MY 2020 COVID-19 TIME CAPSULE

BY: Sotie
Take a moment to fill in these pages for your future self to look back on. And here are some other ideas of things to include:

- Some photos from this time
- A journal of your days
- Local newspaper pages or clipping
- Any art work you created
- Family / pet pictures
- Special memories

Draw a picture of the people you are social distancing with here.
LETTER TO MYSELF

5/4/2020

DEAR Future Sofie,

How are me? Eight-year-old me was good. What new books do I read now? What have I done lately? Where do I live? I lived at 213 Roseville Rd. Do I remember being 8? Do I remember having fun? Do I remember the class Zoom meetings we used to have? What about our website that we made? That was fun. Remember The Who Was? Show? What about Who Was? books?

Love, past Sofie
I AM 8 YEARS OLD

I STAND 51 INCHES TALL

I WEIGH 55-60 POUNDS

SHOE SIZE 1

MY FAVOURITES

TOY: Bunny
COLOUR: green
ANIMAL: cat
FOOD: ice cream
SHOW: The Who Was? Show
MOVIE: Harry Potter
BOOK: Harry Potter series
ACTIVITY: reading
PLACE: home, bookstore
SONG: I don't know!!! They're All So Good!

MY BEST FRIENDS:
Sihs
Harrison
George

WHEN I GROW UP I WANT TO BE:
an author and illustrator

DATE: 4/23/2024
HOW I’M FEELING

WORDS TO DESCRIBE HOW I FEEL:
Happy, calm, normal
I feel calm and normal, even when this is happening.

WHAT I HAVE LEARNT MOST FROM THIS EXPERIENCE:
Not to ask
the bookstore
and the car
Museum.

I AM MOST THANKFUL FOR
my family and pets
BOOKS!

THE 3 THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER:
1. go to the bookstore
2. go to the library
3. go to the LEGO store
MY COMMUNITY

WHERE I AM LIVING DURING THIS TIME:

213 Roselleve Rd.

WHAT THINGS ARE YOU DOING TO HELP FEEL CONNECTED/HAVE FUN OUTSIDE (e.g. hearts in windows, chalk notes on sidewalk, etc)

- go for walks, draw with chalk, put teddy bears in windows.

HOW ARE YOU CONNECTING WITH OTHERS?

- By helping them have fun and having them connect with us.
YOU ARE NOT STUCK AT HOME.
YOU ARE SAFE AT HOME!

WHAT I AM DOING TO KEEP BUSY:

- Taking Walks!
- Riding My Scooter!
- Building Lego Models!
- Flying Kites
- Making Artwork
- Knocking On Doors At Night
**SPECIAL OCCASIONS**

**WHAT OCCASIONS DID YOU CELEBRATE DURING THIS TIME? WRITE THE LIST DOWN HERE AND WHAT YOU DID TO CELEBRATE (E.G. ST. PATRICK’S DAY, EASTER, BIRTHDAYS, ANNIVERSARIES)**

<table>
<thead>
<tr>
<th>EVENT</th>
<th>DATE</th>
<th>HOW YOU CELEBRATED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sam’s B-day</td>
<td>4/21/2020</td>
<td>We walked. We had a virtual b-day party with family through Zoom and Google Hangout.</td>
</tr>
<tr>
<td>Easter</td>
<td>4/12/2020</td>
<td>We egg-hunted in the backyard. I used my nature journal and Hippy Hop that I got in my Easter basket.</td>
</tr>
<tr>
<td>Sejal’s B-day</td>
<td>3/31/2020</td>
<td>We had a virtual b-day party through Google Hangout.</td>
</tr>
<tr>
<td>Grammy’s B-day</td>
<td>4/11/2020</td>
<td>I sent her Harry Potter gifts.</td>
</tr>
<tr>
<td>Papa Steve’s B-day</td>
<td>3/17/2020</td>
<td>I slept over and we made a birthday card and got him a card.</td>
</tr>
</tbody>
</table>

PAGES BY IONG CREATIONS
OUR HANDPRINTS

PRINT THE HANDS OF ALL THE PEOPLE LIVING IN YOUR HOME
(IN DIFFERENT COLOURS) AND PLACE YOUR HANDS HERE

Sofie
Samuel

turn over
INTERVIEW YOUR PARENTS

WHAT HAS BEEN THE BIGGEST CHANGE?
We can't go to places we love! Bookstores, libraries, restaurants... and we're all working at home!

HOW ARE YOU FINDING HOMESCHOOLING?
It's hard because home is supposed to be where we relax and have fun. It's hard to balance everything and keep a schedule.

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE:
1. Daily walk and scooter rides at Slater Park
2. Baking lots of food like cookies!
3. Having fun and spending time together!

WHAT ACTIVITIES/HOBBIES HAVE YOU MOST ENJOYED DOING?
- Yoga
- Baking
- Would you rather games
- Running
- Solitaire!
- Walks outside
- Word searches
- Being outside
- H.P. personality quizzes

WHAT ARE YOU MOST THANKFUL FOR?
My happy, healthy family that has been able to stay safe.

WHAT TV SHOW YOU WATCHED:
The Late Show - Stephen Colbert
Jimmy Fallon Home Edition

YOUR NEW FOUND FAVOURITE INSIDE FAMILY ACTIVITY:
Word Searches, Personality Quizzes, solitaire

FAVOURITE FOOD TO BAKE:
Cookies

FAVOURITE TIME OF DAY:
When schoolwork and meetings are all done!!

GOALS FOR AFTER THIS:
Staying healthy and safe and making time to spend together as a family.

PAGES BY LONG CREATIONS

Since March 13th... 62 days!

DAYS SPENT INSIDE
DEAR, Sofie

May 2020

It has been great being able to spend so much time together the past few months. Although there is a lot happening in our world right now, we have been able to stay safe, healthy, and happy. We are so proud of you for working hard to do your schoolwork at home and adjusting to a very new and different schedule. It has been so much fun going for chalk walks, riding scooters, building with Legos (especially Harry Potter), playing outside, putting up the tent in the backyard, and making s'mores with the fire pit!! We love you so much Sofie!!! 🐱🐱🐱

LOVE, Mom and Dad... and Sam too!