Family Time Capsule

Print out the appropriate sheets and fill them out. There is one for younger kids and one for adults. Below is a list of ideas for items you can place in your time capsule along with the rolled up or folded info sheets. Make sure you don’t put any perishables into the container.

Cut out your label of choice, fill out and attach it to your time capsule.

IDEAS FOR ITEMS TO Place IN YOUR TIME CAPSULE

- Newspaper clippings or headlines cut out
- Small magazine
- Photos from family activities during the year.
- Family photo
- Hand print or outline
- Receipt from local grocery shopping.
- Article of clothing
- Artwork or drawings
- Money with current date.
- Music CD
- Ticket stubs
- Greeting cards
- Digital items such as a CD with a video or audio file to yourself in the future.

TIME CAPSULE

SEASED

TO BE OPENED

www.ourpeacefulplanet.com
Family Time Capsule

TIME CAPSULE

SEALED

TO BE OPENED

Time Capsule

Sealed

To Be Opened
Name: ___________________________________ Age: ______

My Favorite...
Song: ___________________________________
Movies: ___________________________________
TV Shows: ___________________________________
Colors: ___________________________________
Foods: ___________________________________
Friends: ___________________________________
Books: ___________________________________
Games: ___________________________________
Actor: ___________________________________
Singer: ___________________________________

Goals I have for the future: __________________________________________
Things I enjoy doing for fun: ________________________________________

My Signature ___________________________________________
Letter To My Future Self
Name: 

My Favorite...

Songs: ___________________________

Movies: ___________________________

TV Shows: ________________________

Color: ___________________________

Foods: ___________________________

Friends: __________________________

Books: ___________________________

Games: ___________________________

Teachers: _________________________

Subjects in School: ___________________________

What I want to be when I grow up: ___________________________

What I like to do for fun: ___________________________

My Stats

Age: _______  Shoe Size: _______

Weight: _______  Clothes Size: _______

Height: _______  Hair Color: _______

My Signature: ___________________________

Youth Time Capsule Sheet  www.ourpeacefulplanet.com
Letter or Drawing To My Future Self

My Handprint Or Outline