

My Spring 2020
CREEK



CAPSULE

By: _____

all about **me**

I AM

years
old

my favorite

COLOR

BOOK

ANIMAL

FOOD

MOVIE

SHOW

SONG

PLACE

I STAND

inches
tall

I'M IN

Grade
@ ICS

You are a part of

LIVING HISTORY

THIS CREEK CAPSULE CAN BE USED TO COMMUNICATE TO YOUR FUTURE SELF OR FORTHCOMING GENERATIONS WHAT THIS TIME IN HISTORY WAS LIKE FOR YOU.

Dear Future Me,

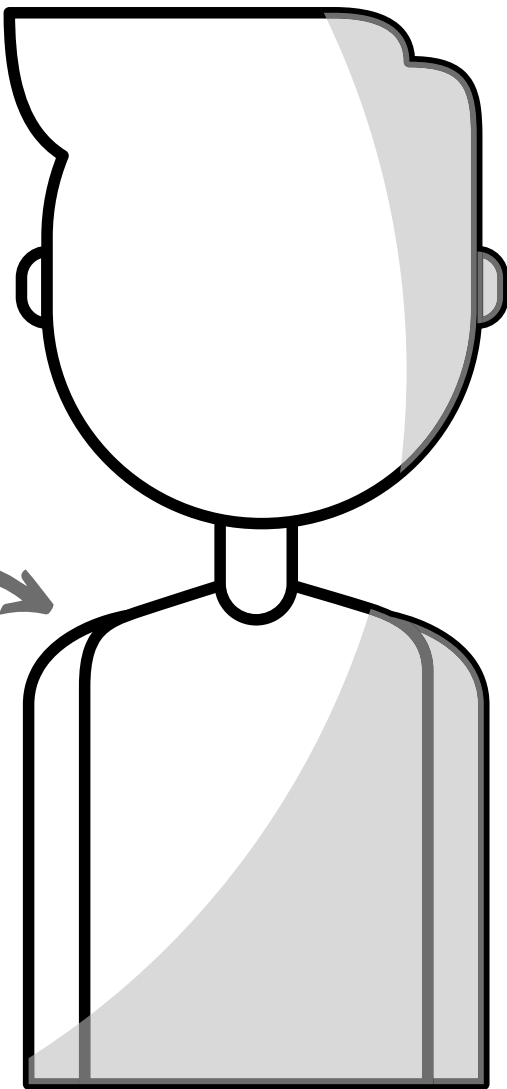


You may also wish to include:

- Some photos from this time
- a Journal
- News articles
- Artwork that you've created
- A playlist of favorite songs
- Memes that feel especially true to you

HOW I'M FEELING

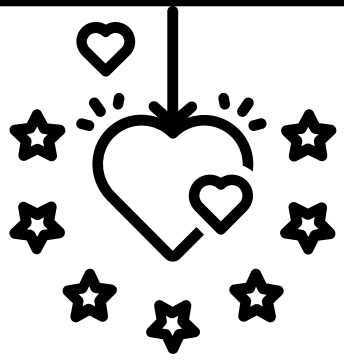
How my face looks: 



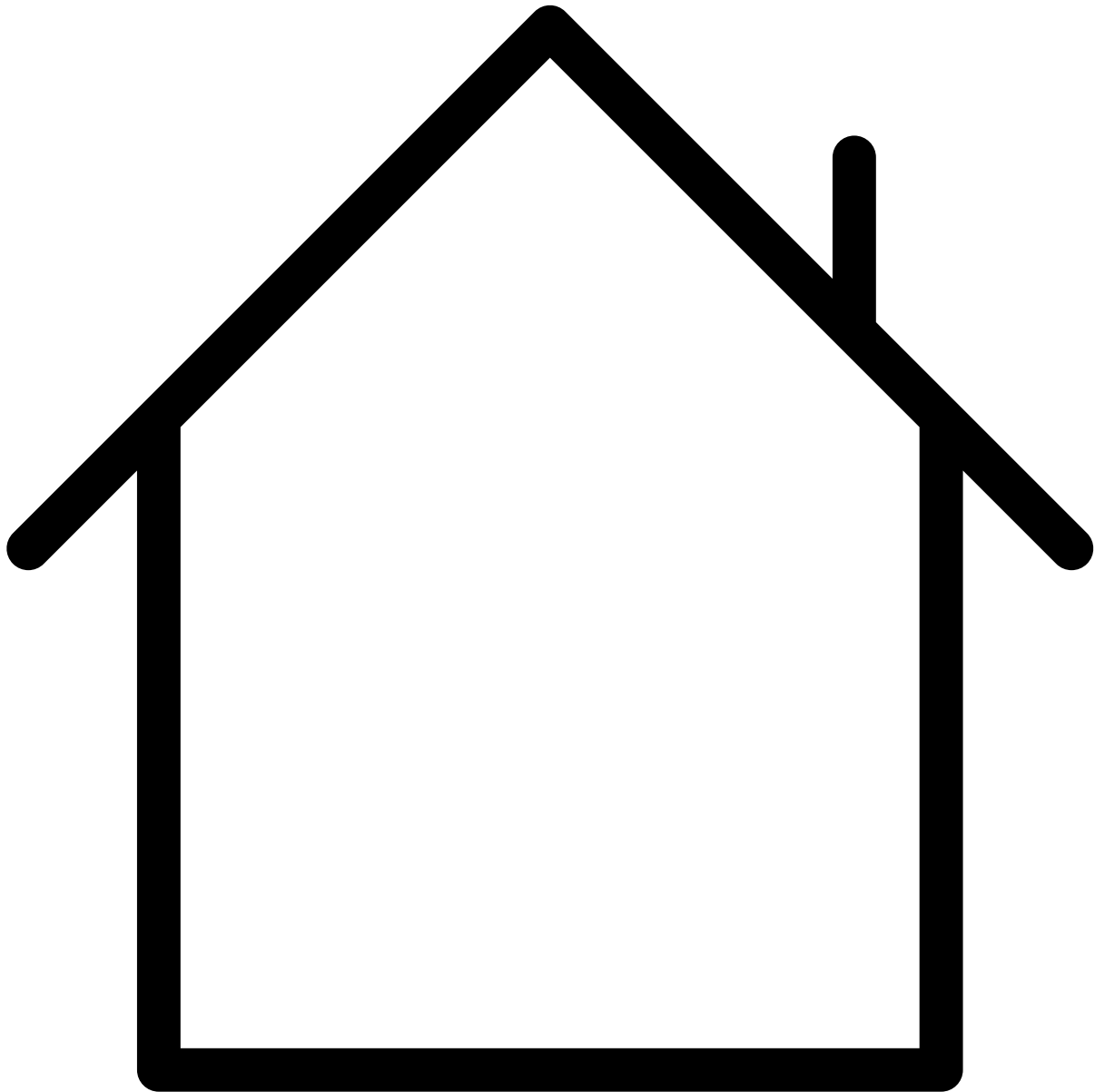
What I've been wearing

SOME WORDS TO DESCRIBE HOW I FEEL:

Some things I am thankful for:

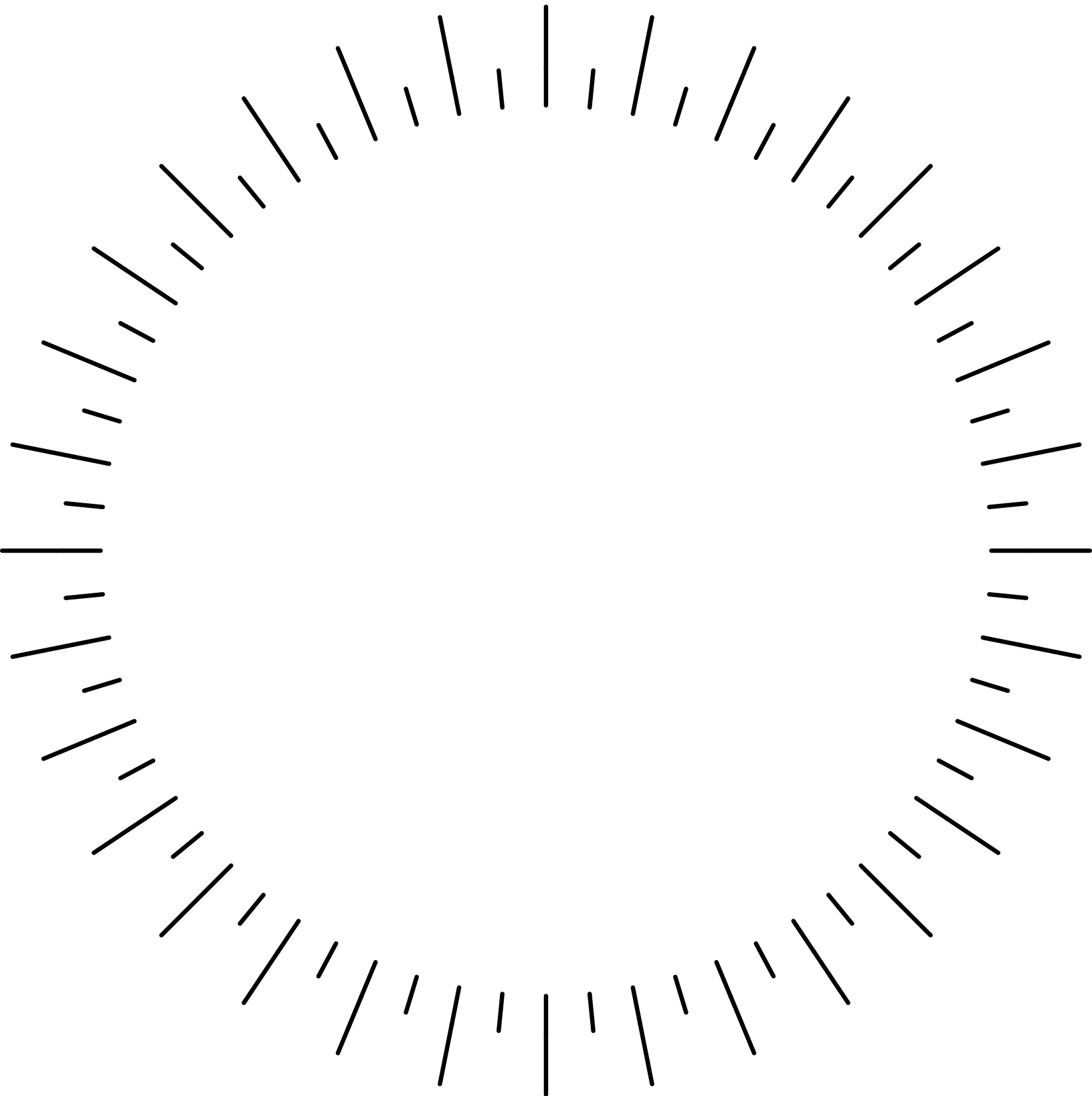


I am **SAFE** at
HOME.



Color this house to look like where you are staying during this time.

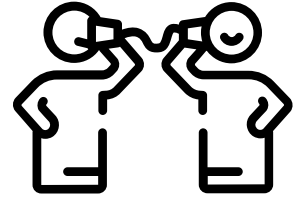
I am LOVED.



Draw a picture of the people you are social distancing with.

Staying

CONNECTED



WHAT ARE SOME THINGS YOU ARE DOING TO
STAY IN TOUCH WITH YOUR FRIENDS, FAMILY,
AND COMMUNITY?

I've video conferenced with:



I've spoken on the telephone with:



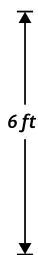
I've facetedimed with:




I've written letters to:



I've seen:





Some Creek
friends I've
been in
touch with:



THINGS I AM DOING

TO KEEP BUSY



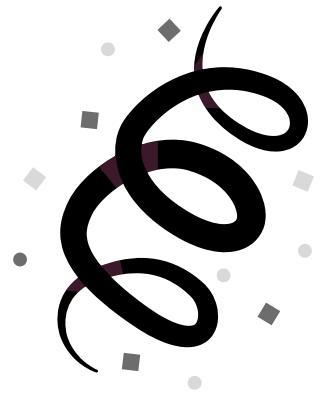
VIRTUAL SCHOOL IS COOL BECAUSE...

MY FAVORITE PROJECT IN VIRTUAL SCHOOL HAS BEEN...

I'M EXCITED TO GET BACK TO REGULAR SCHOOL SO THAT I CAN...

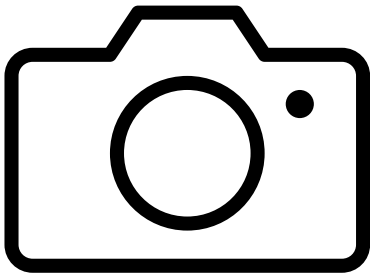
Celebrate!

SPECIAL OCCASIONS



WHAT OCCASIONS DID YOU CELEBRATE DURING THIS TIME, (LIKE BIRTHDAYS, ST. PATRICK'S DAY, EASTER, ANNIVERSARIES) AND HOW DID YOU MAKE THEM SPECIAL?

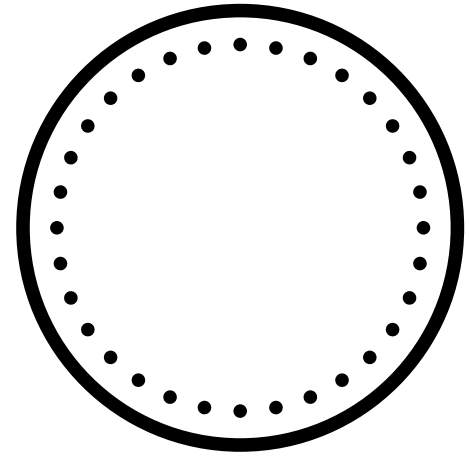
event	date	how i celebrated



QUARANTINE SNAPSHOT

WHAT HAS BEEN THE
BIGGEST CHANGE?

What activities/hobbies
have you enjoyed
that you don't usually
have time for?



DAYS SPENT INSIDE

Top 3 Moments from this Experience:

1

2

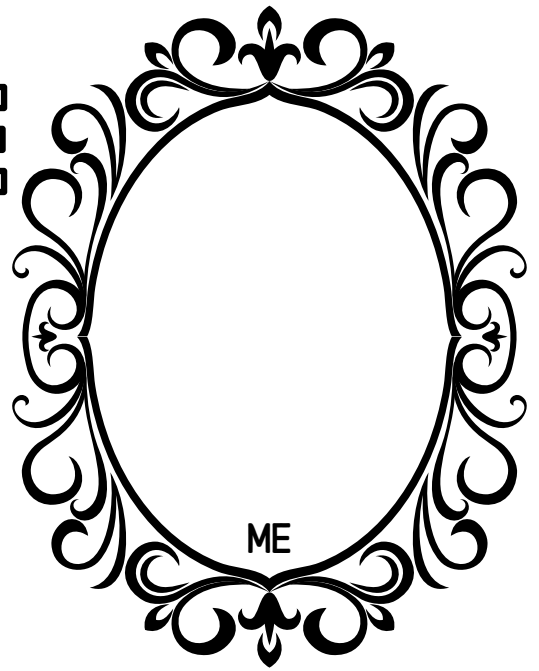
3

Favorite food
to bake:

FAVORITE GAME TO PLAY:

Favorite book
I've read:

QUARANTINE REFLECTION



What activities/hobbies have you enjoyed that you don't usually have time for?



The biggest things I've learned about myself:

1

2

3



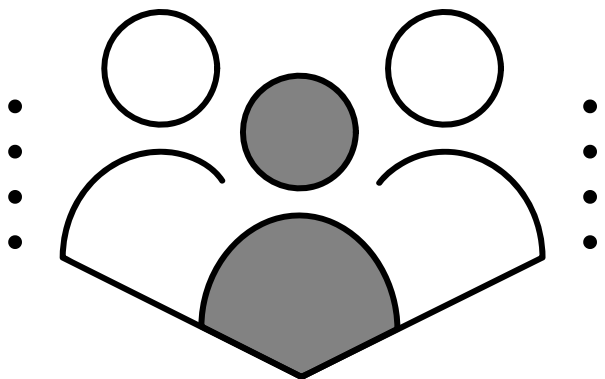
A challenge I'm proud to have overcome during this time:

Something I'd like to keep doing when the quarantine is over:



When quarantine is over,

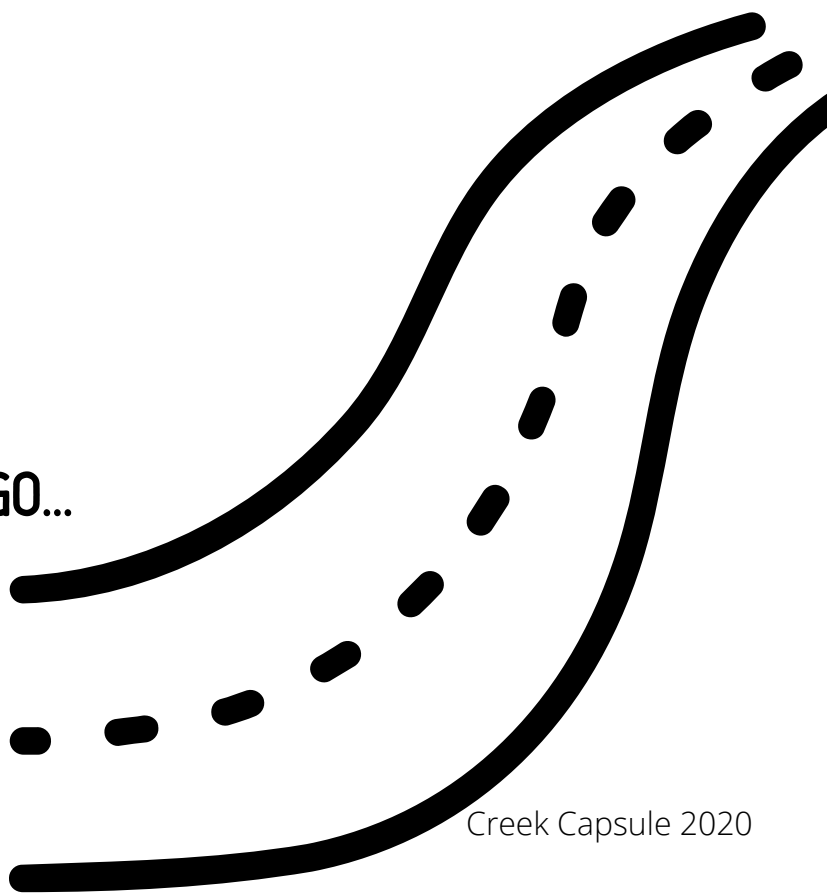
I am **EXCITED** to:



3 PEOPLE I'M MOST EXCITED TO SEE...

4 THINGS I WANT TO DO:

THE FIRST PLACE I WANT TO GO...



LETTER TO MYSELF

Dear _____

Love, _____

LETTER FROM MY PARENTS

Dear _____

Love, _____