



Long Activity
Ages 6–8
20–30 minutes

Time Capsule

Description

Create a simple time capsule by including a variety of questionnaires and small objects of significance

Number of Participants

For any number of participants

Space Considerations

An indoor space where participants can be seated to complete worksheets and a craft

Competencies

- Organization and planning
- Written communication skills

Materials

- Printouts of the time capsule questionnaires
- Several recent newspapers
- Scissors
- Tape
- Small boxes (like shoeboxes), jars, or small containers (like a large, empty yogurt tub); one for each participant. Alternatively, you can ask participants to bring their own small container in advance of the program
- Coloured paper
- Tactile items for decorating time capsule
- Glue
- Crayons, pencil crayons, or markers

Preparation

- Collect recent newspapers before the program

Implementation

1. It is recommended to read the book *Time Capsule* by Lauren Redniss to begin this program to give participants context on what a time capsule can contain.
2. Distribute a container to each participant. Alternatively, before the program, you can advertise that participants should bring their own containers to the program.
3. It's ideal if the time capsule container is made to be opaque (if it isn't already). For example, in the case of a glass jar, participants can affix a piece of paper around the jar.
4. Encourage participants to decorate the outside of their time capsule in any way they see fit. Somewhere on the container, participants should include an opening date for their capsule: for example, "Do not open until January 1, 2030." Participants can select any future day of their choosing. They should also include the words "Time Capsule" somewhere on their container.
5. For items to include in the time capsule, participants can include a variety of items, such as:
 - a) [Time Capsule Questionnaire](#): Answer questions about the current time
 - b) [All About Me](#): Answer questions about yourself, including some of your current favourite things
 - c) [Self-portraits](#): Draw the current you and future versions of yourself
 - d) Newspaper clippings: Sift through some recent newspapers and clip out articles that have some meaning to you
6. Encourage participants to take their time capsule home with them. Before sealing it shut, they may wish to include some personal items that they find around their house (for example, a small toy) or items they collect outside that may have some meaning (for example, a pinecone from a tree near their house). Once they have all the items in their capsules, they can tape it shut and store it anywhere they choose.

Accessibility Considerations

- Templates contain large font and lots of space for writing
- Offer easy-grip scissors to participants as needed
- Assist participants with cutting and gluing as needed

- Offer tactile elements for kids to decorate their time capsules
- Offer kids a variety of instruments to colour their image, and encourage them to choose what they feel most comfortable with

Book Suggestions

Time Capsule by Lauren Redniss

The Treasure Box by Dave Keane and Rahele Jomepour Bell

Download Links

Full Activity PDF

[Time Capsule Questionnaire](#)

[All About Me](#)

[Self-Portraits](#)

Images

