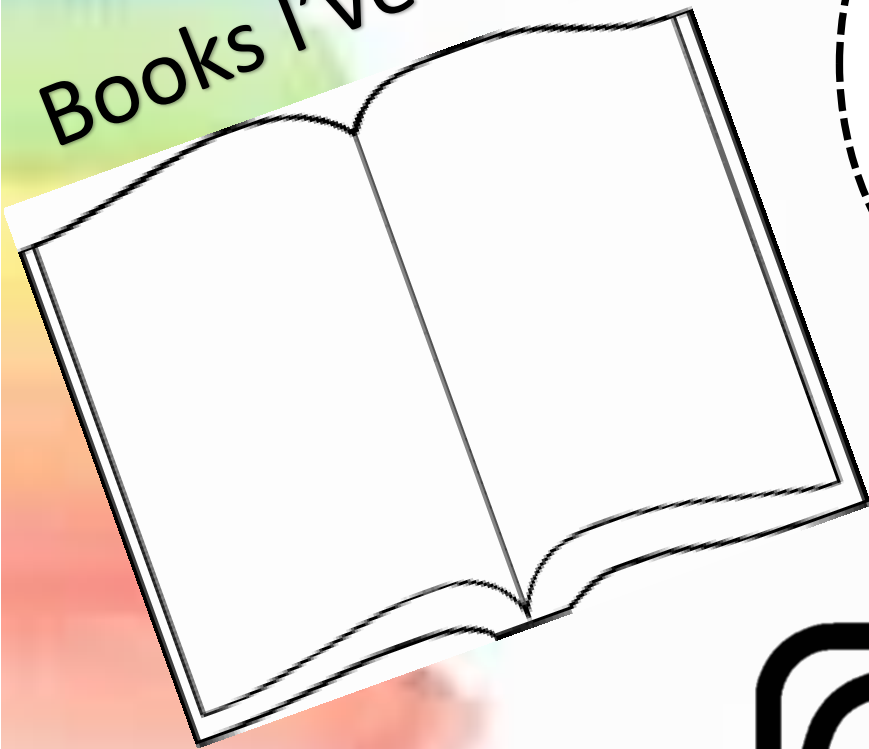
My favourite things we have done during this time

- 
- 
- 
- 
- 

## Things Ive Missed



Books I've read



Films Ive watched



Number of days  
at home so far



What have you had to change because of this?

Blank space for writing answers to the question: "What have you had to change because of this?"

What are you thankful for?

Blank space with a dashed border for writing answers to the question: "What are you thankful for?"

What worries do you have?



What has been your favourite memory and what are you most looking forward to doing when this is all over?

Blank space for writing answers to the question: "What has been your favourite memory and what are you most looking forward to doing when this is all over?"

# Diary Entry

Date:

Dear Diary...

Date:

Dear Diary...

Date:

Dear Diary....

Date:

Dear Diary

Date:

Dear Diary...



# Some examples of items you can use as a Time Capsule.

Large Mason Jar!



Cake Tin!



Plastic Bottle!



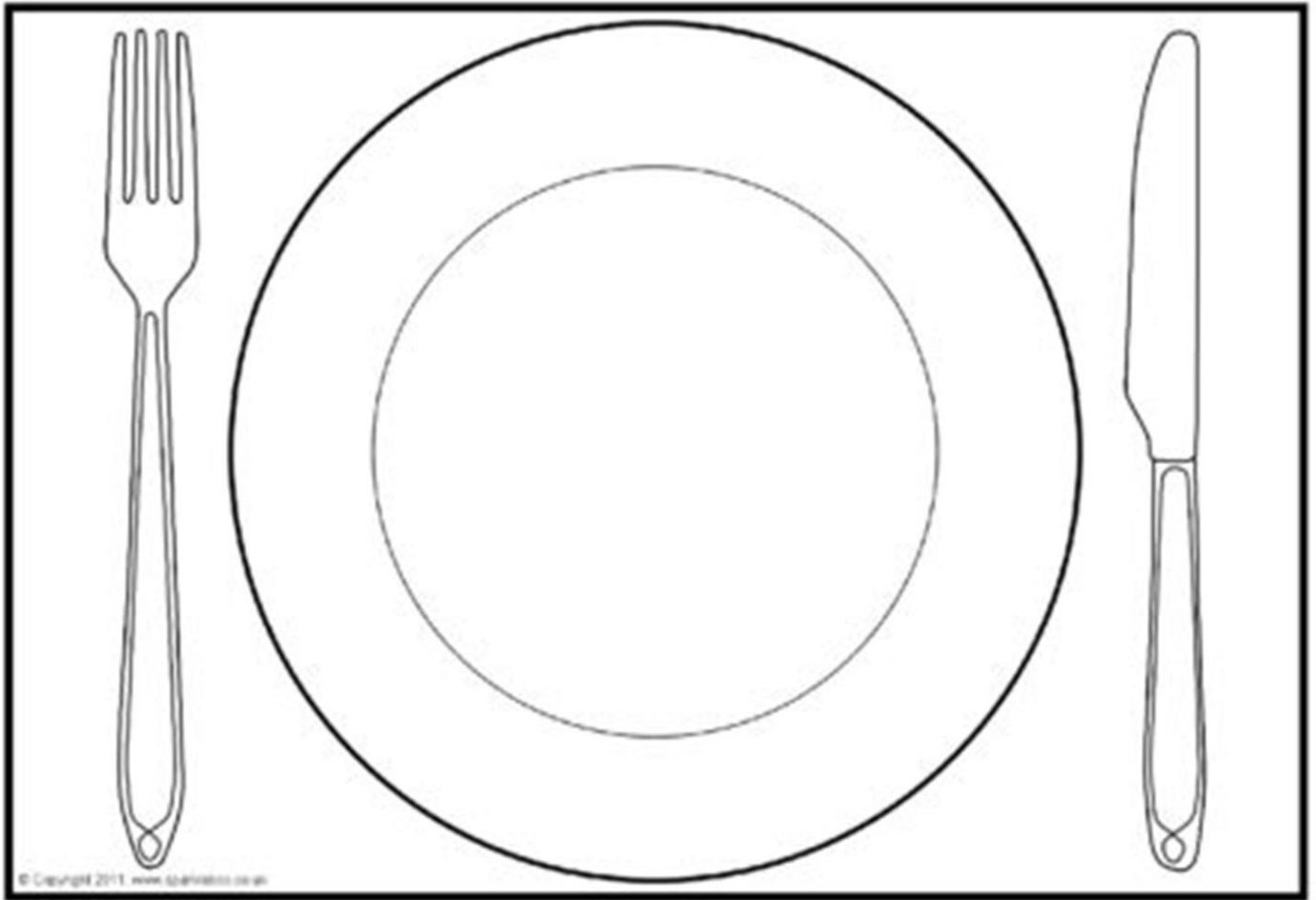
Biscuit Tin!



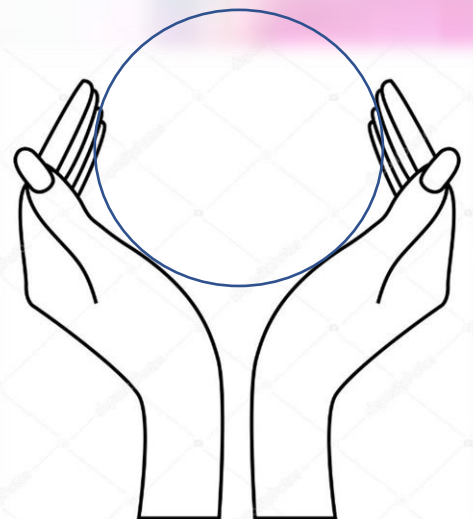
Chocolate Tubs!



My favourite meal  
was.....



My favourite snack  
was...



# Salt Dough Recipe.

You will need -

- 1 cup of salt.
- 2 cups of plain flour.
- $\frac{3}{4}$  cup of water.
- Paints and glitter
- Vanish or PVA glue.

Instructions -

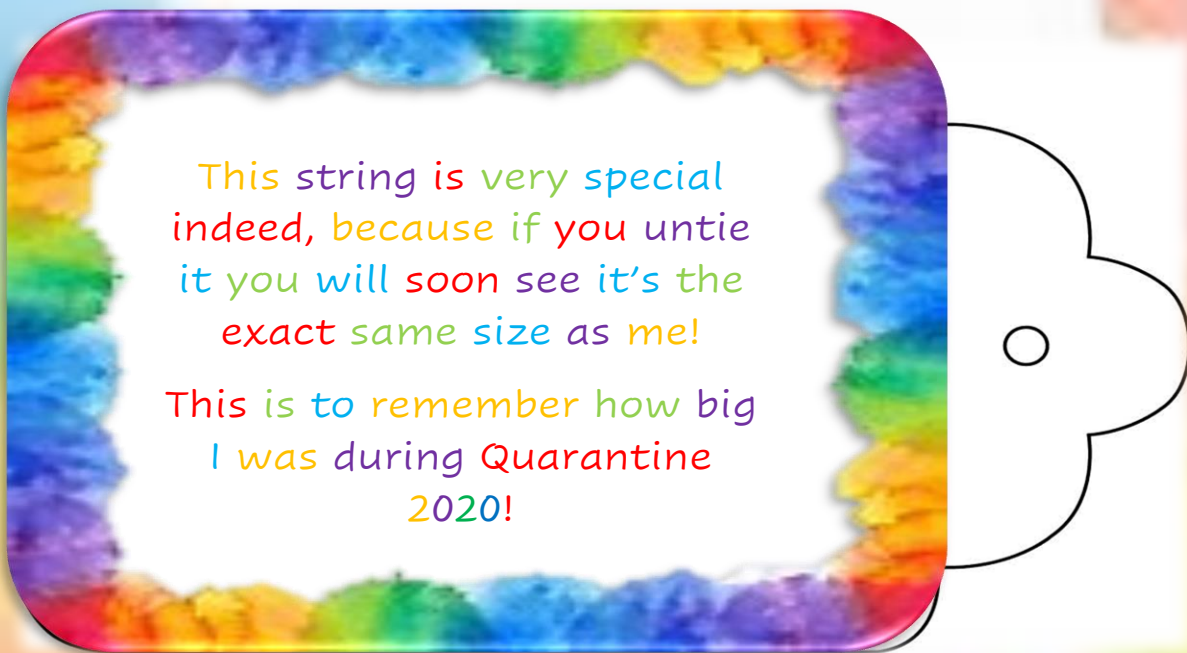
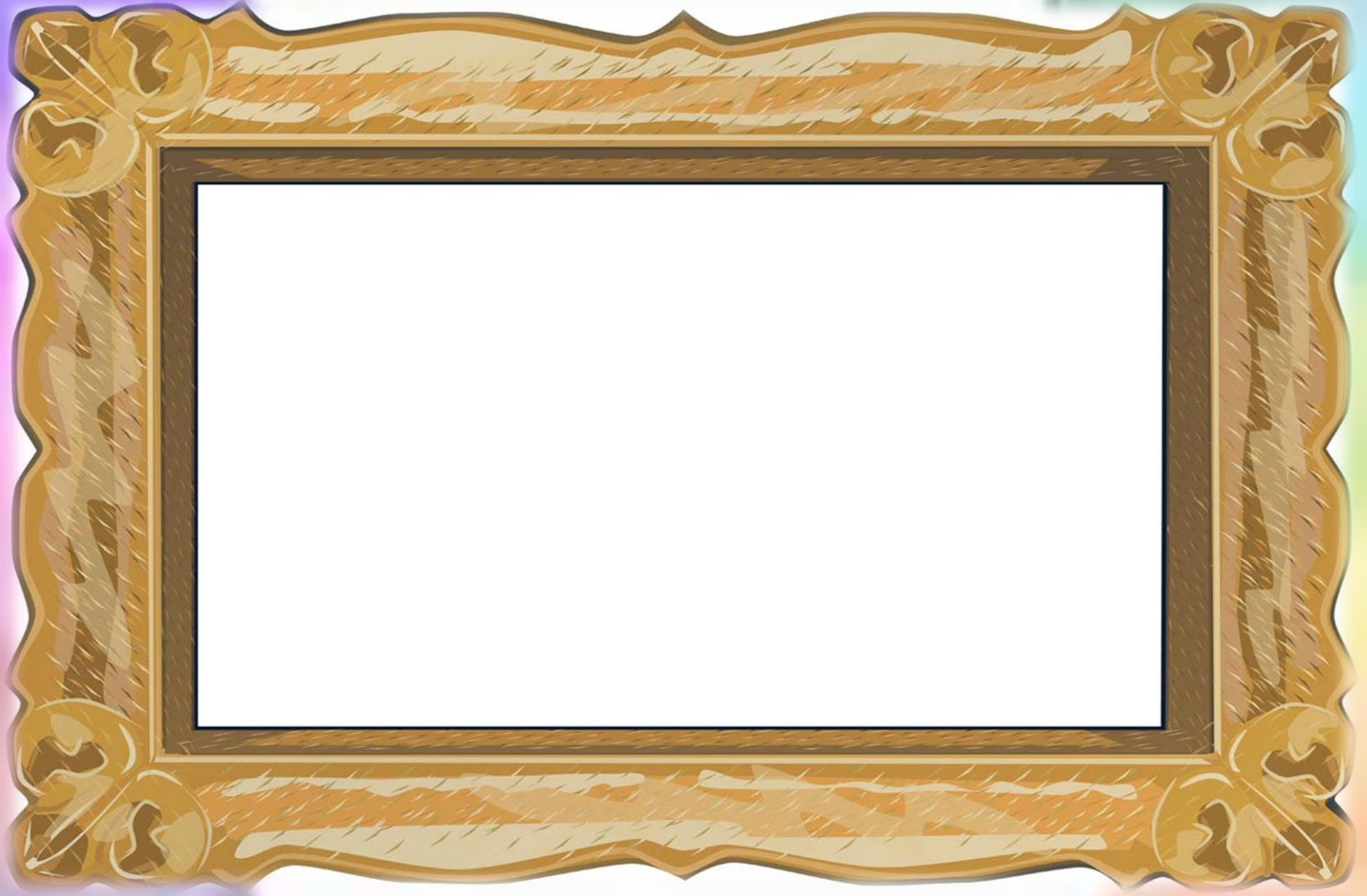
1. Add the salt and plain flour to a bowl, gradually adding the water.
2. Mix together until it forms a dough. (if it is too sticky add a bit more flour)
3. Get creative!
4. Allow your creations to air dry until hard or place in the oven at 100 degrees for approx. 3 hours. Keep checking that it is not burning.

Decorate with paint and glitter if required and when dry seal with vanish or PVA.

Finished!




# A photograph of me!



Instructions- Cut a piece of string the same height as your child and attach the label!



# Your Capsule Label!




*Quarantine 2020*

*Time Capsule.*

Date- \_\_\_\_\_

*This capsule belongs to -* \_\_\_\_\_



Covid 19 Time Capsule Printable  
Created by Rachel Cook and Janine Griffiths 2020.