

Time Capsules

Ideas for Teens and Adults

Time capsules offer unexpected insights into how people view their own time, place, and culture, as well as their duties to future generations.

Choose your time capsule container

- Depending on the size of your time capsule and how long or where you plan to store it will affect your choice
- Select a container that fits how much you need to store
- Shoeboxes, metal tins, amazon shipping box, large canning jars, etc.
- any container that you can seal up and label can work.

What should you put inside your time capsule?

- Fill it with items that symbolize this time:
- like a roll of toilet paper (if you can spare one!),
- an empty bottle of hand sanitizer
- printout of DIY mask-making instructions
- Include a list of the movies and TV shows you've binge-watched
- Print photos of you and your family wearing masks, playing cards, taking a walk and celebrating special occasions together.
- You can even print screenshots of memes that capture the times.
- add some newspaper or magazine clippings
- A nice addition is a letter to your future self about what living through this pandemic is really like.

- Video clips on a flash drive or other form of media - (remember future you may have trouble accessing on outdated media so keep this in mind)
- Doodles and art created and inspired by COVID or your own interests.

Documentation

- Journals - While they may not be literal time capsules, journals offer insight into what we were thinking about, how we were feeling or what our hopes, fears, worries and desires were at a certain moment in time. Take time to reflect on your reaction to the novel coronavirus pandemic in a journal. You'll want to save it for future reference and share it one day with your kids or grandkids.
- They say a picture is worth a thousand words, so tell the story of how you spent your time during the covid-19 pandemic with images. Include photos of the people you're spending time with, the eerily empty streets you see when you're out for a walk, and the flyers or notices that have been posted around town advising how to socially distance.
- Get your family's observations about the crisis on video and in still photographs

Create a time capsule interview with friends or families

Interview family or friends on a variety of platforms - digital, video, written, etc.

Here are some questions to ask:

- What is the date and where are you sheltering in place?
- What is some recent information that you can share about what is happening with the pandemic?
- How do you feel right now?
- What do you think about how it is being handled locally, nationally or internationally?
- Has anyone you know been affected by covid-19? How so?
- What have you had to change about how you fulfill basic needs?
- How has this affected your work or school?
- What is something positive that has come from this experience for you?
- What are you doing to pass the time?
- What do you miss most right now?
- What is the first thing you'd like to do when this is all over?
- What are you most worried about?
- What lessons has this experience taught you?
- What are you thankful for?
- What is something that is helping you cope?
- How to make a time capsule to remember this unprecedented time