

**My Manulife and John Hancock**  
*Summer 2020 Time Capsule*

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

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



My age is:



My height is:



My weight is:



My shoe size is:



When I grow up I want to be:

# My Favorites



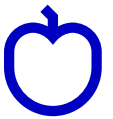
Toys:



Colour:



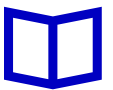
Animal:



Food:



Show/Movie:



Book:

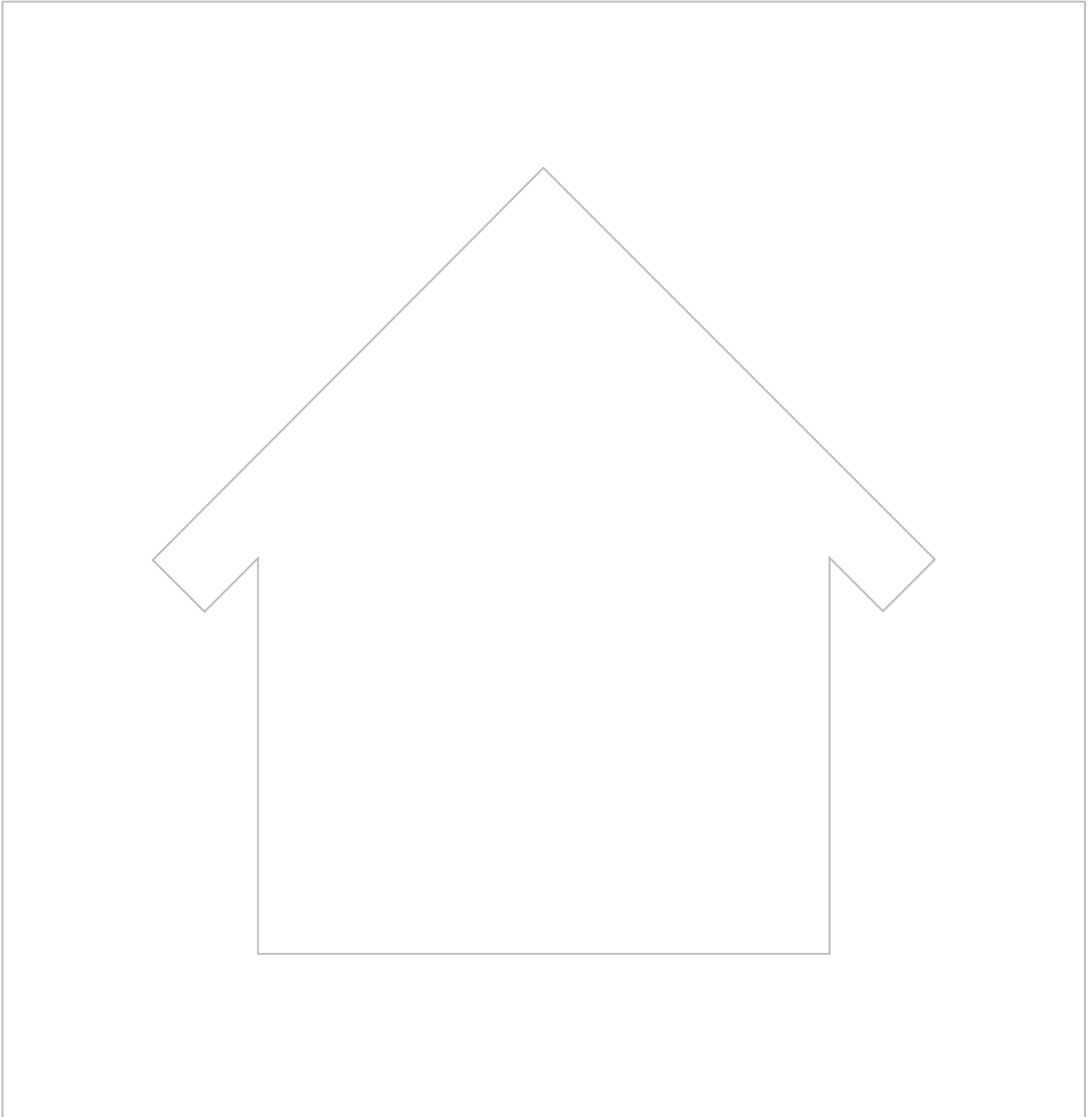


Activity:



Place:

Colour the house to look like the place you live:



Draw who you are living with this summer:

A large, empty rectangular box with a thin black border, intended for a drawing. It occupies the majority of the page below the text prompt.

# How I Am Feeling



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

A large, empty rectangular box with a thin black border, intended for a drawing. The box is currently blank.

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,

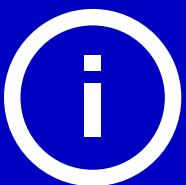
Love,



# 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)



Now that you have completed the work sheet and gathered some personal items from the Time Capsule Check List, put everything into a box or container that fits your items. Have fun with it and decorate your box if it's possible. Choose a hiding spot in your house or bury it in the backyard!

**Just ask your parents or guardians** before digging any holes!