

I AM LIVING THROUGH HISTORY



THE LOFT
BY LEE DOUGLAS INTERIORS

HOME • GIFTS • LIFESTYLE

2020 COVID-19
TIME CAPSULE KEEPSAKE WORKBOOK

COLLECT:

- local newspaper clipping
- photos from this time
- artwork you have made
- special memories

A LITTLE ABOUT ME

I AM _____
YEARS OLD

I STAND _____
INCHES TALL

MY FAVORITES

COLOR _____	FOOD _____
ANIMAL _____	SHOW _____
BOOK _____	PLACE _____
ACTIVITY _____	

WHEN I GROW UP
I WANT TO BE _____

I WEIGH _____
POUNDS

MY BEST FRIEND/S

HOW I AM FEELING

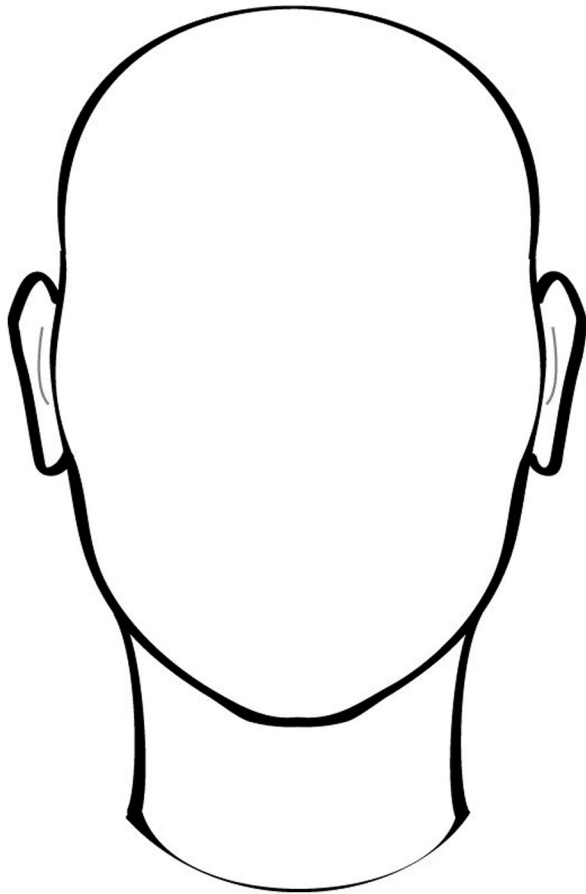
WORDS TO DESCRIBE
HOW I AM FEELING

THE 3 THINGS I AM MOST
EXCITED TO DO WHEN
THIS IS OVER:

1

2

3



HOW MY FACE LOOKS



WHAT I HAVE LEARNED
MOST FROM THIS EXPERIENCE:



WHERE AM I LIVING
DURING THIS TIME?



WHO I AM SPENDING MY TIME WITH:

MY FAMILY

DRAW A PICTURE OF YOUR FAMILY

THE BEST PART:

I AM MOST GRATEFUL FOR:

WHAT I AM DOING
TO KEEP BUSY

1

2

3

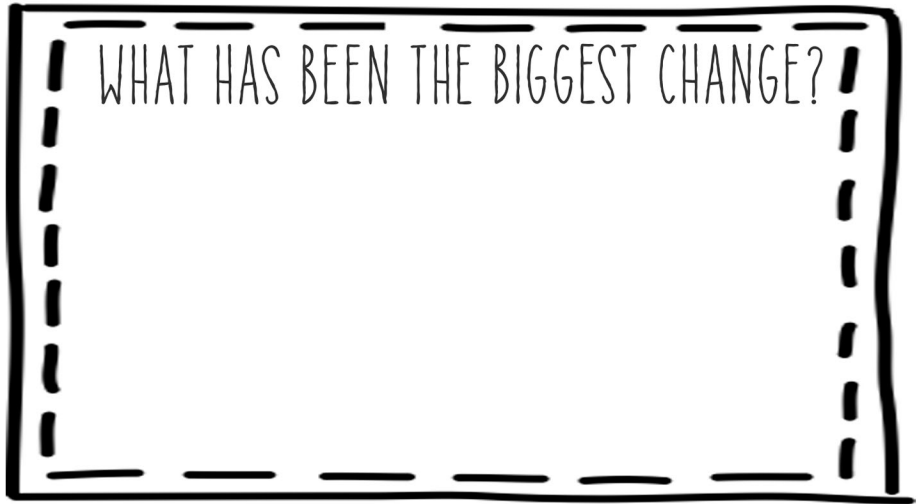
IN MY OWN WORDS

WHAT IS GOING ON IN THE WORLD RIGHT NOW?


INTERVIEW YOUR PARENTS



DAYS SPENT
INSIDE



WHAT HAS BEEN THE BIGGEST CHANGE?



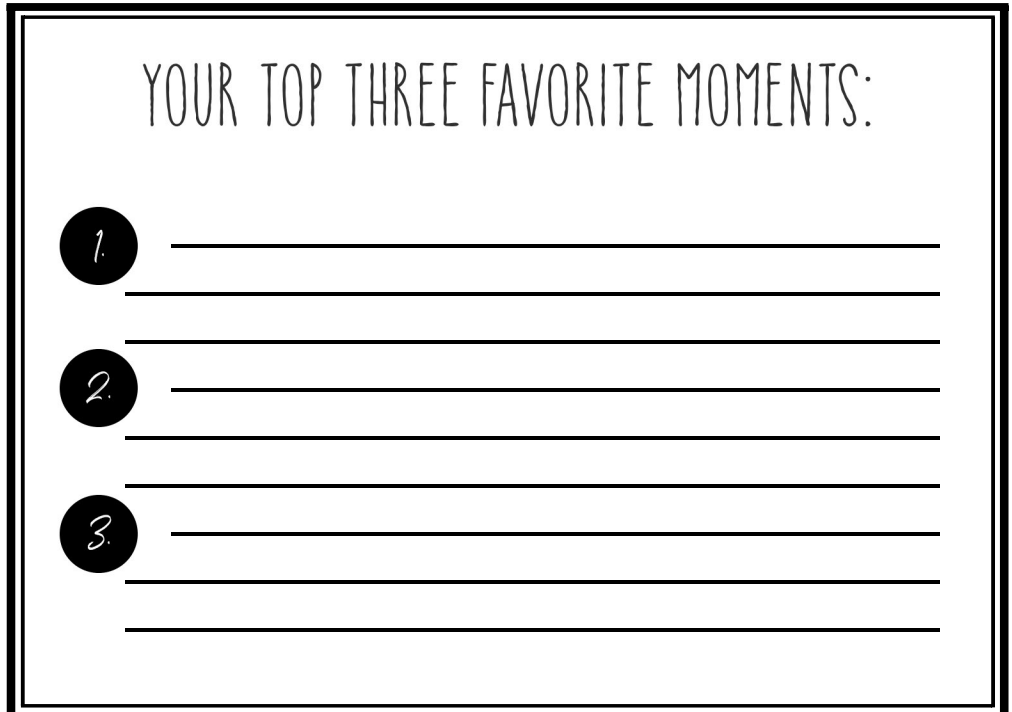
WHAT DID YOU ENJOY THE MOST?



HOW ARE YOU FEELING?



WHAT ARE YOU
MOST GRATEFUL FOR?



YOUR TOP THREE FAVORITE MOMENTS:

1. _____

2. _____

3. _____

A LETTER FROM YOUR PARENTS

DATE:

DEAR,

LOVE,

NOW THAT YOU HAVE COMPLETED YOUR
WORKBOOK, FILE IT AWAY SOMEPLACE SAFE
AND SOMEPLACE WHERE YOU KEEP OTHER SPECIAL THINGS.

IN A COUPLE OF YEARS, WHEN YOU COME
ACROSS THIS WORKBOOK, READ THROUGH YOUR
ANSWERS AND REFLECT BACK ON WHEN YOU
LIVED THROUGH HISTORY.

REMEMBER HOW THE COMMUNITY, THE COUNTRY
CAME TOGETHER AS ONE WHEN WE
NEEDED TO BE APART.

TAKE THE TIME TO SPEND MOMENTS AND
MAKE MEMEORIES WITH THE ONES YOU LOVE.

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