

Activity	Time Capsule	
<b>Key:</b>	Due the various abilities of our children we have graded some of the activities into different levels.	<b>Contact details:</b>
<b>Seeds</b>		<a href="mailto:schools@cdssgroup.org.uk">schools@cdssgroup.org.uk</a>  All Education Advocates access this email. Sarah Larkin (Cheshire West) Becky Harris (Cheshire West) Yvonne Edwardson (Cheshire East)
<b>Saplings</b>	Your child may access different levels depending on the activity as well as their ability.	
<b>Trees</b>		

### Brief description of Activity

We have experienced something that we will remember for the rest of our lives. Create a time capsule to record our experience of lockdown that we can look back on at a later date.

### Resources needed

- A suitable box or container for storage
- Lots of memorabilia
- Tape or string to seal
- Bin bag to waterproof
- An attic or secret cupboard for storage
- Lots of patience (so you don't open your time capsule too soon)



### Activity: Seeds

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

Explain that in the future, people will look back upon this period as a major event in our history.

Some things you might want to put into your time capsule include;

- A local paper with Covid – 19 headlines
- A 2020 dated coin
- A national newspaper
- A drawing of the family including pets, names, ages etc

Memorabilia from a day in the garden or nature such as a shell collected from the beach or something collected from a walk  
 A note from each family member with memorable events from recent times  
 Photos of today  
 A packet of seeds from 2020 (who think they will grow in 10 years?)  
 A letter to themselves. It could include the date, age, friends, feelings, favourite things, etc  
 A 2020 postage stamp  
 A painted pebble with the date on  
 A letter from a grandparent, family or friend.  
 A copy of the government letter about the pandemic  
 Photos of family members



You can add anything that is relevant to your families and experiences.

### Activity: Saplings and Trees



Write a letter to your future self using the template attached.  
 There is a lovely time capsule activity book attached. This pack contains resources which children can make and look back on in years to come. Activities involve drawing a picture of your family, recording what you have enjoyed, printing everyone's handprints and interview questions for a family member.

### Attachments:

A letter to my future self  
 Time capsule activity booklet

### Cheshire Downs Syndrome Support Group

Registered Charity Number 1146127.

Website address: [www.cheshiredownssyndrome.com](http://www.cheshiredownssyndrome.com)

Phone number: 07518 590300

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