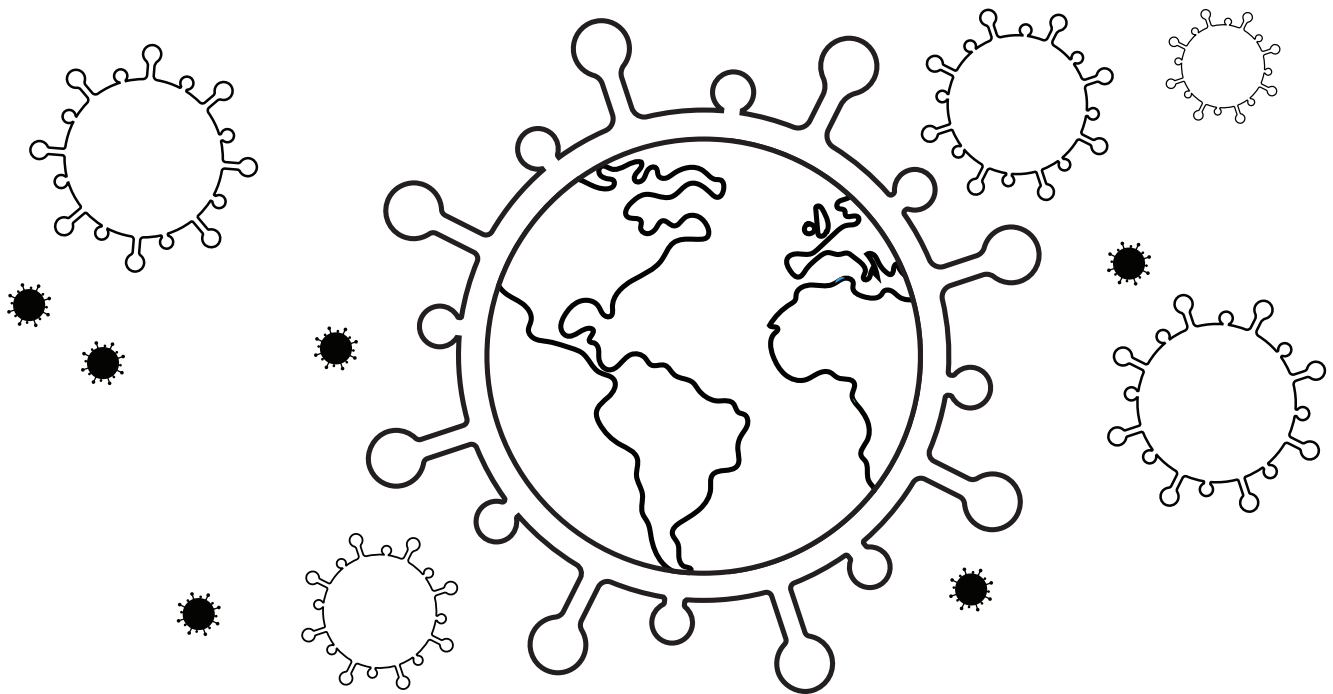


# MY 2020 COVID-19 TIME CAPSULE

FOR YESHIVA AND DAY SCHOOL STUDENTS



BY: \_\_\_\_\_

May 1, 2020

Dear Parents/Teachers,

Welcome to the 'My 2020 COVID-19 Time Capsule', created by Natalie Long of LONG Creations. This special edition has been modified for the Jewish community by OHEL and offers your children/students a chance to document their experience during the COVID-19 pandemic. Before the pandemic becomes part of a history textbook, this project will become a personal keepsake for years to come. With fun and engaging content, 'My 2020 COVID-19 Time Capsule' will grant families time together that is both meaningful and memorable. The 12 pages of the Time Capsule feature opportunities for your children/students to express their memories and feelings - and keep for years to come.

In the process of logging your feelings, this time capsule opens up a dialogue about mental health during this unprecedented challenge. The COVID-19 Time Capsule gives children perspective for their role in history. It strengthens children's resilience by acknowledging loss, while simultaneously maintaining focus on positive lessons learned and the people who have helped our community through this crisis. It will serve as a therapeutic and interactive tool, inviting participation from the entire family. Alternatively, the COVID-19 Time Capsule can be completed as a classroom activity.

OHEL's recommendation is to complete only 1-2 pages per day to spread out the enjoyment, savoring the conversation that springs from each page.

OHEL continues to be there to provide families/schools with resources, practical tips, and support to manage effectively during this time. Visit [www.ohelfamily.org/timecapsule](http://www.ohelfamily.org/timecapsule) to download the 'My 2020 COVID-19 Time Capsule'. If you or someone you know can benefit from OHEL's many supportive services during this challenging time, visit [www.ohelfamily.org/covid19](http://www.ohelfamily.org/covid19) or call us today at 1-800-603-OHEL.

Sincerely,



David Mandel  
Chief Executive Officer



Tzivy Reiter, LCSW  
Director of Children's Services

OHEL Main Office • 1268 East 14th Street, Brooklyn, NY 11230  
OHEL Access • [www.ohelfamily.org](http://www.ohelfamily.org) • [access@ohelfamily.org](mailto:access@ohelfamily.org) • T. 1-800-603-OHEL • F. 718-851-2772

## Dear Friends,

Welcome to the 'My 2020 COVID-19 Time Capsule', created by Natalie Long of LONG Creations. This special edition has been modified for students in the Jewish community by OHEL. This project was created to help you record your experiences during the COVID-19 pandemic. The next 12 pages feature opportunities to fill in your memories and feelings - and keep for years to come.

You are living through history. The lessons, thoughts, and awareness from this time period will surely be with you forever - as you grow into adults, and become parents one day to your own children. This is one of the most important presents, in the present, that you can give to your future. We invite you to store the completed product away (i.e. attic, closet, etc.) and hopefully, Y"Y, return to its message of hope years from now.

Your friends at

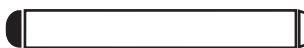
OHEL Children's Home & Family Services

[www.ohelfamily.org/covid19](http://www.ohelfamily.org/covid19)

# YOU ARE LIVING THROUGH HISTORY RIGHT NOW

TAKE A MOMENT TO FILL IN THESE PAGES FOR YOUR FUTURE SELF TO LOOK BACK ON. AND HERE ARE SOME OTHER IDEAS OF THINGS TO INCLUDE:

- |  |   |
|--|---|
| <input type="checkbox"/> SOME PHOTOS FROM THIS TIME        | <input type="checkbox"/> ANY ART WORK YOU CREATED |
| <input type="checkbox"/> A JOURNAL OF YOUR DAYS            | <input type="checkbox"/> FAMILY PICTURES          |
| <input type="checkbox"/> LOCAL NEWSPAPER PAGES OR CLIPPING | <input type="checkbox"/> SPECIAL MEMORIES         |



DRAW A PICTURE OF THE PEOPLE YOU ARE SOCIAL DISTANCING WITH HERE

# ♥♥ ALL ABOUT ME ♥♥

I AM

\_\_\_\_\_  
YEARS  
OLD

I STAND

\_\_\_\_\_  
INCHES  
TALL

I WEIGH

\_\_\_\_\_  
POUNDS

SHOE SIZE

\_\_\_\_\_

## MY FAVORITES

TOY: \_\_\_\_\_

COLOR: \_\_\_\_\_

ANIMAL: \_\_\_\_\_

FOOD: \_\_\_\_\_

BOOK: \_\_\_\_\_

ACTIVITY: \_\_\_\_\_

PLACE: \_\_\_\_\_

SONG: \_\_\_\_\_

## MY BEST FRIEND/S:

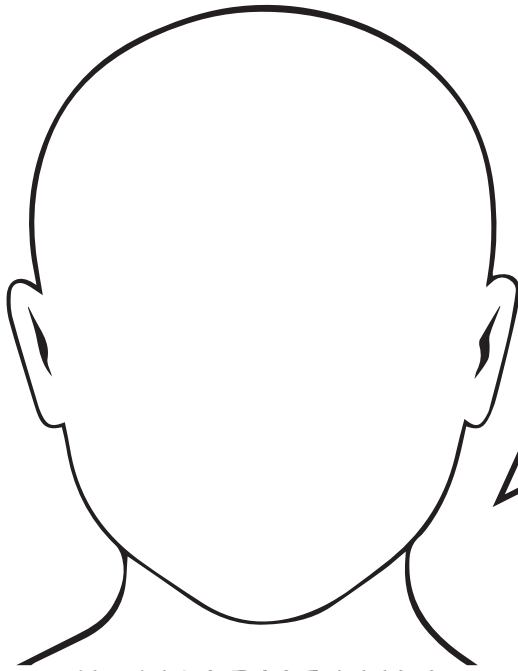
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## WHEN I GROW UP I WANT TO BE:

\_\_\_\_\_  
\_\_\_\_\_

DATE:

# HOW I'M FEELING



HOW MY FACE LOOKS



I AM MOST THANKFUL FOR

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WORDS TO DESCRIBE HOW I FEEL:

WHAT I HAVE LEARNT MOST  
FROM THIS EXPERIENCE:

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THE 3 THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER:

1

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2

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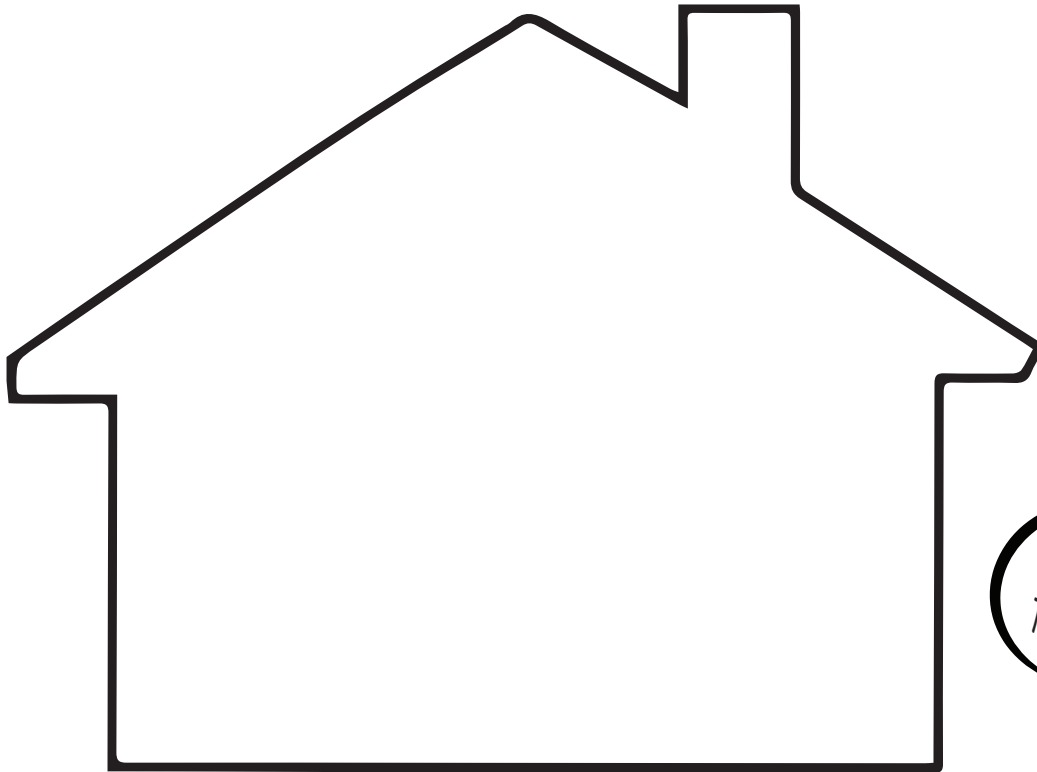
3

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# MY COMMUNITY



COLOUR THIS HOUSE  
TO LOOK LIKE YOURS

WHERE I AM LIVING DURING THIS TIME:



WHAT THINGS ARE YOU DOING TO HELP FEEL CONNECTED/HAVE FUN  
OUTSIDE (e.g hearts in windows, chalk notes on sidewalk, etc)

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HOW ARE YOU CONNECTING WITH OTHERS?



YOU ARE NOT STUCK AT HOME,  
YOU ARE SAFE AT HOME!



WHAT I AM DOING  
TO KEEP BUSY:





# HELPING HANDS



TRACE YOUR HANDS AND THE HANDS OF PEOPLE LIVING  
IN YOUR HOME. INSIDE EACH HAND WRITE THE NAME OF ONE  
PERSON WHO HAS HELPED YOU GET THROUGH COVID-19.

(Doctors, Hatzolah, Grocery Store Workers, Mail Carriers are some ideas).

# SPECIAL OCCASIONS

WHAT OCCASIONS DID YOU CELEBRATE DURING THIS TIME?  
WRITE THE LIST DOWN HERE AND WHAT YOU DID TO CELEBRATE  
(E.G. PESACH/PASSOVER, BIRTHDAYS AND ANNIVERSARIES)

EVENT	DATE	HOW YOU CELEBRATED

# LETTER TO MYSELF

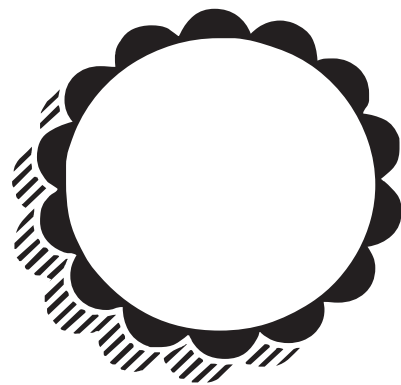
DEAR,

LOVE,

# INTERVIEW YOUR PARENTS

WHAT HAS BEEN THE BIGGEST CHANGE?

HOW ARE YOU FINDING HOMESCHOOLING?



DAYS SPENT INSIDE

HOW ARE YOU FEELING?

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

WHAT ACTIVITIES/HOBBIES HAVE YOU MOST ENJOYED DOING?

WHAT ARE YOU MOST THANKFUL FOR?

YOUR NEW FOUND FAVORITE INSIDE FAMILY ACTIVITY:

GOAL/S FOR AFTER THIS:

FAVORITE FOOD TO BAKE: \_\_\_\_\_

FAVORITE TIME OF DAY: \_\_\_\_\_

# LETTER FROM YOUR PARENTS

DEAR,

LOVE,

# SOME NOTES...

HOW WE STAYED CLOSE AND CONNECTED  
TO MY GRANDPARENTS AND OTHER  
RELATIVES THAT WE USUALLY SEE ON  
PESACH/PASSOVER:

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THINGS I MISSED ABOUT  
SCHOOL WHILE IT WAS CLOSED:

THINGS I MISSED BECAUSE THE  
SHUL/SYNAGOGUE WAS CLOSED:

THE BEST THING ABOUT BEING  
HOME DURING QUARANTINE IS...

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PEOPLE I HELPED DURING QUARANTINE:

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We hope you enjoyed working on this Time Capsule and will review it from time to time.

If you or your family members want more resources, please find them at  
[www.ohelfamily.org/covid19](http://www.ohelfamily.org/covid19)

There are additional children's resources at  
[www.ohelfamily.org/smileclub](http://www.ohelfamily.org/smileclub)

You can also reach out to OHEL for more information and coping skills or to talk to any of our staff.



1-800-603-OHEL  
[www.ohelfamily.org](http://www.ohelfamily.org)