

Resource Pack Guide

Before starting the activities, talk together about what time capsules are and how you, as a family, can create your own based on your current situation.

Explain that in the future, people will look back upon this period as a major event in our history. Remember to reassure everyone that this won't last forever. Point out that your children will be telling their grandchildren about what it was like!

This pack contains resources which children can complete and look back on in years to come. Put the finished sheets in a labelled time capsule box and make a note on the calendar to look back at them at the end of the year. Store the box somewhere safe and dry. You could also take some photos of a typical day in your household and put these in too.

The pack also contains a resource explaining how to make an outdoor time capsule which children could also try.