

Time Capsule

Our children are living through history right now, so why not get them to make a time capsule.

1. Get them to write a letter to themselves. Include their ages, who their friends are, favourite TV shows, songs, books etc. Write about what's going on in their own word. Tell their future self how they feel. Talk about what they would like to be when they grow up and five things they want to do when they are an adult.

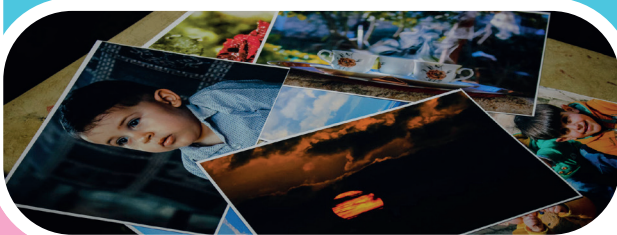


2. If it's safe to get a newspaper, get one and let them cut out articles that they think would be important for their future self. Or print them from online.

3. Draw a picture of your family as it is now.



4. Take some pictures, print them out and include them in your capsule.



5. Put it all together in a scrapbook or a lunch box and put it in the loft or somewhere you won't get at for years to come.