COVID-19 Time Capsule

2019-2020 School Year

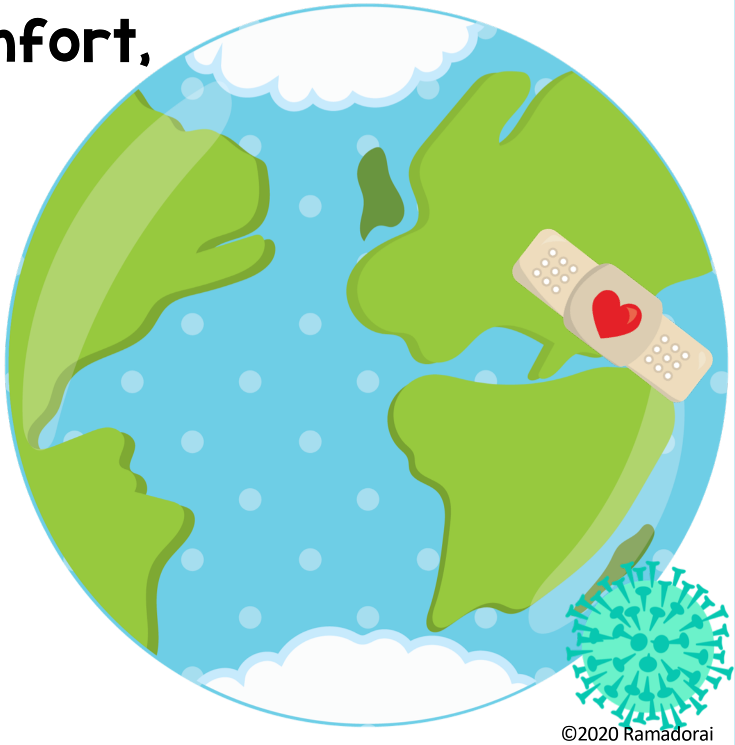
Dear Families,

Thank you for your flexibility and for being there to help your school and child during this very new experience. Your child has so many thoughts and feelings inside. You're amazing at helping your child through all the experiences in life, maybe this packet can offer a way for your family to place this new experience.

Please let your child interview you. It will help work through some thoughts and feelings and maybe open up a new conversation for you. Encourage self-reflection. It's going to be an interesting time to look back on in the future.

Thank you again for being who you are. Thank you for being the security and leader your child loves and can look to for stability as our routines change.

Wishing you health and comfort,



Interview Your Parents

How are you feeling?

Days at home are

What is the biggest change this year?

Have your feelings changed this year?

How is homeschooling?

What hobbies are you enjoying?

What are you thankful for?

What's your new goal?

Your top 3 experiences during this experience:

1.

2.

3.

Experiences we've had at home:

I baked:

We watched:

We read:

We loved:

Interview Your Loved Ones

Who did you interview?

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Have your feelings changed this year?

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What are you thankful for?

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We read:

We loved:

Special Occasions

What special occasions are happening?

Write down where you were and how you celebrated!

Birthdays? Easter? What did you celebrate?

Event	Date	How did you celebrate?

Special Occasions

What special occasions are happening?
Write down where you were and how you celebrated!
Birthdays? Easter? What did you celebrate?

Event	Date	How did you celebrate?

Letter from my family

Today: ________________

Dear ________________________,

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Love, ________________________

Letter from my loved ones

Today: ____________________

Dear ______________________________ ,

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Love, ______________________________

Letter from my parents

Today: ________________

Dear ________________________ ,

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Love, ________________________

Interview Yourself

How are you feeling?

Days at home are

What is the biggest change this year?

Have your feelings changed this year?

How is homeschooling?

What hobbies are you enjoying?

What are you thankful for?

What's your new goal?

Your top 3 experiences during this experience:

1.

2.

3.

Experiences we've had at home:

I baked:

We watched:

We read:

How are you helping?

Interview Yourself

How are you feeling?

Days at home are

Who is your teacher?

How is homeschooling?

Who is your best friend at school?

What hobbies are you enjoying?

What are you thankful for?

How many days have you been home so far?

Your top 3 experiences during this experience:

1.

2.

3.

Experiences we've had at home:

I baked:

We watched:

We read:

We loved:

Interview Yourself

How are you feeling?

Days at home are

Who is your teacher?

Who is your best friend at school?

How is homeschooling?

What is your biggest challenge?

What hobbies are you enjoying?

What are you thankful for?

How many days have you been home so far?

Your top 3 experiences during this experience:

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2.

3.

Experiences we've had at home:

I baked:

We watched:

We read:

We loved:

My Days in Pictures...

My school day:

When I go outside...

My favorite part of being home so far is:

I like playing:

While schooling at home I learned how to...

My feelings in pictures...

I'm so glad that...

What I love most about being home...

How I'm strong...

I'm worried about...

I wish...

I miss....

My letter to myself

Today: ________________

Dear ________________________ ,

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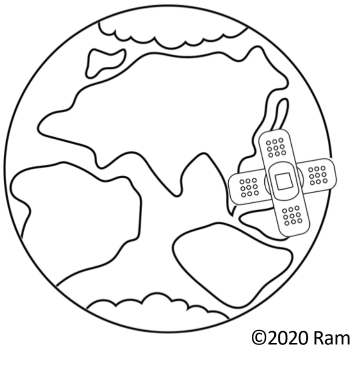
Love, ________________________

My letter to myself

Today: ________________

Dear ______________________,

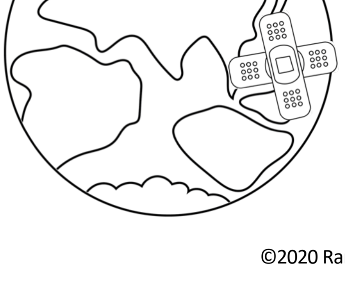
Love, ______________________



My letter to myself

Today: ___________________

Dear ____________________,

Love, ____________________