

Let's Capsule It!

Successful Families | Successful Kids

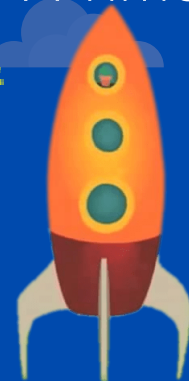
Hi Guys! My name is Herman and I want to do a fun activity with you and your family! Do you want to know what it is?!



Think of all your memories, physical and mental and imagine putting them in...



A Time Capsule!



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Your Family Time Capsule

Lets make a time capsule with all your memories, hopes and dreams of the year 2020! Here are some things to put into it:

Write a letter for your future self of what you hope for

Put something with a date in it, ex: Photo, newspaper clipping, an article or a picture you drew with your time stamp

Put something you are thankful for in it

Put something you love in it

As a family, write down nice things for you all to read when you open it

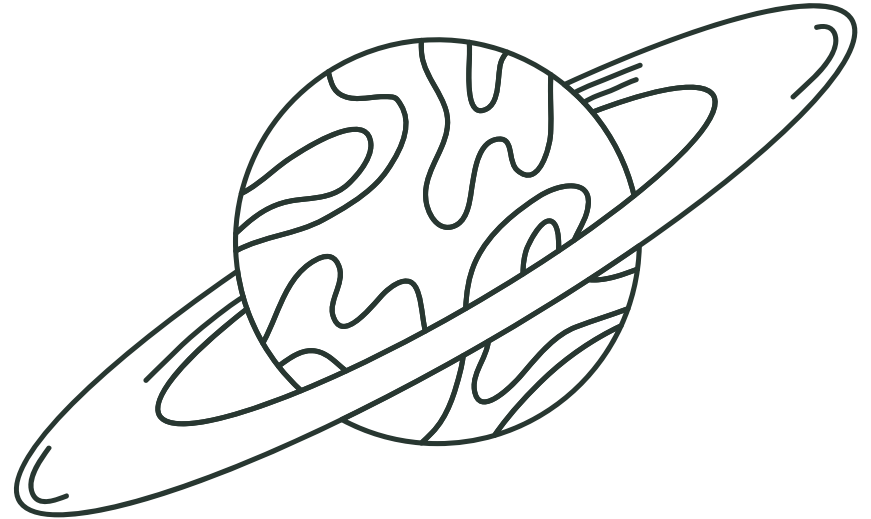
Capsule Questions

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Present

1. How old are you today?
2. What is the date today and the season?
3. What is your biggest fear(s)?
4. What is your favorite song?
5. What do you hope for in the future?
6. What is one goal you have for yourself?
7. What are you thankful for right now?
8. What is your favorite game?
9. What is one piece of advice you would give your future self?
10. What do you like to do outside?
11. Who are you looking forward to seeing again?
12. What makes your family unique?
13. What is your favorite dance move?
14. What is your favorite food?



You can answer these questions as a family or by yourself. When done, find something to put all your items into, and hide for the period of time you and your family decide on. You can use an envelope, a container, a tin, anything that can hold your items. Remember, capsules do not always have to be in the ground, put it in a special place you will remember for the time being. Have fun! When opened, reflect back on your answers and see if anything has changed :)