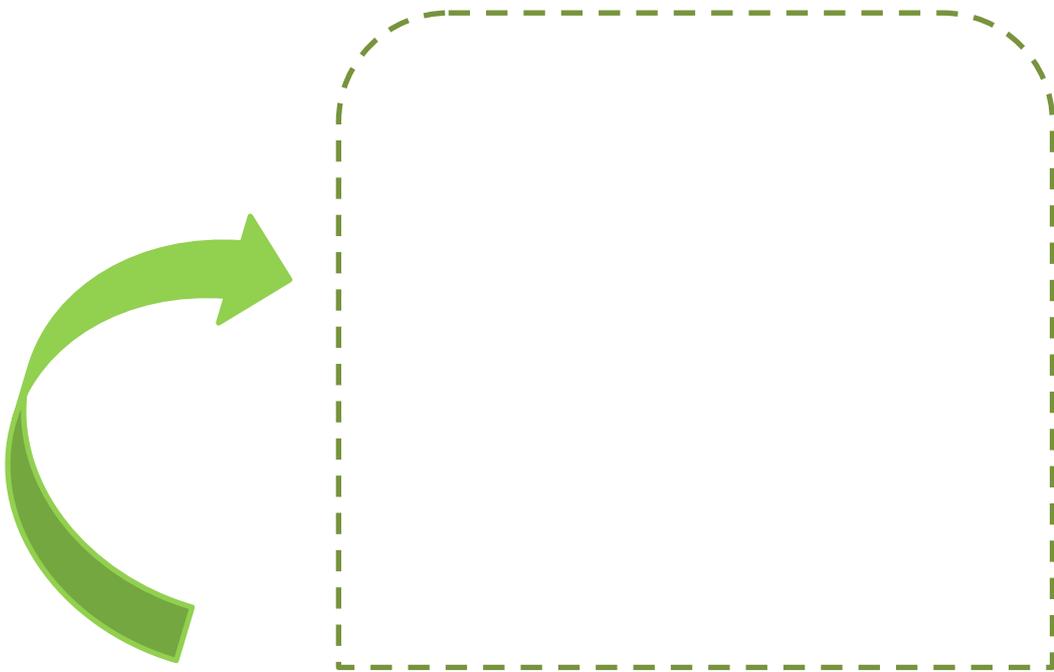


**My Very Own  
Covid-19 Time  
Capsule  
Workbook!**



# This Time Capsule Belongs to



Can you find a photo of  
yourself to stick in here?  
You Can Draw Yourself If  
You Like!

**Welcome**  
**To**  
**'My Covid19 Time Capsule**  
**Workbook'**



Dear Parent,

During this time of crisis, we hope this child friendly workbook is helpful to you. It is designed for you and your child during this global pandemic to take stock of how things are now.

We hope this workbook provides some fun ideas and activities you can do either individually with your child or as a family!

As the workbook is being completed, it can also be helpful to talk about any thoughts or feelings about **COVID-19** that may arise!

Hi! My name is Suds the Bubble!



I have come to talk to you about something you may have heard of called '**The Coronavirus**' also known as **Covid-19**.

Have you heard of it?

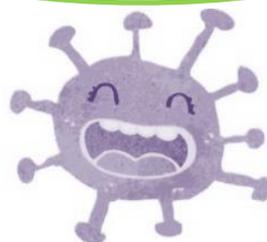
Some of my friends do not know what it is and some of them are afraid of it. They also have loads of questions like; Why am I not in school anymore? Why were there no parades on St Patricks Day? Why are people buying so much stuff in the supermarkets?

Do you have questions like these?

I also want to help you make something fun while **COVID-19** is here. I am going to help you make a **Time Capsule**! Maybe you can ask someone like your mum or dad or aunt or friend to help you with this?



Let me tell you about  
Covid-19...



**COVID-19** is a virus that is cousins with the flu or the cold.

It really likes to travel so it has been all around the world!

Sometimes adults and children get worried when they see it on the TV and on the Internet. But once you know what the Coronavirus is and what you can do, this will help you worry less.

Why people worry about **COVID-19** is that it makes people feel a little unwell.

It does that by making people cough or making it hard to breathe or giving people a fever.

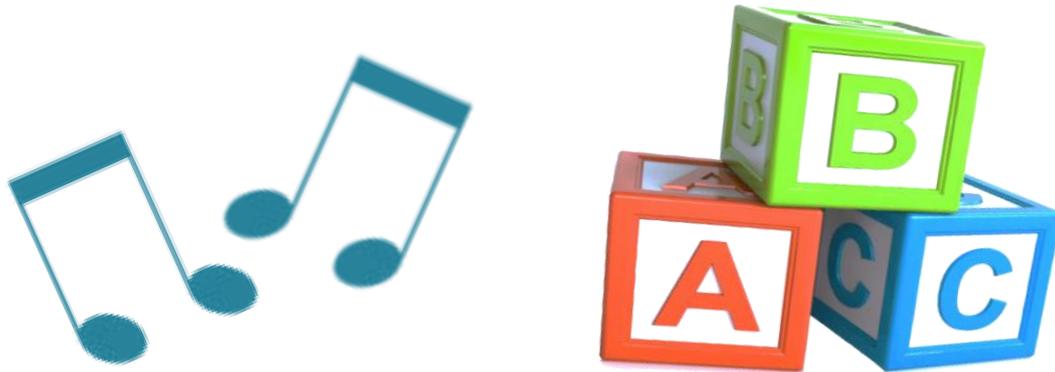


But the good news is that it does not stay for long and most people will get better.

More good news is you can use me to help fight **COVID-19!**



Did you know if you wash your hands with warm water and soap until you get bubbles or suds (these are my friends) you can stop **COVID-19** from getting to you and other people!



While you wash you can sing a song! Try singing Happy Birthday or The Alphabet Song or any song you like. Just be sure to take your time!

If you do this while Doctors and Scientists look for a Vaccine, you can help me fight **COVID-19!**

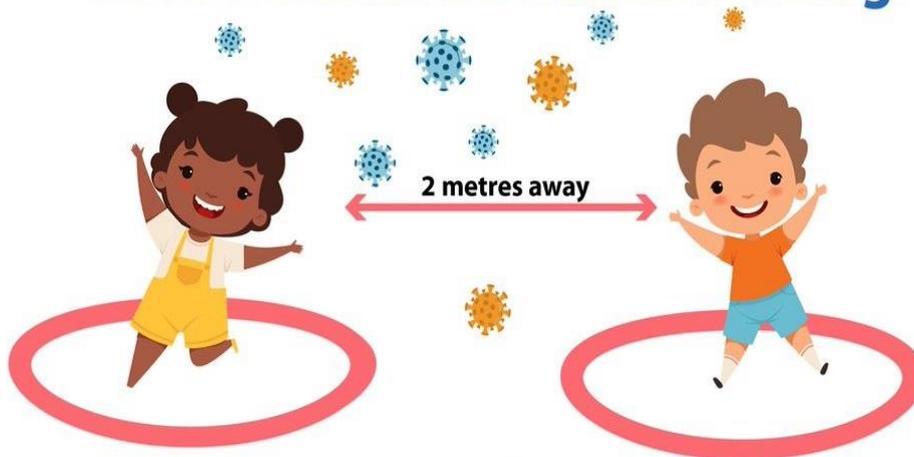


Do you know what else you can do to help make sure to stay a safe at this time?



You can stay a **safe distance** away from or friends and others. This will stop **COVID-19** from traveling from you to other people.

## Let's Practice Social Distancing!



So, what can we do while we stay safe away from big groups like school and parties? We can make a **Time Capsule!**



## What is a Time Capsule?

A **Time Capsule** is a container that holds present day items, such as photos, newspapers, letters and more.

It is often hidden away somewhere for your grown-up self or someone special to open. Who would that someone special be? You can put the name below!

.....

Want to hide it for a year? Five? Ten? There is no time limit! The rules are all up to you. Shoeboxes are great for indoor safekeeping, while weather-resistant boxes are best for the outdoors.



# How to Make Your Covid-19 Time Capsule

## 1. Choose Your Container

To make your very own **Time Capsule**, first you will have to choose a container in which to store it.

Choosing your container depends on how long you are planning on keeping it hidden. If you are going to hide it in the house you can use a shoebox, large cereal box or a plastic box. But if you are going to hide it outside, you will need something that will last even if it rains. Maybe a glass jar or a tin/wooden box would work.

## 2. Decide Where you will Store It

You can hide your box in a storage closet behind other items. An attic, cupboard or garage are also great locations. You want to hide your **Time Capsule** somewhere where others will not find it!

For outdoor safekeeping, make sure this is secured before hiding or storing your box outside. Bury your **Time Capsule** in a garden under dirt where little to no rain hits, or in a garden shed. You could also ask a friend or family member to hold on to the container for you.

### 3. Decorate Your Time Capsule

Next, decorate your container! You can cover it with stickers, glitter, or anything you like!



### 4. Gather what you would like to put in the Time Capsule for your Future Self

Now that you have your container, it is time to fill it up! You can put whatever you like inside it.

Maybe you can put in things that remind your teenage or grown up self or other people, what **COVID-19** is doing to Ireland right now.

I will give you some ideas to get you started!

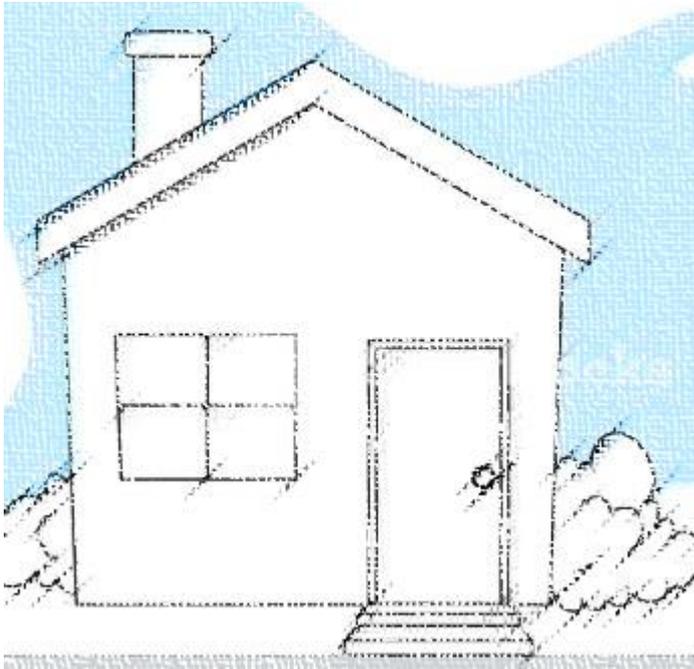


# Hand-Print!

You can make a  
copy of your  
handprint to  
put into the  
**Time Capsule**  
You can use  
paint!



# How is your House/Apartment Different Now in COVID-19 Time?



## Cut out a List of the Changes:

1. Your family is around all the time.
- 2.
- 3.
- 4.
- 5.

You can draw pictures instead of making a list if you like!

Why not collect some souvenirs from around the house/apartment to put in your **Time Capsule**?

You can put in newspaper clippings, a family photo or a food shopping list.



# What are Some of Your Hobbies?



**Playing sports in your garden? Building a Fort in your bedroom? Whatever your hobby during this time write it down or draw a picture!**

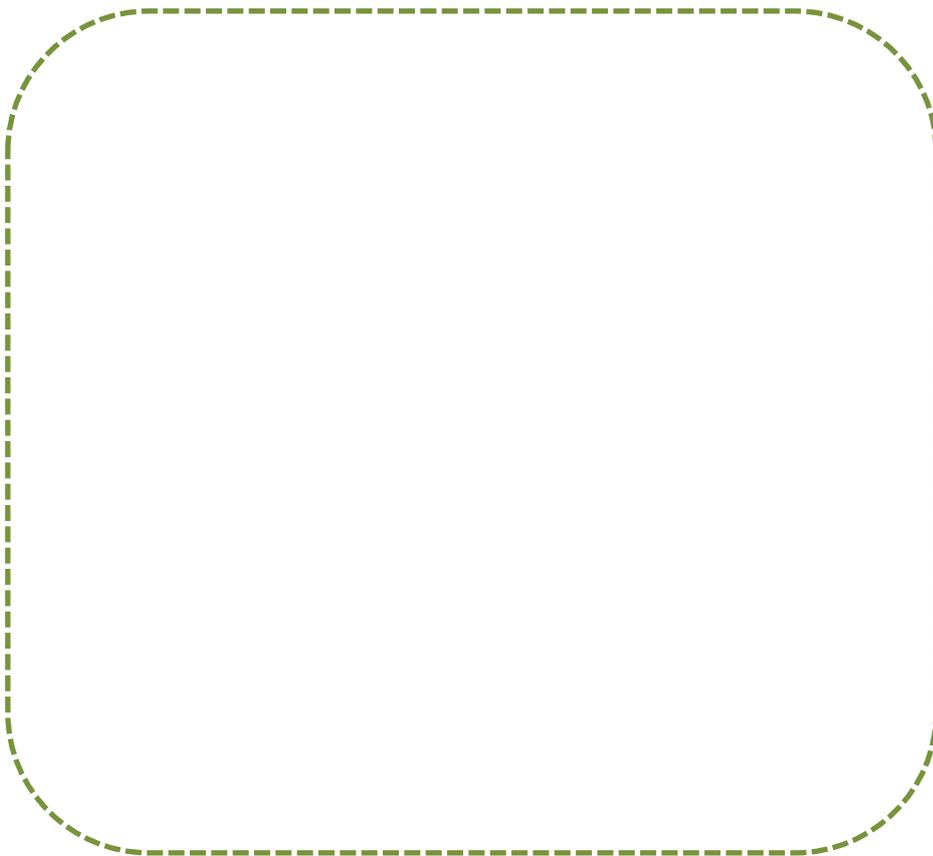
A large dashed green rectangular box intended for students to write their hobbies or draw pictures.





# Lá Fhéile Pádraig

*“A St Patricks Day  
Like No Other...” An  
Taoiseach  
17<sup>th</sup> March, 2020*



Can you draw what you did this St. Patricks Day? I bet it was different from last year!

You can cut this picture out and put it in your **Time Capsule.**

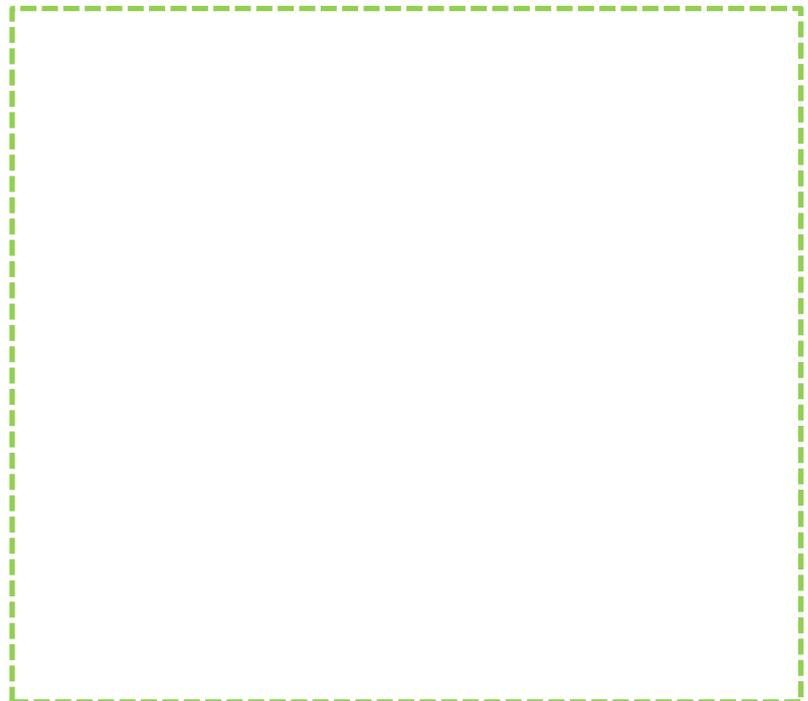


# How is School Different Now?



What new stuff are you learning?

Can you tell or show your teenage or grown-up self what school is like right now?





# This is the RTE News - Dress-Up!

Why not ask your parent or older brother/sister to be a news reporter! Ask them to take a picture or video of you talking about what it was like when school was closed or what is happening at home because of **COVID-19**. You can be a reporter from Ireland or a reporter from a different country!



You can print the photo or download the video to a USB stick to put in your **Time Capsule**. You can draw a picture as well if you want!



# Corona and Creativity

## Collage Time!

**If Corona were a Creature, What Would it Look like?**



I got some friends to draw examples of what they think the creature looks like!

Can you draw or paint your Corona Creature?



# Corona Clay – Project



Can you make a clay or playdo figure to remind you of this **COVID-19** time?

Once it dries you can paint and decorate it, then put it in your **Time Capsule!**

# Can you create your own COVID-19 Art?



You can create a collage like the one above or just one big picture! You can use colouring pencils, charcoal, paint or crayons, colour paper, glitter, or stickers! You can also cut out from magazines, newspapers, or old books. What ideas do you have?



# *How Do You Think the Corona Creature Affects People?*



**Here is an example my friend did! You can copy a picture or do something from your imagination!**

# *What was your Mother's Day like this year...?*

Can you make a Mother's Day Card to put into your **Time Capsule**? You can write a message inside telling what you did for Mother's Day 2020! Who did you spend it with? What did you do? You can also make a card for your Dad or your brother or sister if you would like!



## **What You Can Use**

- Paper to fold in half
- Scissors (Ask an Adult)
  - Colours
  - Glitter
  - Stickers
  - Pencil



# Easter Day in Ireland 2020



Luckily The Easter Bunny is not affected by **COVID-19**!  
Can you draw a picture of the Easter Bunny OR your favourite Easter Egg?

If you still have Easter Egg or sweet wrappers left over, you can put them in to the **Time Capsule** as well!



# *An Average Day in COVID-19 Time...*

*Can you write a letter or draw a picture to your grown-up self to show what your new routine is like? Maybe you get up later in the morning? Tell your future self all about it!*

*Dear Older Me,*

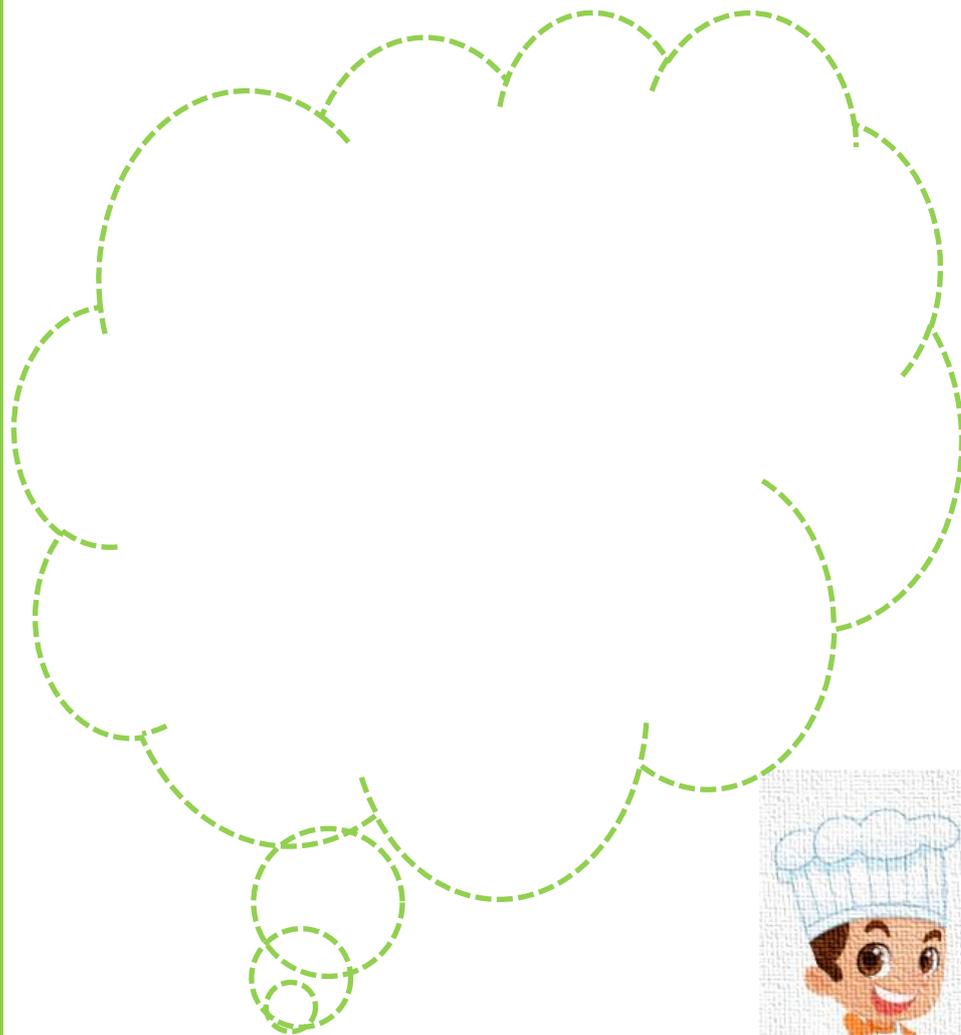
*I am writing/drawing this during the*

**COVID-19** *time. I want to*

*tell you...*



Can You Draw or Write about a Special Memory from COVID-19 time so far?



Thanks for doing this  
Workbook  
with me!



*This workbook was designed by Marie McGowan Counselling Psychologist and Victoria Howson Assistant Psychologist, Child, Adolescent and Family Psychology South Lee Team.*