

# Time Capsule — Messages to My Future Self

Base Sheet

Activity Sheet

The child creates a time capsule with messages, drawings, and small items that capture who they are right now. They will open it at the end of next year to see how they have grown.

## What You Need:

- Shoebox or large envelope
- Paper and pencil
- Crayons
- Small personal items to include
- Tape or ribbon for sealing
- Marker for labeling

## Steps:

1. 'Let's make a TIME CAPSULE! It is a collection of things that show who you are RIGHT NOW.'
2. Items to include: a current self-portrait, a handwriting sample, favorite things list, a letter to future self.
3. Help the child write a letter: 'Dear Future Me, Right now I am \_\_\_\_ years old. My favorite things are \_\_\_\_ I am learning \_\_\_\_ Next year I hope to \_\_\_\_'
4. Add small items: a nature treasure, a photo, their height measurement.
5. Seal in a box or large envelope. Write 'DO NOT OPEN UNTIL [date next year]'
6. Put in a special place for safekeeping.

## Work Space:



