

PSHE – Looking at the World

Time Capsule

As you are aware we are all living through an unusual time, which has never been experienced before. This will be recorded in history and we thought it would be interesting for you to create your own record of life in lockdown that you can look back on in the future. This is an activity you could complete with your family, they could contribute their ideas and memories and you could agree when you will re-open your time capsule!

It might be a good idea to have a box or container to put all of your items in – you can then decide where this will be stored – some people bury their time capsules in the garden (if you do this you will need to think about how you will stop it getting wet!), while others may hide it somewhere in the house!

The first thing you are going to put into your time capsule is a letter to your future self! You can explain what is happening and how you have dealt with the last four weeks when most of you have not been to school. We don't yet know when we will return to school, it is possible that you have already finished Year 5, how does this make you feel? What are your thoughts about Year 6?

What else could you include? This is a list of possibilities – you can put whatever you want into your time capsule – it is memories for you!

- Newspaper articles about the situation (check with your parents/carers that they are happy for you to have these)
- a drawing of you and your family, including pets
- memorabilia from things that you do for example photos of school work, items that you find when you are outside in the garden or enjoying your daily exercise
- notes or letters from other members of your family
- a weekly diary of your life/events/feelings
- photos of your family members doing crazy things!

We are really looking forward to hearing about how you put your time capsule together and hope that you enjoy this task.