

# REFLECT | PERSONAL TIME CAPSULE

Time capsules allow us to look back in time and discover what was different or the same from our current lives. Make one of your own to look at in the future.

## Supplies:

- Containers with lids (metal coffee cans with lids, large plastic coffee cans with screw-on lids, plastic containers with lids, an empty oatmeal container, an empty shoebox, an empty cereal box, etc.
- Glue or duct tape
- Markers
- Various personal items (see below)

In this activity, you can capture and preserve current parts of your life for the future. The capsules don't need to be buried, but store them in a safe place until the time comes to open them. Decorate the time capsules (if you want to). Paint the outside, or use permanent markers (it depends on what the container is made of). Tape or glue a piece of paper with the date/year of when the time capsule should be opened. Ten years is recommended so you can see how you have changed growing into adulthood. Fill your time capsule.

Sealing your time capsule can be done in a variety of ways, but using duct tape (clear tape won't stay sticky long enough) or gluing the lids closed will work. If the capsule is a Rubbermaid-type box, just snapping the lid closed should be enough. However, it is very tempting to open a time capsule that isn't sealed!

Open in ten years!

## Possible items to place in time capsule:

- Letter to your future self—describe your hopes for the future and any predictions you have for your life.
- Photos of friends, family, pets, house, school, car—whatever is important to you at this time.
- Newspaper articles showing current events or trends. Both local and world news.
- Letters—ask your parents or friends to write a letter to you, talking about the current day or about what they hope for the future. These should be sealed unread and placed in the time capsule.
- Filled journals or paper calendars.
- Items that are important to you—toys or trinkets. Suggestion: Label these items because you might not remember why it was important to your teenage self.
- Movie or concert ticket stubs.
- Lists of some of your favorite things such as songs, foods, books, movies, “things you hope to do before you die,” etc.

Do not put anything in that will rot or leak (like your favorite candy bar, for example). That would be super gross to open years later.