

's

2020 COVID-19

Time Capsule



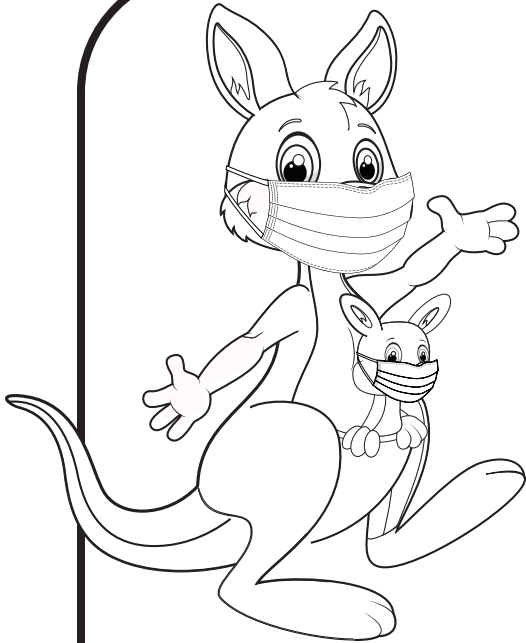
**Children's
Hospital**

C.J. and Joey
Mascots
HSHS St. John's Children's Hospital

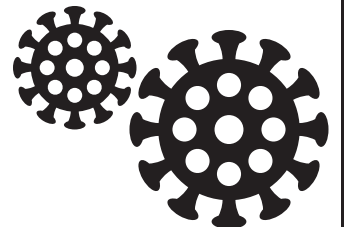
HSHS St. John's

You are living through history.

Years from now, you will look back and remember 2020 as the year you finished the school year at home and spent a lot of time with your family. Fill in these pages with photos from this time, news clippings, artwork and your special memories.



Here is a picture of me being safe and practicing social distancing with C.J. and Joey.





About ME!

I am _____
years old.

I am _____
feet/inches tall.

I weigh _____
pounds.

My favorites:

Color: _____

Food: _____

Movie: _____

Song: _____

TV show: _____

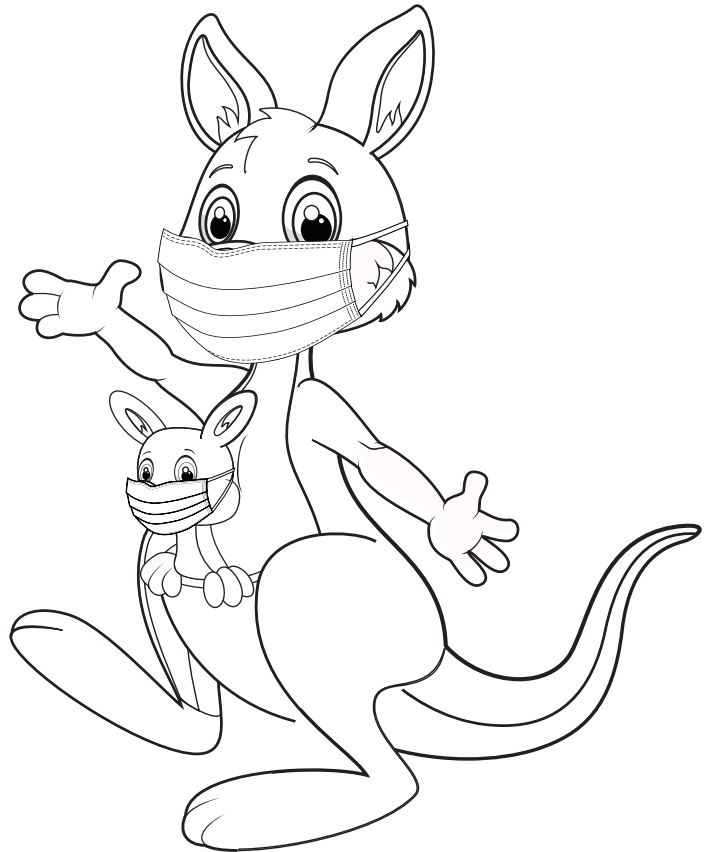
Place: _____

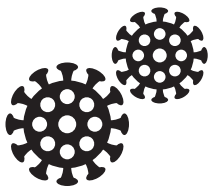
Game: _____

When I grow up,
I want to be:

My friends are:

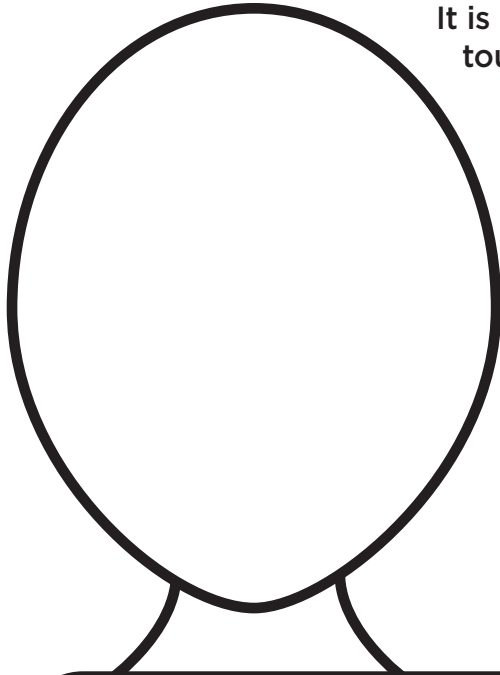
C.J. and Joey





My thoughts and feelings.

It is important to share your thoughts and feelings when things get tough. If you feel sad or worried, make sure to tell your parents.

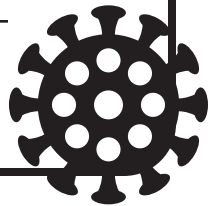


I feel:

Here's a picture of how my face looks. I'm:

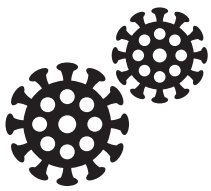
- Happy
- Worried
- Bored
- Mad
- Sad
- Tired
- Lonely
- Confused

Things I have learned from this experience:



I am thankful for:

When I can, I'm excited I will be able to:



What I am doing.

I have stayed connected with my family and friends through:

Phone calls

Text messages

Email

Skype/FaceTime

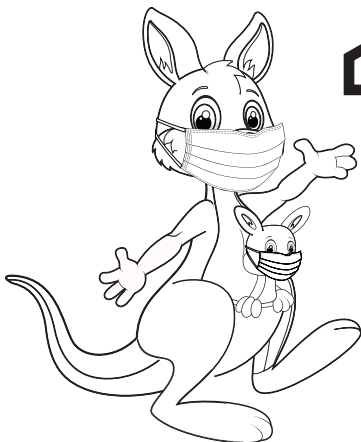
Zoom

Other ways: _____

Things I do to have fun inside:

Things I do to have fun outside:

Decorate the house to look like yours.



Mom and Dad Quiz

Ask your parents, or any other adults who are in quarantine with you, these questions and write down their answers.



What has been the biggest change for you?

How do you feel?

- | | |
|---------------------------------|-----------------------------------|
| <input type="checkbox"/> Happy | <input type="checkbox"/> Worried |
| <input type="checkbox"/> Sad | <input type="checkbox"/> Bored |
| <input type="checkbox"/> Mad | <input type="checkbox"/> Tired |
| <input type="checkbox"/> Lonely | <input type="checkbox"/> Confused |

Your favorites:

TV show: _____

Time of day: _____

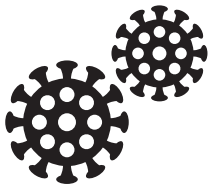
Family activity: _____

Meal together: _____

What are you thankful for?

What do you want me to remember about this time?

What do you look forward to doing after this is over?



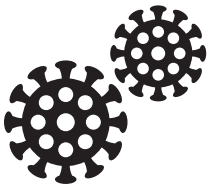
A Letter to Myself

A large, rounded rectangular box with a black border, containing 15 horizontal lines for writing a letter to oneself.

A Letter from My Parents



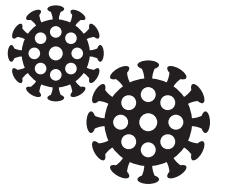
A large rectangular writing area with a black border and rounded corners. It contains 18 horizontal lines for writing, spaced evenly down the page.



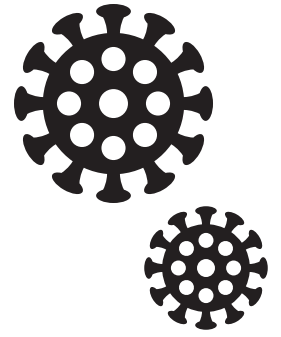
Photographs

A large, empty rectangular area with rounded corners, intended for pasting or drawing photographs.

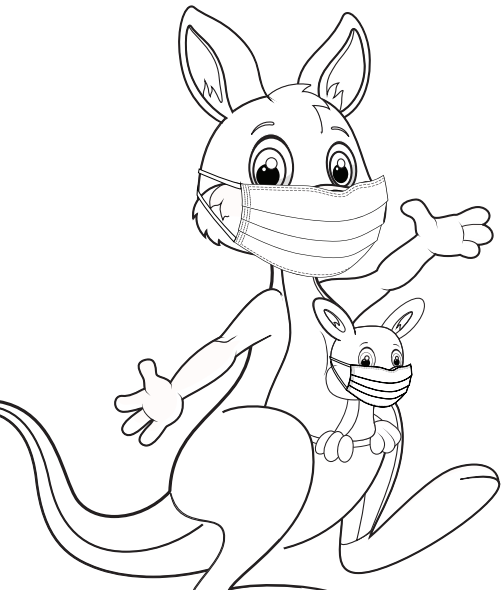
In the News



A large, empty rectangular box with rounded corners, intended for writing or drawing.



Trace your hands on this page.



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