



COVID-19 TIME CAPSULE

**WANT TO MAKE HISTORY? WANT TO HELP THE FUTURE
UNDERSTAND WHAT WAS IMPORTANT TO YOU AT THIS
MOMENT IN YOUR LIFE?**

**BY CREATING A TIME CAPSULE FILLED WITH OBJECTS THAT
ARE REFLECTIVE OF YOUR LIFE NOW, YOU HAVE THE POWER
TO CREATE SOMETHING PERSONAL, MEANINGFUL AND FUN
THAT YOU AND/OR OTHERS CAN BE AMAZED BY SOME TIME
IN THE FUTURE.**

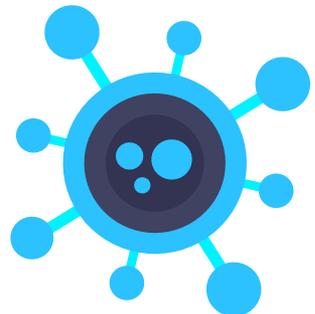
Touchstones Nelson
Museum of Art and History



FOR TEACHERS, PARENTS AND CAREGIVERS

In the context of our current global situation, we understand that students and families have experienced so much—emotionally, physically, socially and psychologically. Touchstones Nelson: Museum of Art and History has created these activities to provide opportunities for further reflection and discussion in these unprecedented times.

A time capsule might also be a physical container which could hold these paper-based reflections AND some important objects. Students and families can decide when in the future they may want to take a look through the completed pages of this time capsule activity booklet—the choice is yours. We encourage you to be creative!



ALL ABOUT ME!

A time capsule is a container used to store a collection of objects chosen to represent a specific event or moment in time. Time capsules are a way to preserve memories and provide information about the past. Usually, a time capsule is buried or preserved so that it can be opened or discovered in the future.

Creating your own time capsule can be a fun activity and a great way to preserve your memories, especially during a unique time like the coronavirus pandemic.

MY NAME: _____

MY FAVOURITES

Toy:

Colour:

Animal:

Food:

Song:

Book:

Movie:

MY STATS

I am _____ years old.

I stand _____ cms tall.

I have _____ brothers and sisters.

I have _____ pets.

My best friend is:

When I grow up I want to be:

Date: _____

IT ALL STARTED WHEN...

How did you first learn about COVID 19? What were some of the first things to happen that let you know things were changing? In your own words, describe what you know about the coronavirus pandemic and how your daily life has changed because of it.

WHERE I LIVE

What do you see when you look out your bedroom window! Colour this window to match yours!



OUR HANDPRINTS

Use different coloured pencils or crayons to trace your family's handprints here:

EXPLORE YOUR CREATIVITY

Have you ever visited the Touchstones Nelson Museum Art Lab? Use the space below to draw your favourite memory of creating art - who were you with? What did you create?

ART LAB

INTERVIEW YOUR PARENTS

What has been the biggest change?

Do you like to watch the news?

How many days have we been inside?

Your top 3 moments:

1. _____
2. _____
3. _____

What is your favourite activity/hobby to do around the house?

What are you thankful for?

What have you learned from this experience?

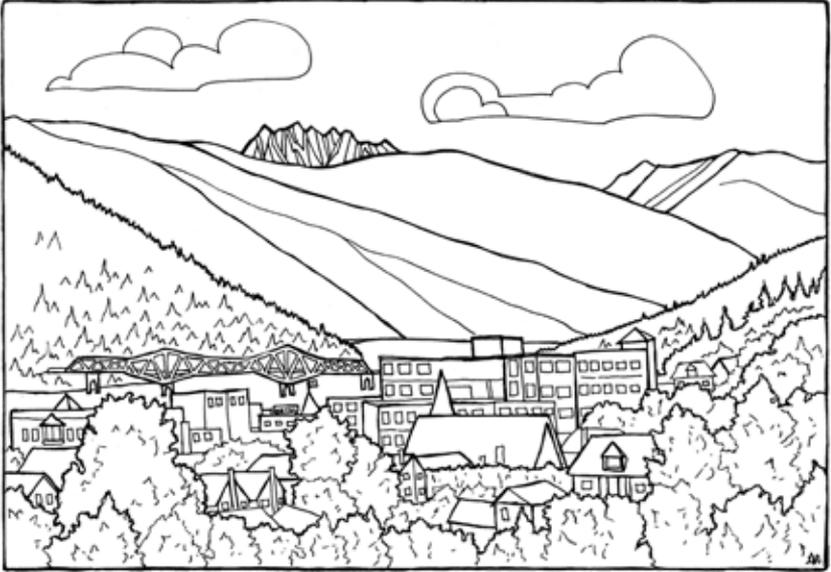
What events have you celebrated?

Do you have any new goals?



COLOURS OF NELSON

Colour this drawing of Nelson by local artist Abby Wilson, and use the space below to draw your own picture of Nelson.



Nelson, BC



