

THE 2020 CORONAVIRUS

# TIME CAPSULE

BECAUSE...QUARANTINE



## INSTRUCTIONS

# WELCOME TO YOUR TIME CAPSULE GUIDE!

Since these are intense times we live in, Danny's Place hopes that you and your family stay healthy during this time--mentally, emotionally, and physically. That is why we are offering this time capsule guide, because having a little bit of creative fun time is crucial to staying healthy.

We invite you to print out the whole guide and fill out one or two pages a day. Invite a friend or family member to join you! Another option is simply completing the prompts using a separate notebook or sheet of paper--however you wish to use this resource is perfect!

## YOU WILL NEED...

### **THIS GUIDE**

To make the most of your time capsule experience! Print out all of it or just a few pages--you can always fill it out on separate paper if that's your style.

### **MEMENTOS+SUPPLIES**

Scavenge around your house for the following items:

- A box--plastic or metal works best if you plan to bury your time capsule! Otherwise, a shoe box is great too.
- A spare notebook or loose paper
- Things that symbolize your quarantine experience! It could be anything from a finished toilet paper roll to printed photos of your favorite TV shows and favorite foods during this time. Maybe some song lyrics that you want to remember? Don't be afraid to get creative with your capsule-filling!



PROMPT #1

# WHO ARE YOU QUARANTINED WITH AND HOW DO YOU FEEL ABOUT IT?

Tell future you about your current living situation-- how old is everyone and how are you guys getting along?

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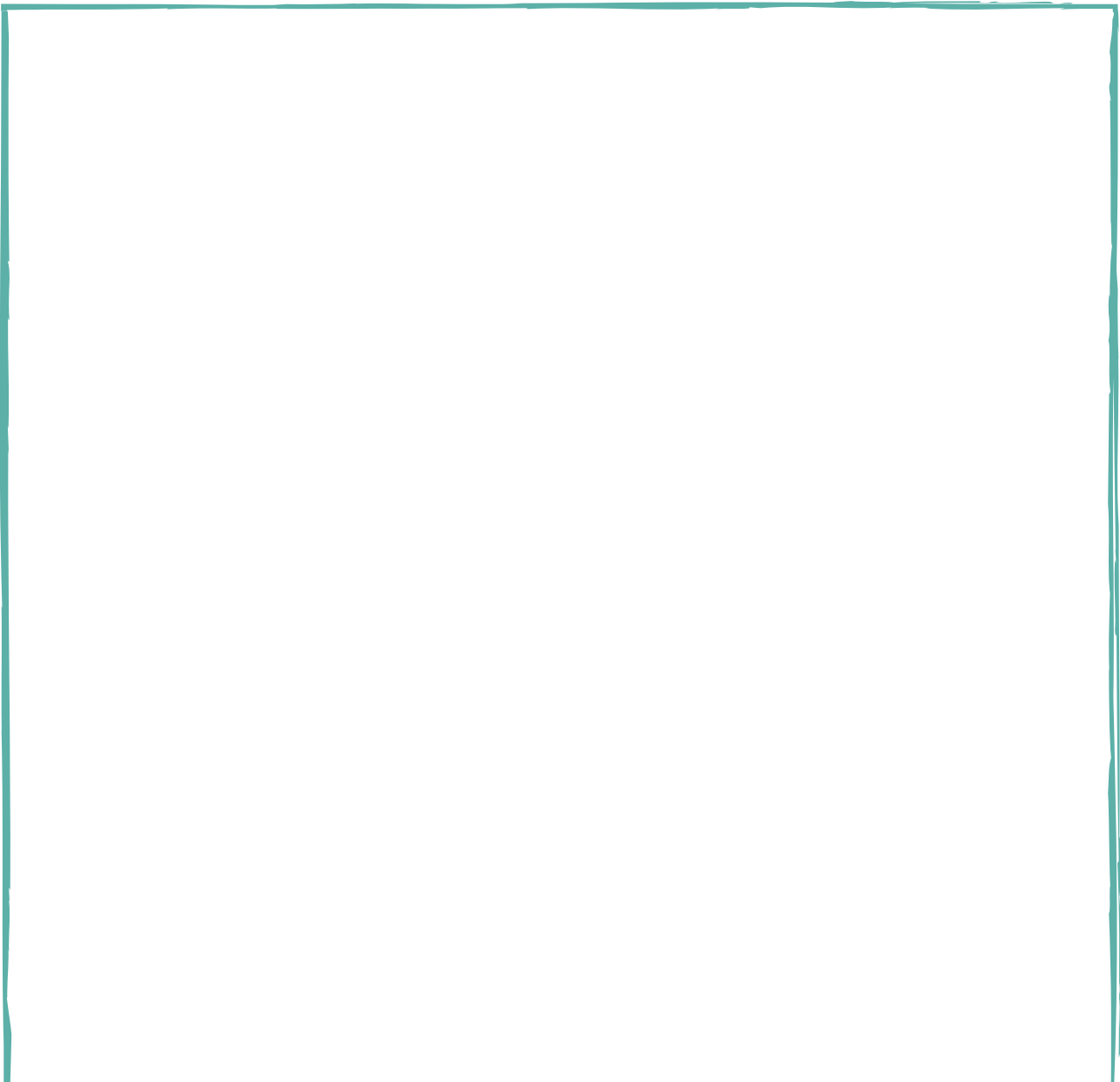
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2020 FASHION

## FAMILY PHOTO TIME!

Glue or tape a family photo or two, or even make an illustration. Show off your best sweaters for future you!



PROMPT # 3

~ **SPEED ROUND** ~

Go-to snack/food?

Song you have on repeat?

Who have you called recently?

Current favorite class?

Favorite outdoor activity?



PROMPT # 4

**WHAT ARE SOME NON-ESSENTIAL ITEMS THAT ARE ESSENTIAL FOR YOU DURING QUARANTINE AND WHY?**

Whether you need iced coffee and video games, nail polish or books, what makes you feel more you during this time?

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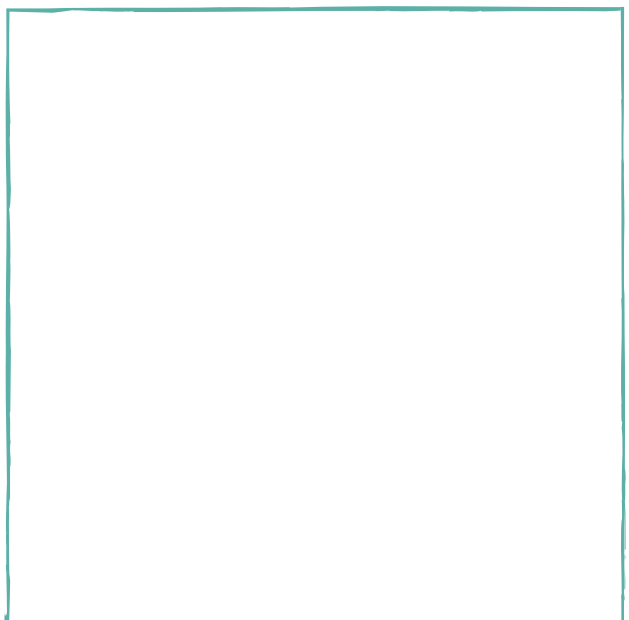
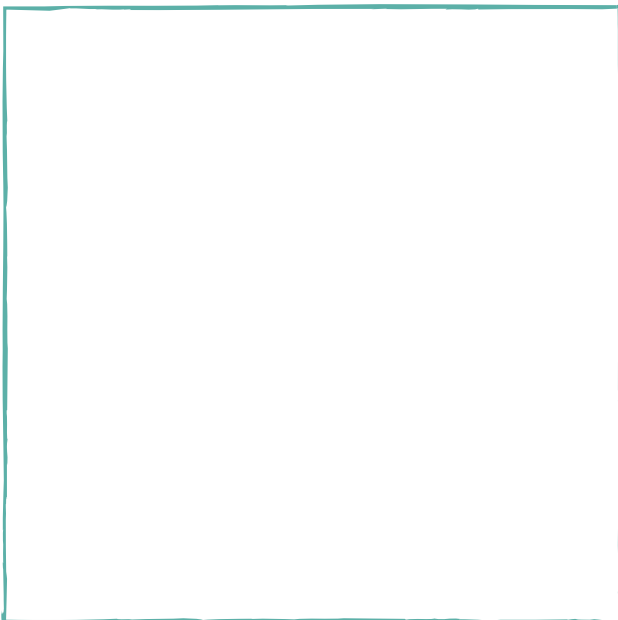
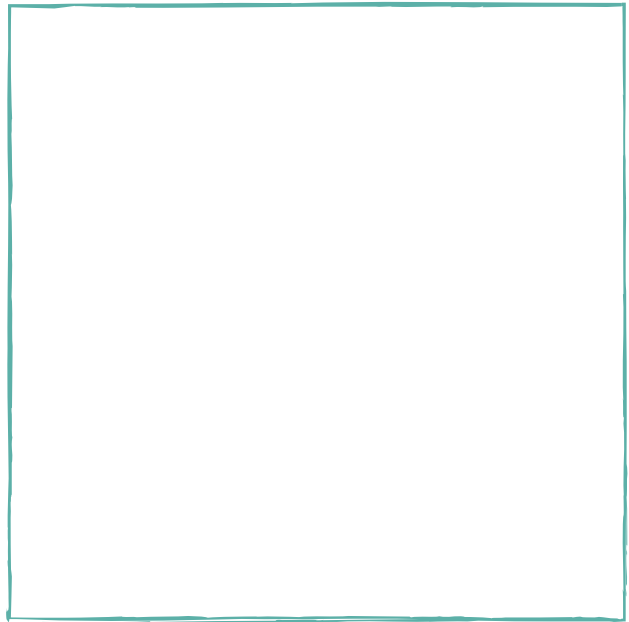
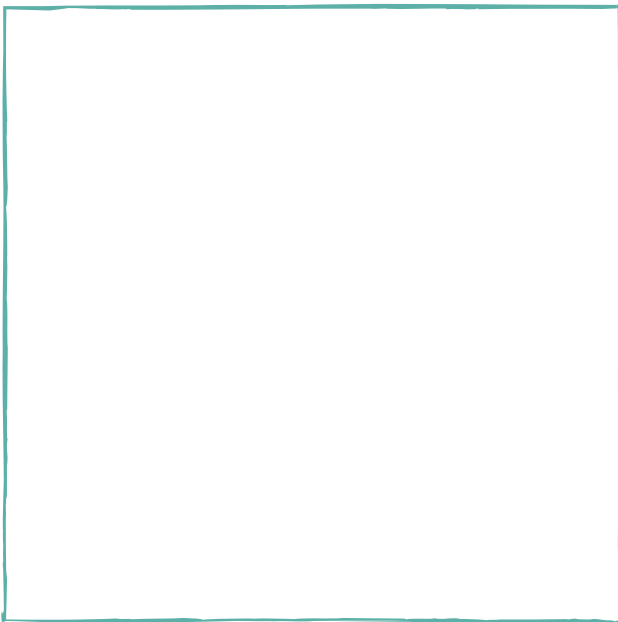
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PROMPT # 5

# WHAT ARE SOME OPPORTUNITIES OF THIS TIME?

Big or small--what are you grateful for?







## TIME CAPSULE INVENTORY

# WHAT ELSE IS IN THIS CAPSULE?

Here's where you can explain the other objects in your time capsule. Pro tip: label your photos+objects with numbers to fill in the corresponding spots here!

1

4

2

5

3

6

## WHAT NEXT?

# CONSTRUCTING YOUR TIME CAPSULE

Congratulations on completing this guide! Next step is putting it all together into your time capsule.

Whether you printed this guide out or used separate sheets of paper, staple all of your pages together to create a neat packet that you can flip through when the time comes to unearth your capsule!

Collect the mementos, trinkets, and photos that you want to put in the capsule. Anything you hope to share with your future self--add it in!

Then organize it all in your box of choice. Maybe even design the inside and outside with some craft supplies!

Lastly, you'll need a spot to put your time capsule.

If you are opting for the outdoor route, make sure you will be able to access this spot in 10 years! Otherwise, tucking it away in the basement or shed is a great option as well.

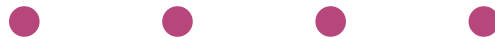
## WHAT'S NEXT? (CONT.)

# THE WAITING GAME

Now that everything is put together and put away...it's time to wait.

Set aside a reminder in a digital calendar to find and open up your time capsule 10 years from the day you completed it!

If you worked on this collaboratively with others, have them set reminders as well so in a decade you can hopefully come together and open up your capsules together.



*Tag us in your finished time capsule creations,  
@dannysplace\_ys on Instagram  
and Danny's Place on Facebook*

*Stay healthy and well!*

