



## Make A Time Capsule

**A time capsule is a collection of memories and artifacts from the present that is intended for someone in the future. These items are stored in a box or jar and kept hidden until the time you choose to open them. In this activity, we will create time capsules of our present time for our future selves.**

### Items Needed

- Box (either paper or metal) or jar
- Lock (optional)
- Paper
- Pen
- Artifacts (photos, letters, newspaper clippings, crafts, drawings, other memorabilia from your present time)
- Ziplock bags
- Secret location

### Instructions

1. The first thing to do is to choose a date in the future. This is the date you will open your time capsule. You want to give yourself enough time so that you can gain new experiences and see the changes from when the time the capsule was made. A good date would be 10 years from the present time.
2. Choose a container and a hiding place. Some time capsules are buried while other are hidden inside the home. Make sure your container is right for the location you choose to hide it. And if you bury your time capsule, make sure it is in a sturdy metal container or glass jar and you bury it in a private place like your home. (If you move, don't forget to bring your time capsule with you!)
3. Decide what you want to put in your time capsule. This is the important part. You want to include items that capture who you are at this moment. Some ideas for you to include:
  - A. Write a letter to yourself. In the letter list goals that you want to accomplish in 10 years and ask yourself if and how they've been accomplished. List your interests and see if your future self has the same interests.
  - B. Include photos of yourself and your friends or your interests.

- C. Personal mementos like a lucky item, a favorite piece of clothing (nothing too big), a cherished book or a menu from a favorite restaurant.
  - D. Newspaper or magazine clippings or print outs. What current event happenings are occurring that are affecting your life? These will help bring back memories to your future self.
  - E. Journal or diary entries.
4. Label your time capsule on the outside. Put your name and date you created it as well as the date it is meant to be opened. You can use some of the labels in this document.
  5. Don't forget about your time capsule. Make a ceremony every year to commemorate the day it was created. This can help you to remember when to open it.

- Make sure to write down all of the items that are included in the time capsule and keep it inside the capsule so that your future self can check to make sure that nothing has been taken.
- Put the paper items in separate ziplock bag so that they are protected against rot and mildew. Paper items can be damaged over time if not protected properly.
- If you are burying it, wrap it in plastic bags and tape it up tight so that no dirt or moisture gets into it.



The page features a vibrant, hand-drawn border. On the left and right sides, there are large, stylized letters 'W' in blue and pink. Interspersed with these are various colorful shapes: red circles of different sizes, yellow zig-zag lines, and blue circles. The background is plain white, making the colorful elements stand out.

**TIME CAPSULE FOR:**

**DO NOT OPEN UNTIL:**

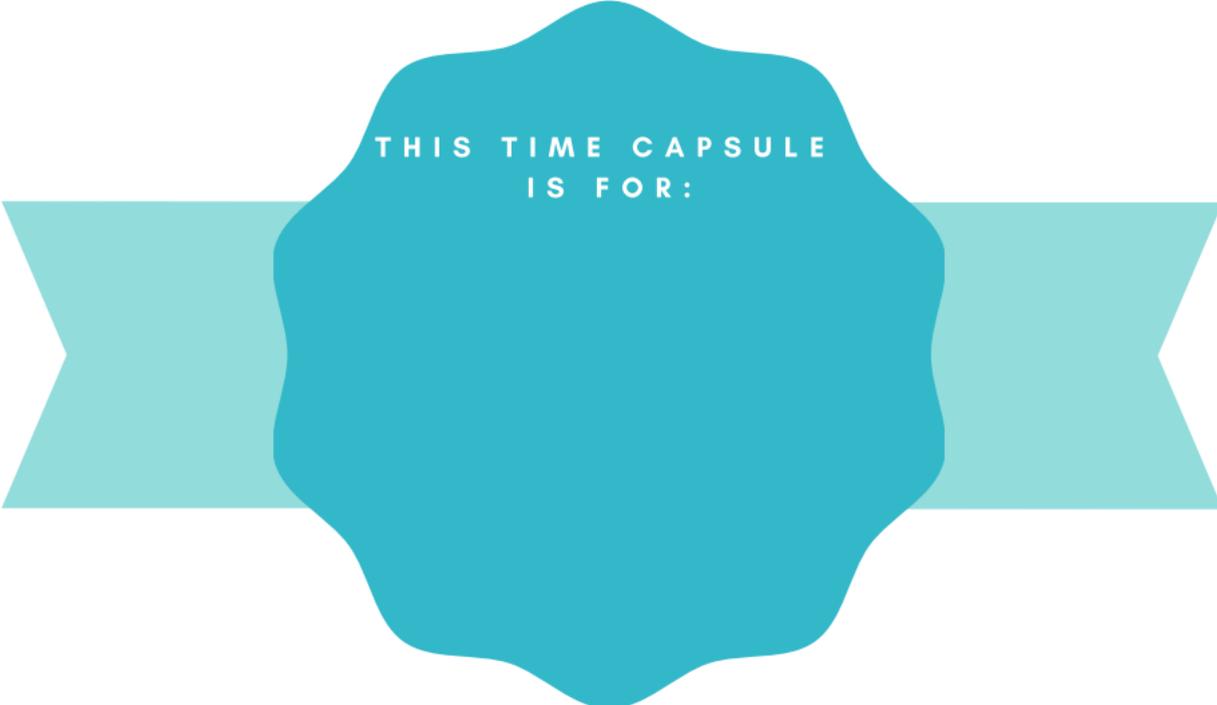
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**TIME**

**FOR:**

**CAPSULE**

**DO NOT OPEN UNTIL:**



THIS TIME CAPSULE  
IS FOR:

*To be opened on:*