



4-H 2020 COVID-19 Time Capsule

Creating a Family Time Capsule

2020 has been an unusual year to say the least. We are all living in a historic time with the global pandemic impacting so many parts of life as we have known it. A time capsule is a great way to capture this time and how your family has been impacted. Below is information about creating a time capsule in general and some ideas to capture this year.

CHOOSING A CONTAINER

When choosing a container for your time capsule think about...

Where you will store your time capsule?

How long it will be before you open your time capsule?

For indoors: a shoe box, wooden box, plastic storage container, or mason jar.

For outdoors, a weatherproof, non-biodegradable container ideally made of stainless steel.

Be sure that your container will not leak. Your container should keep out light, dust and other air-borne pollutants.

Even if you use a good container, there are many items that will deteriorate over time. When one item in a time capsule deteriorates, it can affect other items in your time capsule. It will also help to package items in acid free envelopes or zipper bags.



Image by Devanath from Pixabay

WHAT TO INCLUDE IN YOUR COVID-19 TIME CAPSULE

- A drawing of things that happened in 2020
- A facemask
- A roll of toilet paper or empty toilet paper roll. If you use a full roll of toilet paper, you could unroll some of the toilet paper and draw events from 2020 on it or have each family member write something he or she remembers.
- A picture of your family wearing facemasks or a porch picture of your family to remind you of the time when we had to stay at home
- A small, empty hand sanitizer bottle (be sure to rinse the bottle out and dry it)
- A picture of your ZOOM classroom
- A letter to yourself about your experiences in 2020
- Something you did during virtual learning – a note from your teacher, an assignment, a list of assignments for the week, artwork
- A USB drive with a video or pictures (Remember that the technology we use now many not be the same in the future so include non-technology items as well.)
- New recipe your family tried while staying at home
- A craft you made while staying at home or something to represent a new hobby.

LOOKING FOR OTHER INFORMATION ABOUT CREATING A TIME CAPSULE

Check out these websites

- <http://www.ala.org/alcts/preservationweek/preserve-memories-create-family-time-capsule>
- <https://www.loc.gov/preservation/resources/educational/timecapsule/index.html>

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4-H 2020 COVID-19 Time Capsule *All About Me*

My name is _____

I am  years old.

When I grow up, I want to be:

Draw a picture of yourself or
attach a photograph of yourself.

My Favorite Things

4-H Activity (that you did at a meeting) _____



Toy _____

Food _____



Color _____

Book _____

Song _____

Movie _____

Place to Go _____

Animal _____



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4-H 2020 COVID-19 Time Capsule *My 4-H Year*

My name _____ My 4-H Club is _____

My 4-H club advisors are _____

I have been in 4-H  years.

My 2020 4-H Projects

_____	_____	_____
_____	_____	_____
_____	_____	_____

You can attach pictures of you with your 4-H projects to the back of this page or draw a picture of your projects.

1. How did your 4-H Club meet in 2020? (Virtually and in person, just virtually etc.)
2. What was your favorite part of your 4-H project(s)?
3. 4-H was different for everyone in 2020. What did you miss most about how you have normally experienced 4-H?
4. Did you have a county fair in 2020? If so, how was it different than in the past? Did you like any changes that were made in 2020?

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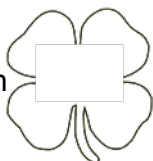
4-H 2020 COVID-19 Time Capsule *School in 2020*



My name is _____

My school is _____

My teacher is _____

I am in  grade.

1. What is your favorite thing about school?
2. What did you miss most about school while you were learning at home?
3. What was school like for you in the fall of 2020? Did you go back to school full time, did you learn online or a combination?
4. How do you feel about how you are going to school?



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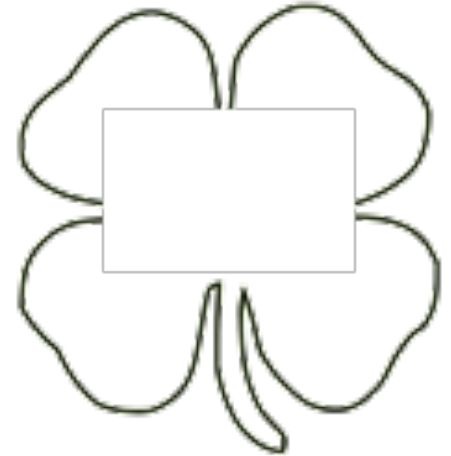
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An Interview With My Family

The person/people I interviewed _____

Draw a picture of your family or
attach a photograph of your family.

*In the clover,
write one new
thing you learned
to do this year.*



2020 has been an historic year. Think about this unusual year as you answer these questions together.

1. What has been the biggest change for your family during the COVID-19 pandemic?
2. What are you most thankful for?
3. What is something that you had to do differently this year that you will continue to do?
4. How has your family stayed connected to others (community, family, friends).
5. What is your favorite memory from 2020?

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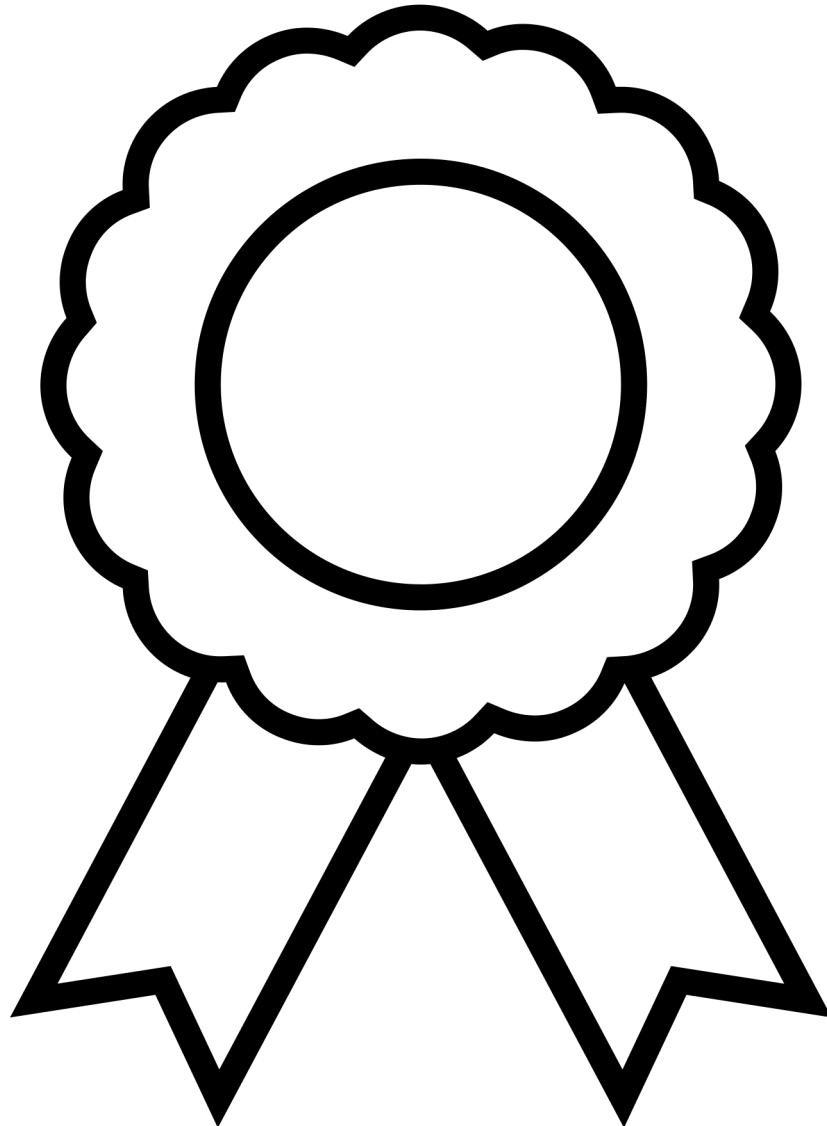


4-H 2020 COVID-19 Time Capsule *Celebration Ribbon*

Ribbons are a fun way to celebrate something good! You have most likely seen older 4-H members receive ribbons at the county fair for their successes. You may have gotten a ribbon for something special, too.

Below you can design a ribbon to celebrate successfully adapting to living in this historic time. Use colored pencils or crayons to decorate your ribbon. You could also glue on embellishments such as sequins or bits of ribbon.

In the middle circle of ribbons there is often a picture or words describing the event. The streamers can have phrases such as 1st Place.



Adapted by Christy Millhouse, 4-H Educator from: <https://www.dannys-place.org/resources-posts/coronavirus-2020-time-capsule>



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4-H 2020 COVID-19 Time Capsule *COVID Clover*

HEAD

What was 1 new thing that you learned in 2020.

HEART

What are some words that describe how you and your family are feeling during the pandemic.

Insert additional 4-H highlights

HANDS

How did you help someone in 2020?

HEALTH

What was 1 thing you did to stay healthy this year?

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