

My Manulife and John Hancock  
*Summer 2020 Time Capsule*

By: \_\_\_\_\_

Date: \_\_\_\_\_

# All About Me



My age is:



My height is:



My weight is:



My shoe size is:



When I grow up I want to be:

# My Favorites



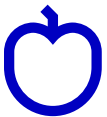
Toys:



Colour:



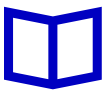
Animal:



Food:



Show/Movie:



Book:

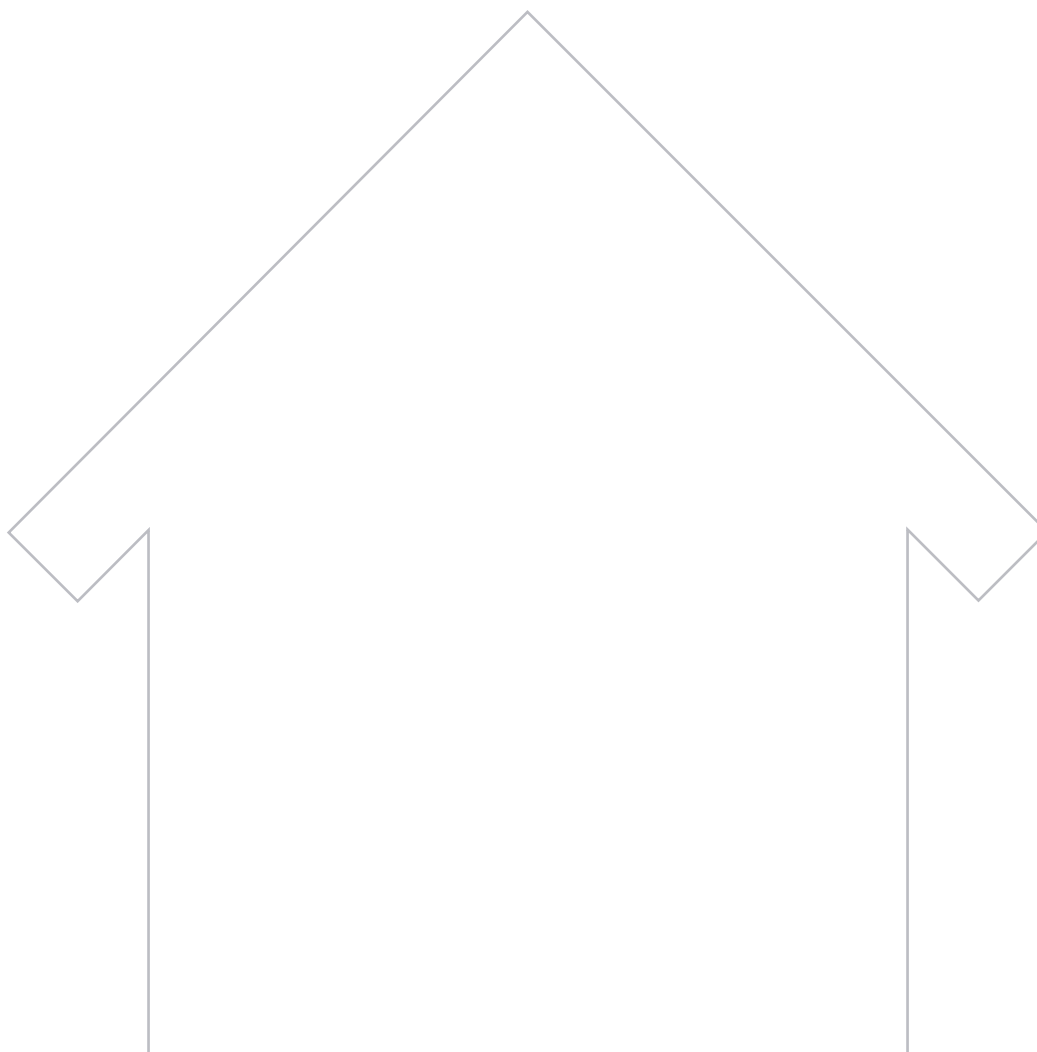


Activity:



Place:

Colour the house to look like the place you live:



# Community and Family



Draw who you are living with this summer:

# How I Am Feeling



Draw a picture of yourself showing how you are feeling today:

# Covid – 19 Interview



1. What does Covid-19 mean to you?
2. What has been the biggest challenge for you?
3. Who are you social distancing with?
4. What do you miss?
5. What will you remember about this time?
6. What are you the most thankful for?

# Letter To Myself



Date:

Dear,

Love,



# Time Capsule Check List



☐ List of prices of things like gas, milk, college, etc

☐ A local + a national newspaper

☐ A magazine or two

☐ Photo of your family (photo or drawn)