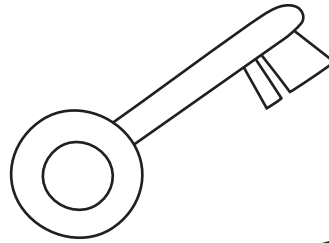


My



(Draw yourself here!!)

2021

Time



Capsule

Name

Age

Today's Date



maidstone

#childrensmentalhealthweek

@mallmaidstone

About Me

What's your daily routine

Morning

Afternoon

Evening

My height

My shoe size

Fill this part out in one year's time and see if things have changed

My favourite things...

Now

Movie: _____

Book: _____

Colour: _____

Animal: _____

Food: _____

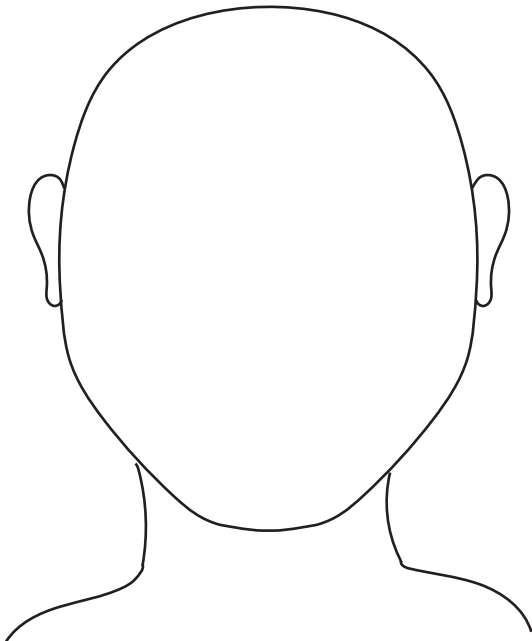
In 2022

Why not share your favourite things on instagram @mallmaidstone

How I'm feeling ☆



Draw how your
face looks



Describe how you feel

What makes you happy?

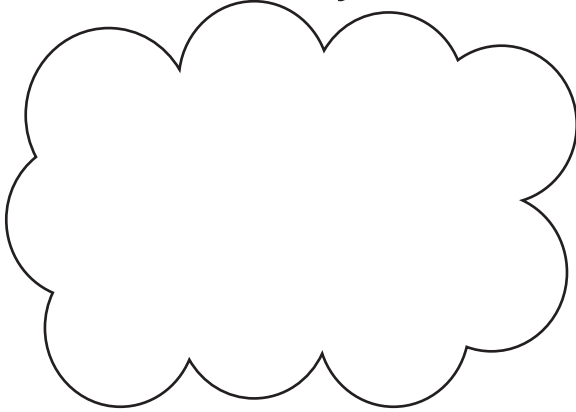
What 3 things
am I most thankful for?

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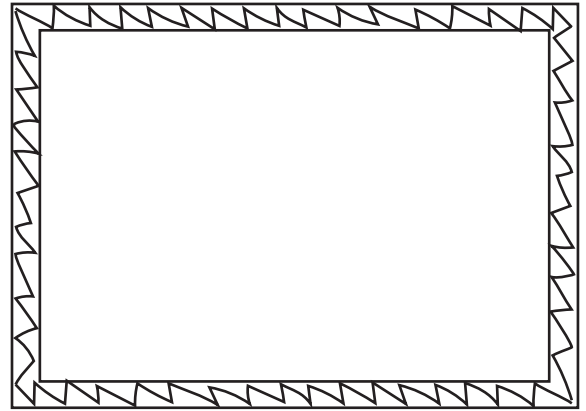
Share what you are thankful for @mallmaidstone

Interview

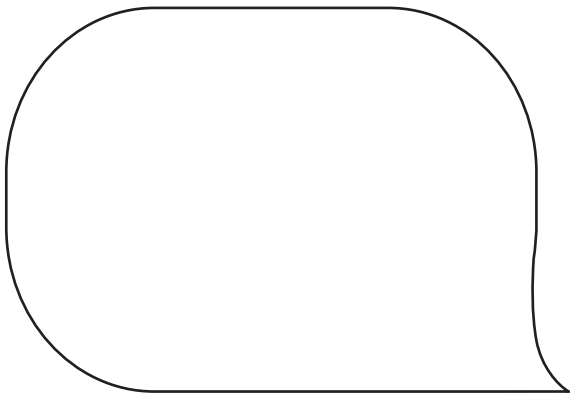
What does COVID-19
mean to you?



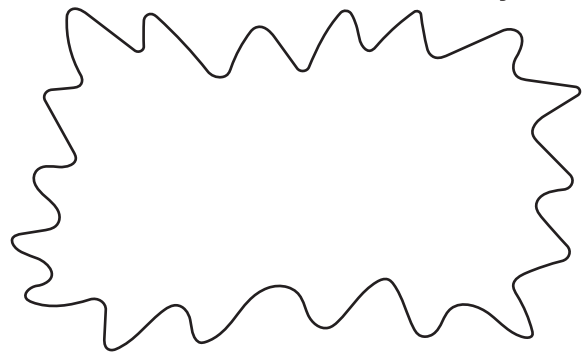
What do you miss?



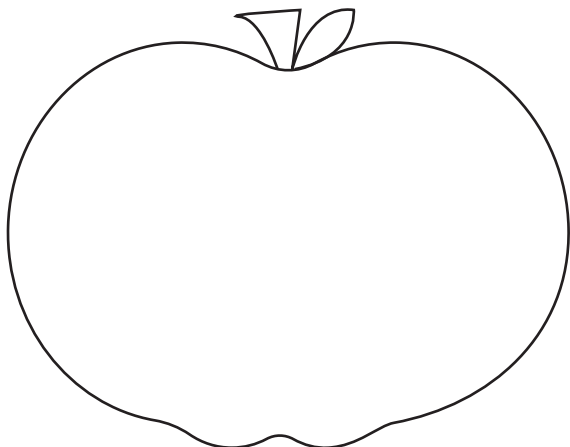
What has been the
biggest change?



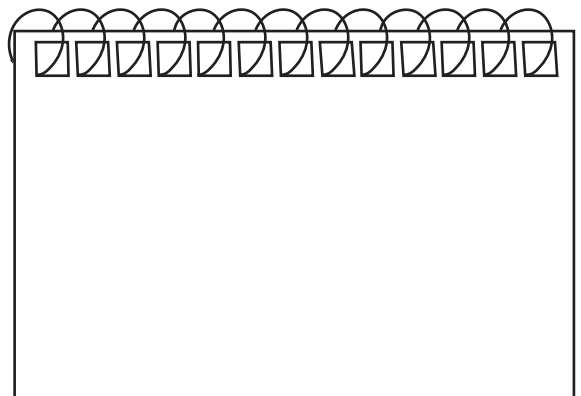
What's my biggest
challenge
I have faced recently?



How do you feel about
being home schooled?



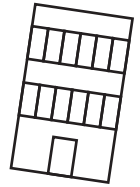
What will you
remember about this
time?



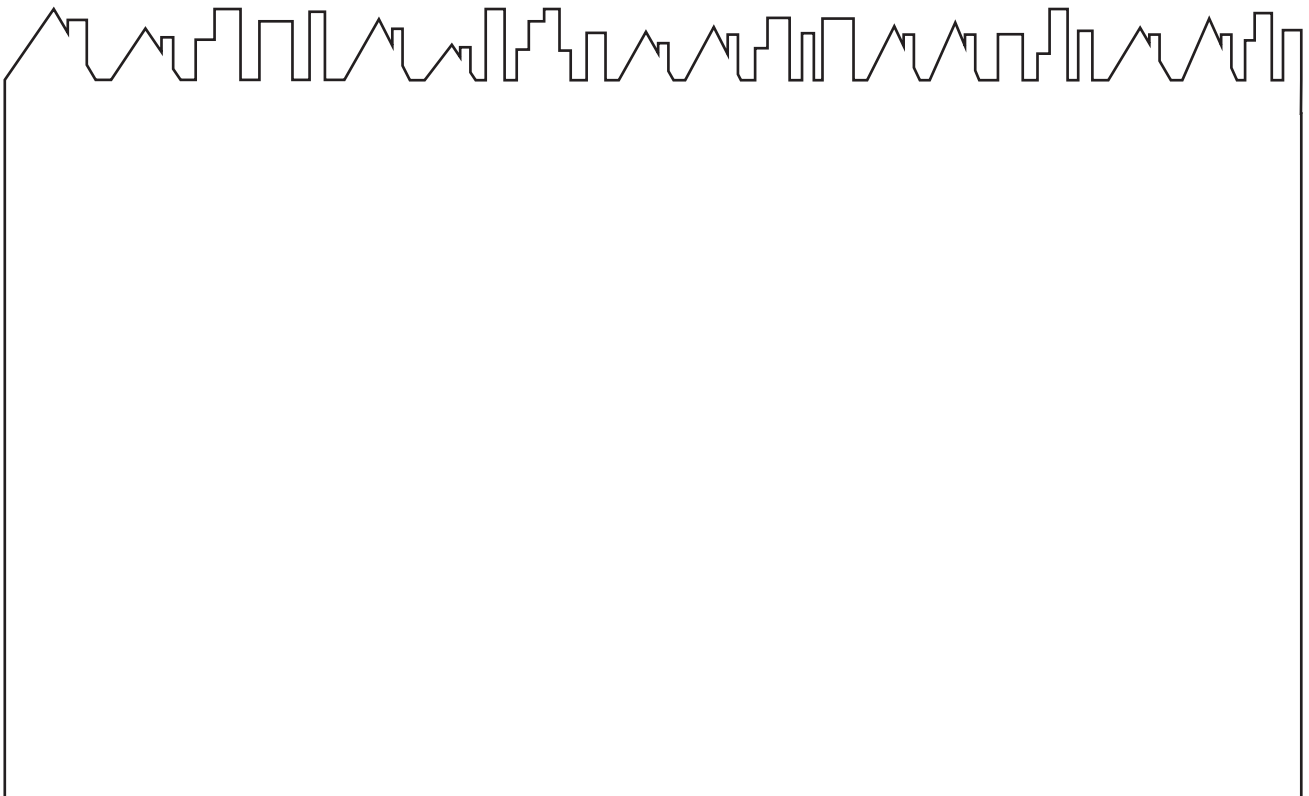
Don't forget to share your work to @mallmaidstone

My Community

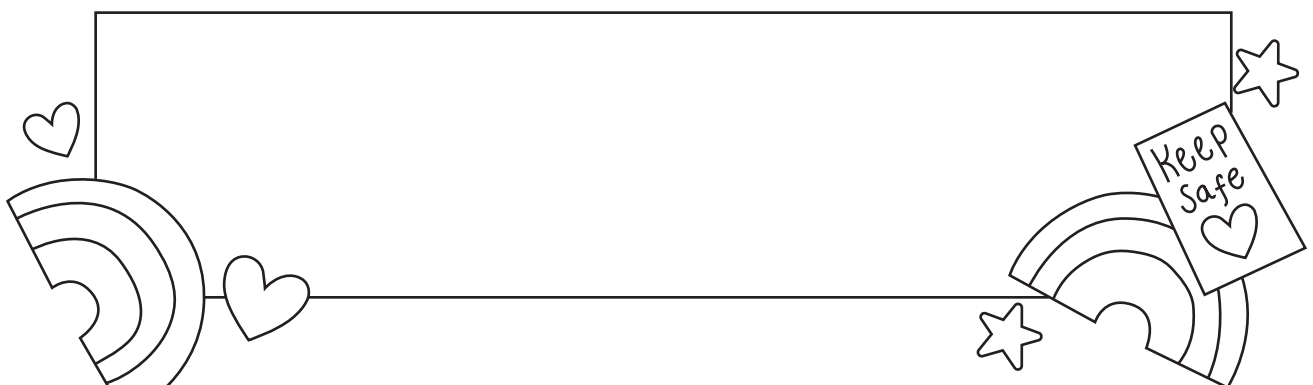
Where are you currently living?



Draw a picture of your home.



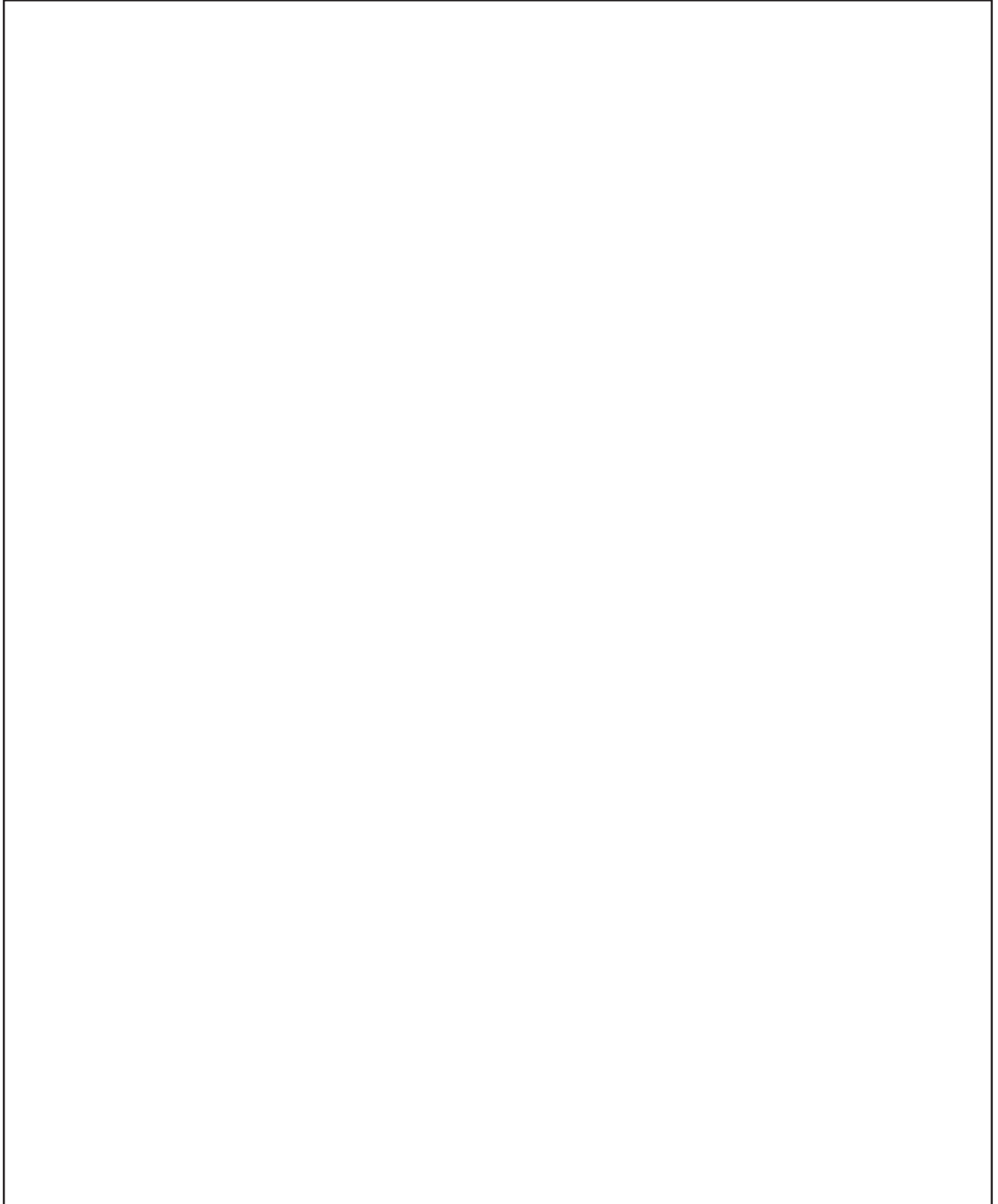
What things are you doing to help feel connected to your community? Leaving rainbows in windows? Leaving nice messages for your neighbours to read?



Don't forget to share your work to @mallmaidstone

When the world stayed apart, we stayed together.

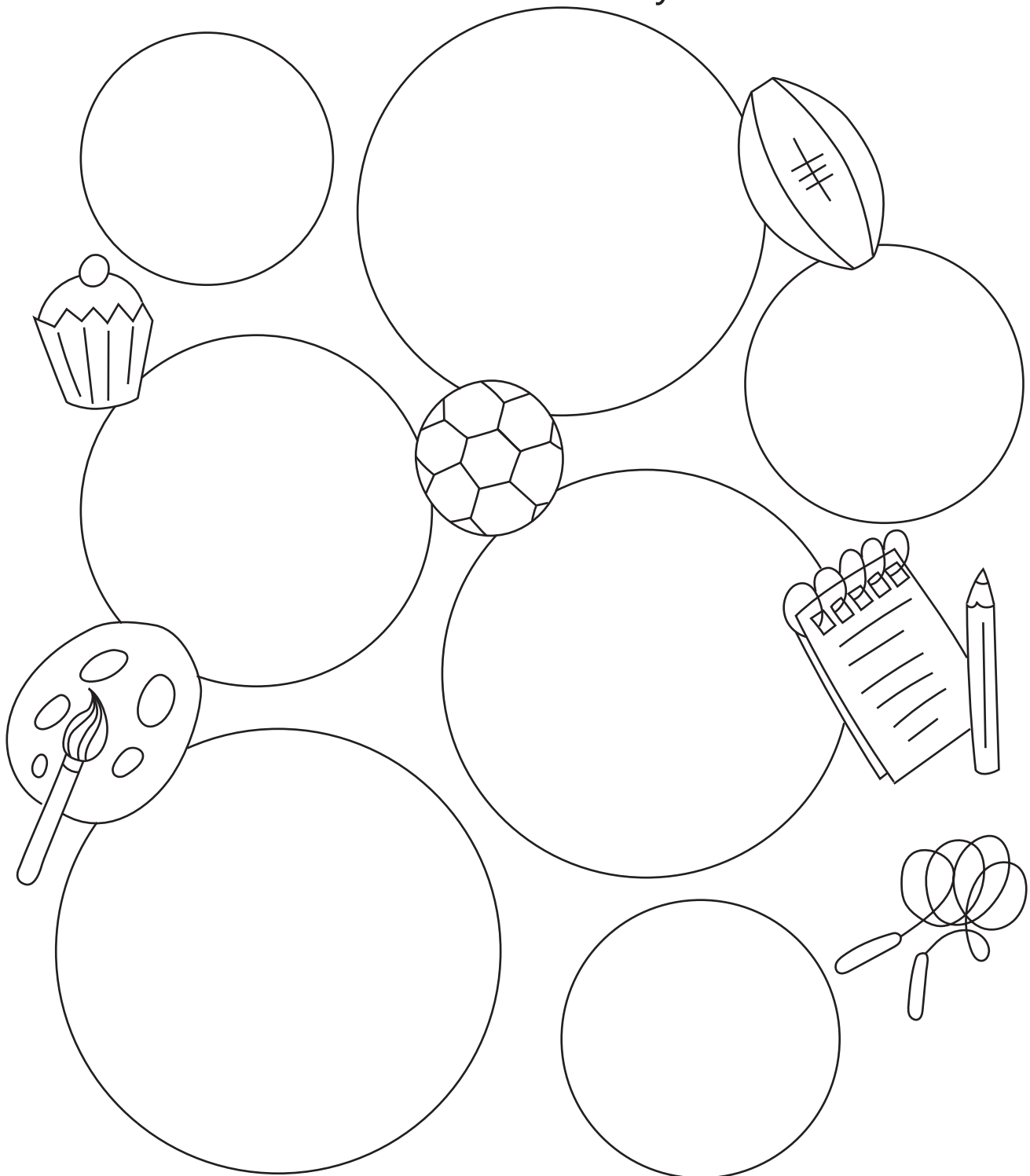
Draw a picture of your bubble.



Share the drawing of your bubble @mallmaidstone

What activities have I been doing at home to keep busy?

Use the bubbles below to write your activities in.

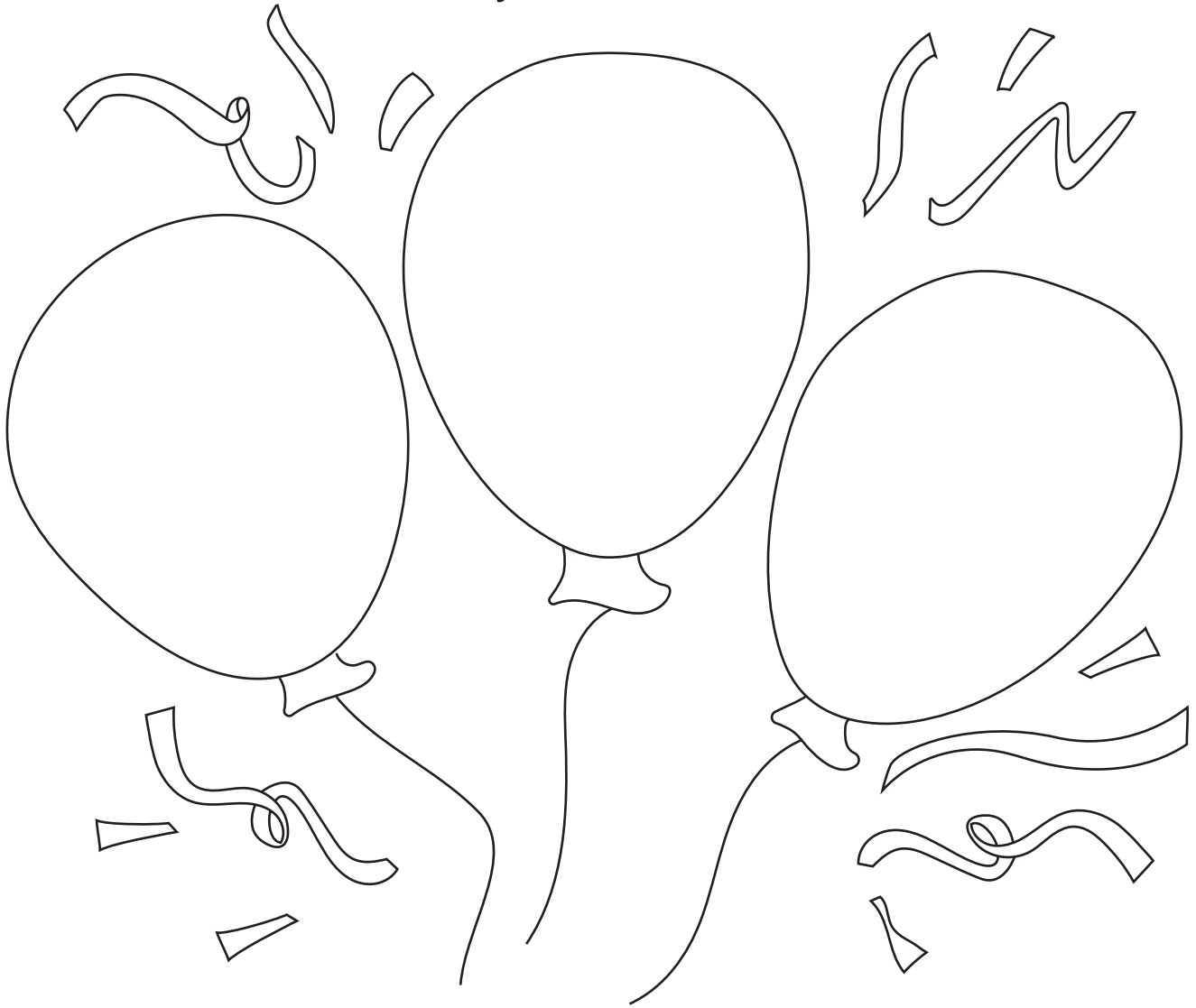


Don't forget to share your activities to @mallmaidstone

Special Occasions

What occasions have I recently celebrated?

Use the balloons to write the event, date and how you celebrated.



What am I looking forward to the most when this is over?

A large rectangular box with a thin black border. It is decorated with four stars: one in the top-left corner, one in the top-right corner, one in the bottom-left corner, and one in the bottom-right corner. The box is intended for the user to write their answer.

Don't forget to share how you've been celebrating to @mallmaidstone

Dear Future me

Write a letter to yourself in 2022!

Talk about all the cool things you have been getting up to! How you feel, your days in quarantine, what you like and what you don't like.

What does '2022 you' want to know!

[illegible]

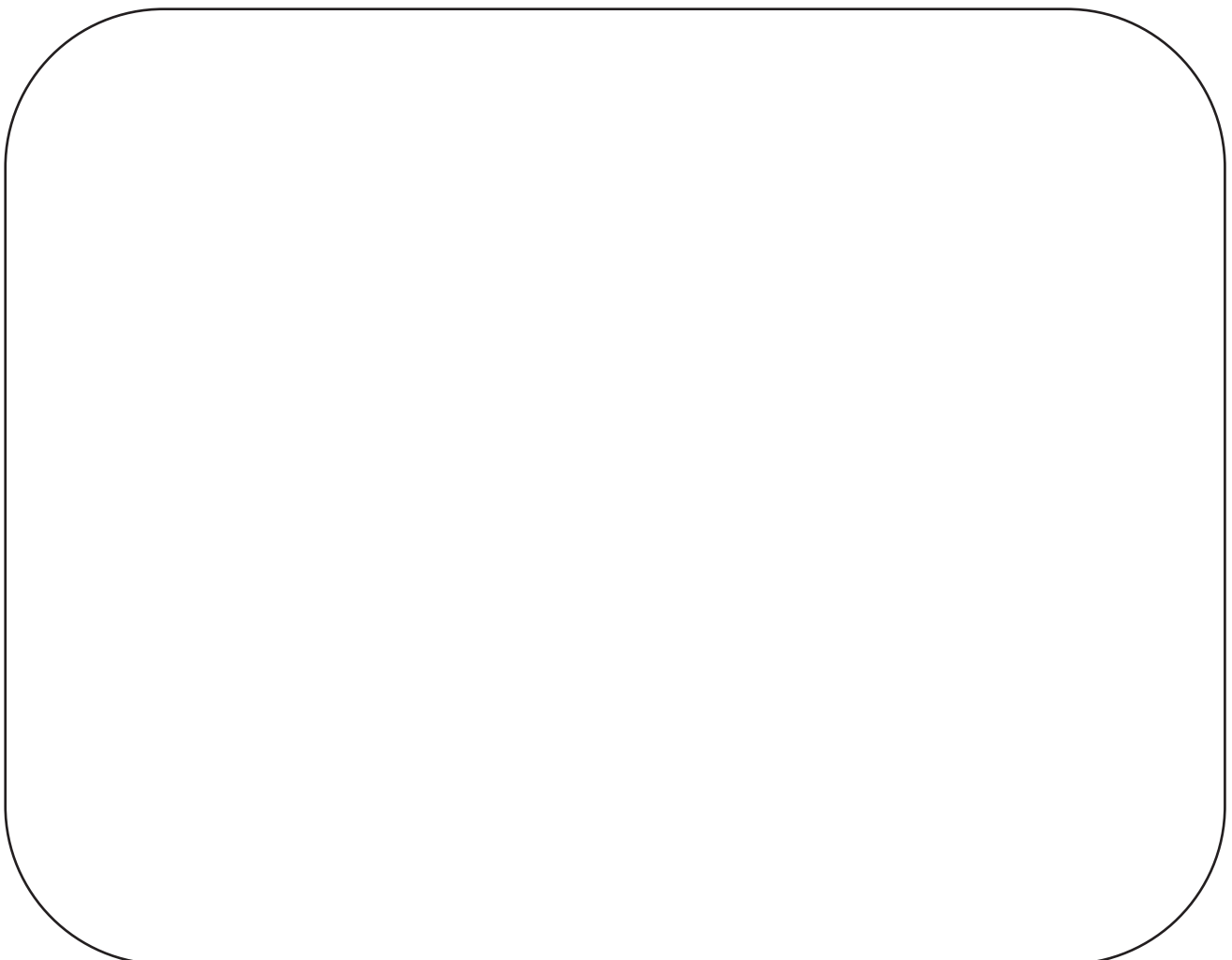
Don't forget to share your work to @mallmaidstone



For your future self

Tickle your future self with a funny joke!

Trick your future self with a maze.



Make someone laugh today by sharing your joke on
instagram @mallmaidstone

Interview someone from your bubble

Name:

Who are they to you?

Age

What has been the biggest change?

What makes you happy?

How are you finding home school?

What are you most thankful for?

How are you feeling?

What are your future goals?

Don't forget to share your work to @mallmaidstone

A letter from someone in your bubble

Ask someone to write you a nice message to look
back on in one year's time

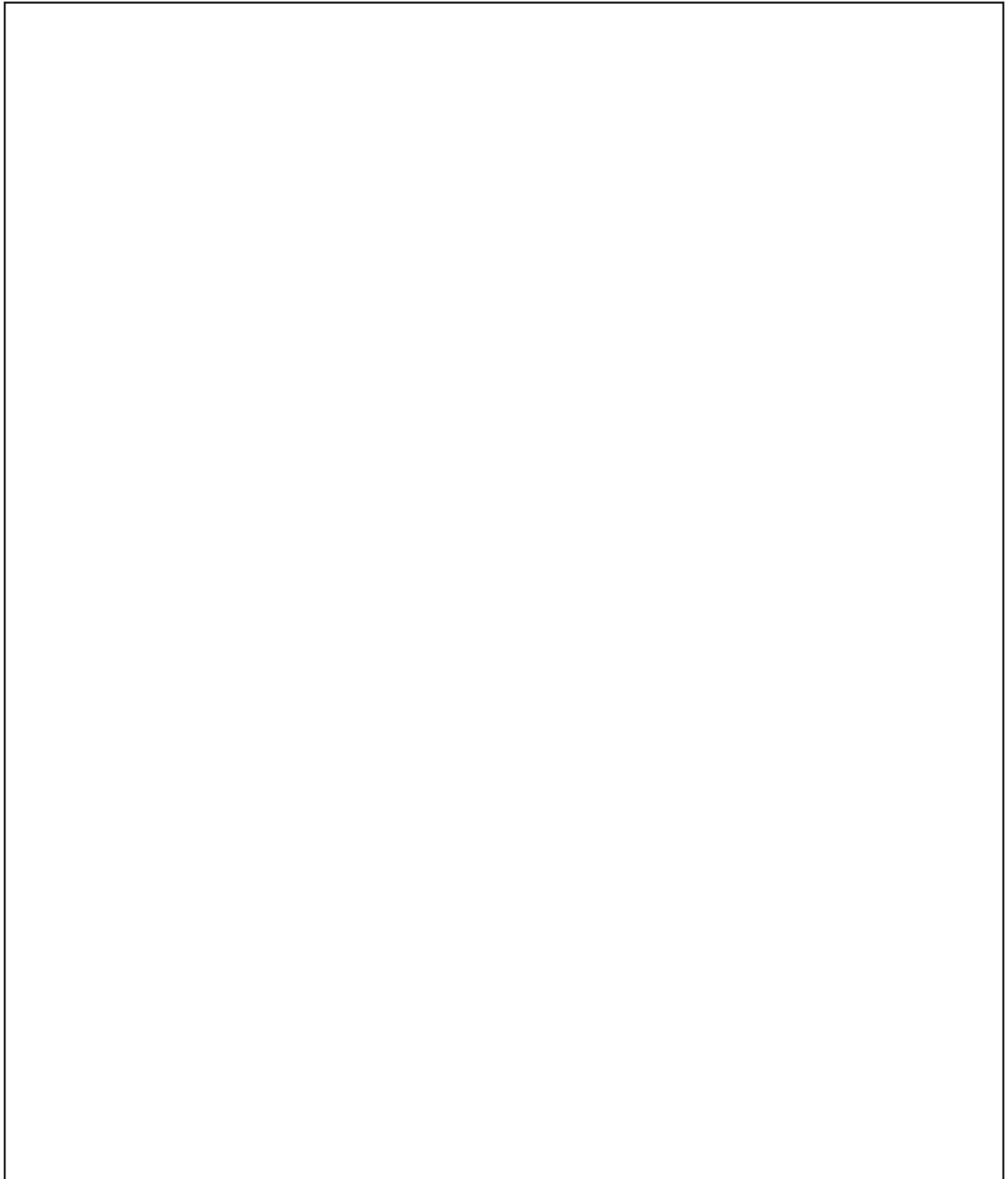
Don't forget to share your work to @mallmaidstone



Our hand prints

Draw around the hands of the people in your bubble
and write their names on them.

(You might need more than one page!)

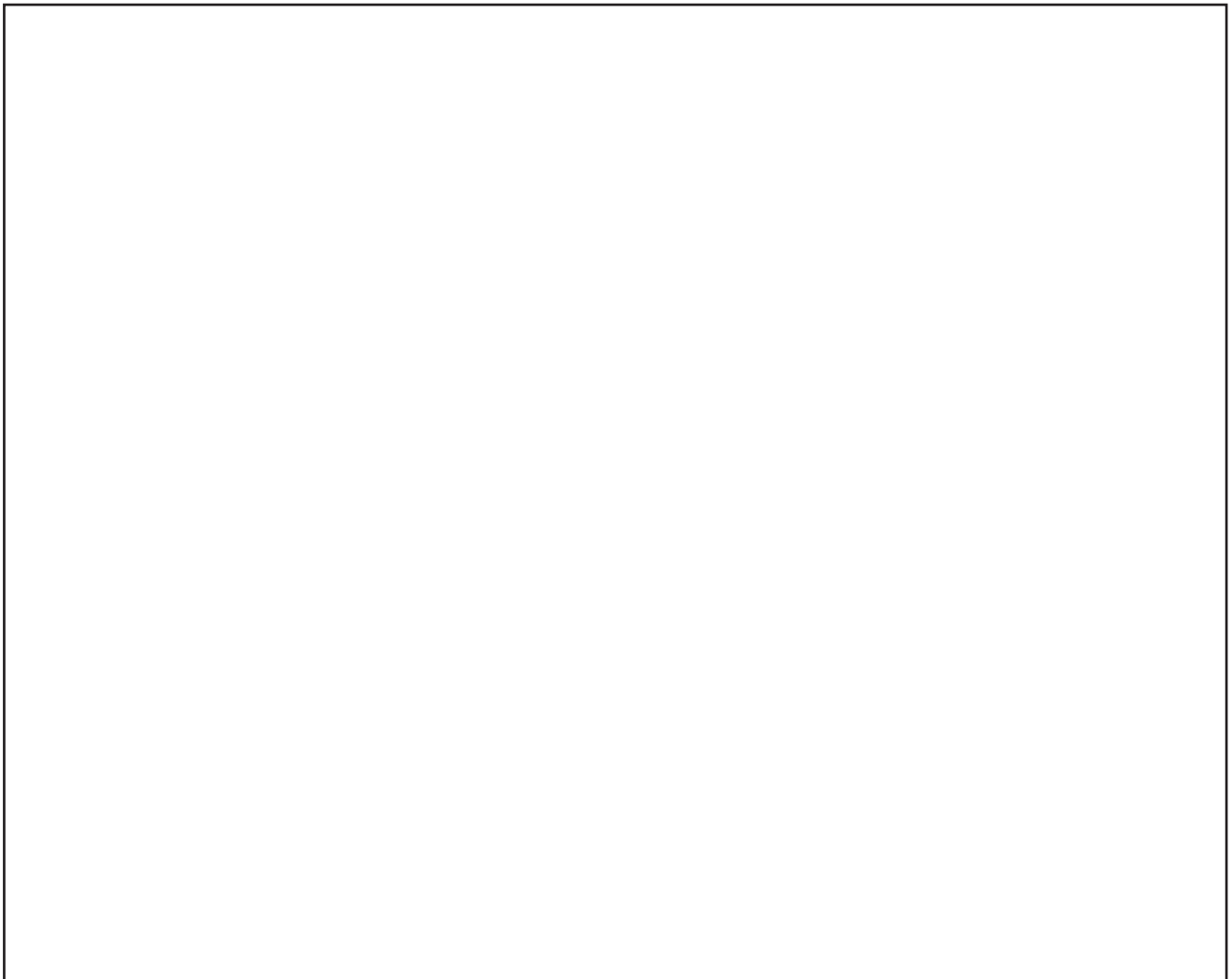


Share your artwork to @mallmaidstone

We are living through a moment in history!

Stick some pictures on this page to look back on in one years time!

- ☆ Pictures of you
- ☆ Any artwork you have done recently
- ☆ Newspaper or magazine clippings
- ☆ Pictures of your bubble/ family and pets at this time
- ☆ Special memories

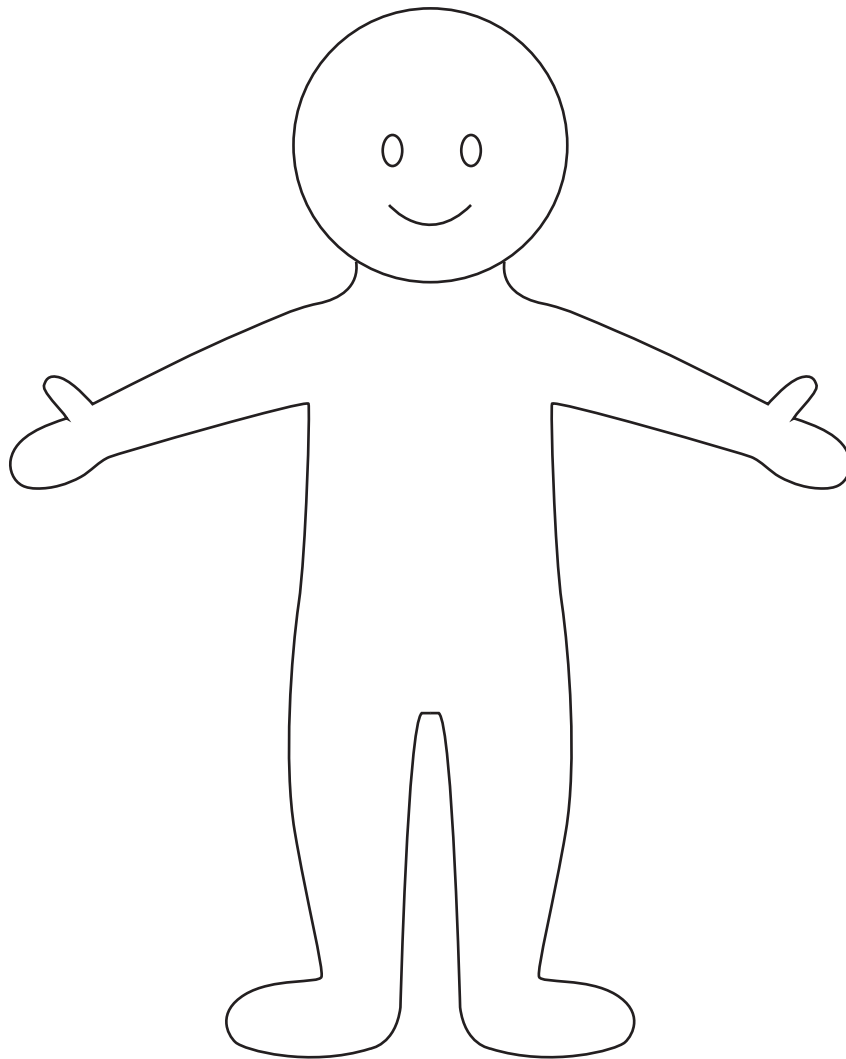


Don't forget to share your work to @mallmaidstone

Dress to express

Cut out the clothes on the next page and stick them onto this figure. Or draw your own!

Why not draw some hair on your figure?



Why not draw a background to match the occasion of your outfit?

Share your outfit to the @mallmaidstone

Dress to express

Colour the clothes and accessories on this page and stick them onto the figure on the previous page.

Or draw your own!

