

TIME CAPSULE



GET LEARNING



20 MINUTES



READY TO GO

GETTING INTO THE ACTIVITY

We are currently living through a piece of history - something that will be talked about for years to come. Create a time capsule to capture this history for you and your family to open in the future.

A Letter to Yourself: Write a letter to your future self. Write down what it's like to be in lockdown, how life has changed, what you are doing with your time and what #BBatHOME activities you have done. Alternatively record a video and put it onto a memory stick.

A Family Photo: Take a family photo to print off and place in your time capsule. This will help you to remember what you all looked like and your ages during this time.

Newspaper: Look through a newspaper or online news and cut out news stories that help to remind you about what is happening.

Once complete, place it all into a box (an old lunch box would be ideal), seal it with tape and then place it somewhere safe to open in 5 or 10 years time.

WHAT YOU'LL NEED

- Paper
- Pens
- Plastic Container or Shoebox
- Newspaper
- Photographs

NOTES FOR PARENTS & CARERS

Take a photo of your time capsule and share it with your BB group or post on social media using #BBatHOME. An adult should initiate any contact with the BB group and/or share on social media.