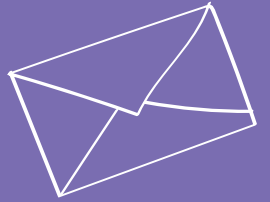


FAMILY ZONE

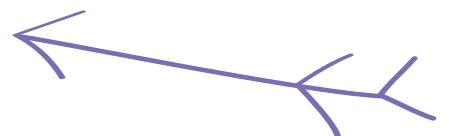
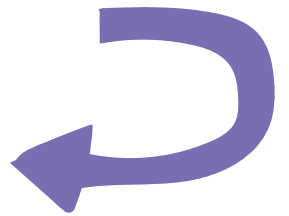
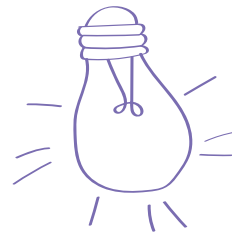
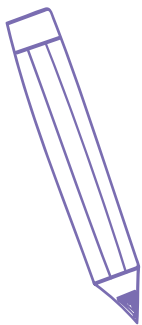
National
Literacy
Trust



My 2020

Time Capsule

By _____



All about me

My favourites

Toy: _____

Colour: _____

Animal: _____

Food: _____

TV show: _____

Movie: _____

Book: _____

Activity: _____

Place: _____

Song: _____

Sport: _____

I am _____

_____ years old

My best friend/s:

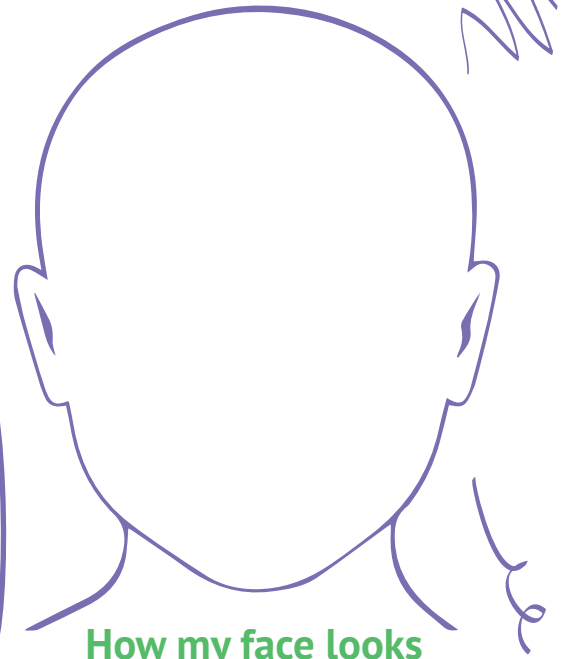
What makes them a good friend to you?

When I grow up I want to be:

Date: _____

How I'm feeling

You are living through history right now.
Take a moment to fill in the following pages
for your future self to look back on...



How my face looks



Words to describe how I feel:

I am most thankful for

What I have learnt most from this
experience: _____

The three things I am most excited to do when this is over:

1 _____

2 _____

3 _____

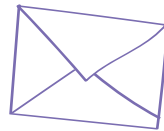
My community



Where are you living during this time:

What things are you doing to help feel connected/have fun outside?
(e.g. rainbows or teddy bears in windows, chalk notes on pavements, etc).

How are you connecting with others?

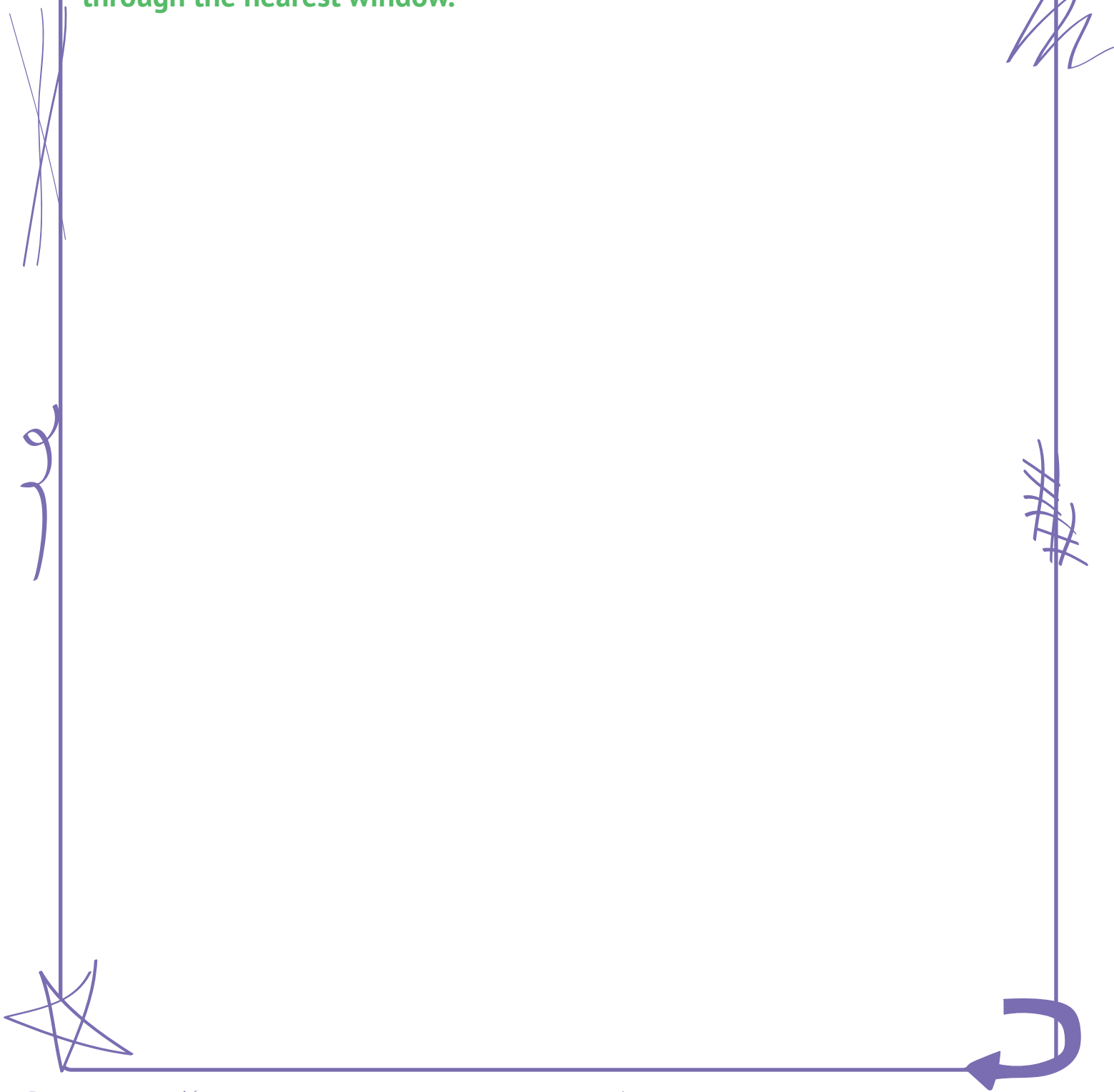


What do you miss about your local area?

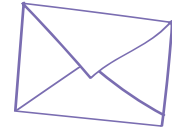
There are lots of ways you can help your local community such as washing your hands. Can you think of anything else?

View from my window

What are your surroundings like while you learn at home? Draw a picture of what you can see in your home and anything interesting you can spot through the nearest window.



Letter to myself



Imagine you are writing a letter to yourself in 50 years' time about what is happening now in 2020.



Date: _____

Dear, _____

Love from, _____

Interview a parent or carer

What has been the biggest change? _____



days spent
inside

How are you finding
learning at home?

Your top three moments from this experience:

1 _____

2 _____

3 _____

How are you feeling?

What activities/hobbies have
you most enjoyed doing?

What are you most thankful for?

What TV show you watched:

Your new found favourite indoor family activity:

Favourite food to make:

Goal/s for after this:

