

*Need some help
brainstorming what to
put inside your box?*

Check out these prompts →



Entertainment

How did you pass the time?

Add lists, pictures, or other materials that represent:

- the TV shows and/or movies you watched
- video game(s) or board game(s) you played
- puzzles you completed
- books you read
- favorite phone apps

Writing

Did you keep a journal?

Include some entries or the whole journal!

Create an entry just for your time capsule. Using just 100 words, capture a moment (good or bad) that stands out in your mind.

About You

Capture who you are now.

Consider areas such as:

- Your likes
- Your dislikes
- Age
- Height
- Special talent
- Hairstyle and length
- Or anything that could change in the future

Routine

Are you someone who typically follows a routine?

How did the pandemic shake up your routine?

What did you have to remove or add in to adjust your routine?

Connection

Capture how you connected with people

For example, by phone calls, texts, emails, video chats, through a window, distanced outside somewhere...

Create lists or add actual objects, such as letters.

Hobbies

Did you learn a new skill/craft or start a project using a skill you already knew?

Document your projects with photos, notes, or examples of what you made.

Photography

Print a few of your favorite photos you captured.

Add dates and description of who it is, where it is, and what is happening to them if you can.



Sense of Memory

Sight, smell, sound, touch, taste...

Can you think of something for each of your senses that transports you to a moment you experienced in 2020?

You could think about a favorite memory, or something that became a part of your daily routine.

Inspiration

What or who inspired you in 2020?

Think about:

- Music you listened to
- People
- Artwork
- Nature
- Organizations

Add lists or tangible objects that can represent some of these ideas or other ideas that you have thought of that inspired you.

Challenges

Were there challenges you faced that you were able to overcome?

What helped you get through times that were difficult?

Write and/or draw about them, or create audio recordings and add to the box on a flash drive or another audio recording device.

Food

What did you eat the most over the past year?

Consider adding:

- A new recipe you tried
- A favorite recipe you cooked frequently
- Your favorite takeout menu
- Photos, notes, or examples of what you ate the most



Adventure & Exercise

How did you move?

Did you go on walks, runs, hikes, bike rides, scooter rides, car rides...?

Represent how you stayed active and got out of the house. For example:

- Create a map of what path(s) you took the most
- Record an example of your weekly routine
- Write down a description of somewhere you often went, what you did there, and how you got there

What other ideas do you have?