FAMILY ACTIVITY: CREATE A TIME CAPSULE

We can’t predict what the future will be like, but we can save items from our lives today in a time capsule for our future selves to open at a later date. Use the ideas below to create individual time capsules for each member of your family or to create one family time capsule.

MATERIALS AND INSTRUCTIONS

Materials
- Printer paper
- Coloring utensils (like markers, crayons, or colored pencils)
- Old magazines or other print materials (optional)
- Scissors (optional)

Instructions
1. Choose your container. Smaller time capsules can be stored in large food storage containers or shoe boxes. Large time capsules may require larger storage totes.
2. Determine where you will store your time capsule. Indoor storage is ideal so that materials inside the time capsule don't degrade or get damaged. Do store the time capsule out of site so no one opens it early.
3. Decorate your time capsule container. Tape or glue a label to the container so that it can be identified as a time capsule. Decorate the container using stickers, paint, or drawings that are glued or taped to the container.
4. Fill your time capsule with anything that means a lot to you right now.
   a. Fashion trends or items that you like from magazines
   b. Certificates or ribbons from sports games
   c. School papers or art projects
   d. Pictures from the past few years
   e. A letter to your future self
   f. A list of your favorite things
   g. Goals for this year
5. Seal your time capsule and place it in a safe place.
6. Decide when you will open your time capsule in the future (at least a year from when you created it is recommended). Mark the date on your calendar so that you remember to find and open your time capsule in the future.

QUESTIONS TO EXPLORE

1. What did you include in the time capsule? Why did you choose to include these things?
2. What do you think that “future you” will be like? What will they like? How will they spend their time?
3. How do you think that you’ll feel when you open the time capsule in the future? Why?
4. How do you think the world will change between now and when you will open your time capsule? How will this affect how you react when you open the time capsule?