

# 2020 FAMILY TIME CAPSULE

2020 HAS STARTED OUT IN AN UNPRECEDENTED WAY. WE ARE ALL IN SITUATIONS WE HAVE NEVER EXPERIENCED BEFORE. THIS YEAR WILL CERTAINLY BECOME ONE FOR THE RECORD BOOKS.

CREATE YOUR OWN “RECORD BOOK” OF THIS UNFORGETTABLE ERA IN OUR HISTORY BY CREATING A FAMILY TIME CAPSULE YOU’LL BE ABLE TO LOOK BACK ON FOR DECADES TO COME!

*\* AN EMPTY JAR OR PAINT CAN WORK PERFECTLY*

## SUGGESTIONS OF ITEMS TO INCLUDE:

ARTWORK

FAMILY QUARANTINE PICTURES

PRINTOUTS FROM ONLINE NEWSPAPERS

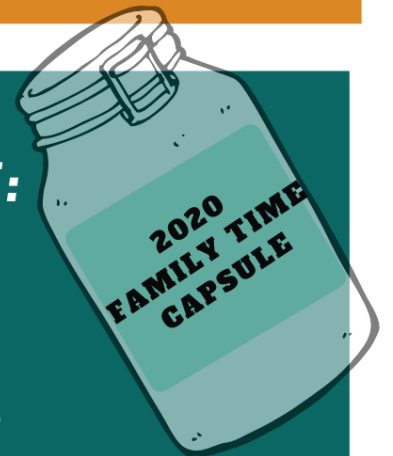
CURRENT STATS (E.G. GAS PRICES, POPULATION, ETC)

FAVORITE QUARANTINE RECIPES; FOOD LISTS

RECORD SOME FAMILY MEMORIES FROM THIS TIME

LETTERS TO YOUR FUTURE SELVES; WHAT ADVICE WOULD YOU GIVE YOURSELF?

QUESTIONNAIRES FOR EACH PERSON (E.G. FAVORITE MOVIE/BOOK, GOALS, DESCRIBE YOURSELF, ETC.)



CHECK OUR OUR FACEBOOK PAGE AND WEBSITE FOR MORE RESOURCES AND INFO ABOUT OUR COVID-19 SUPPORT GROUPS



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