

Time Capsule/Diary of COVID-19

For this activity you will need:

- Pens or textas
- Paper/ scrapbook
- Camera (optional)
- Newspapers etc
- Stickytape
- A small container (box, plastic tub, or toilet roll!

What is the learning in this activity?

Ages: 3 + You can make this as simple or as complex as you wish, according to your child's age and interest

Purpose: We are currently making history. This activity provides opportunity for children to be seen and heard, to acknowledge the highs, lows and changes, and to reflect on what they've overcome, and their own resilience.

Let's do this...

This activity could involve writing a list, or collecting thoughts, reflections and physical things. Once the list or collection is complete you can seal it away in a container to open at a later date, or sit down together to reflect and talk about what you've collected/recorded.



You might like to :

1. Talk about the idea with your child/ family and how it might be nice to record what's happening and why.
2. Take photos of the fun things you do together/ individually, write down the things that someone has said, collect mementos from moments together (a flower from a walk you've taken, a description of a special treat you've shared, a saved card or letter from someone special, a piece of schoolwork you're proud of..), and collect information about what is going on in the world from the local or newspaper - stories about the environment, animals, and people helping people.
3. Place your collection into your container and decorate. Make sure to record the date! Or if you've made a list—you might like to decorate and date that.

Let's talk..

Qs - Discussion

1. When reflecting on your diary/capsule talk together about feelings and emotions and how these are normal: "Today I felt this when..." .It's also a great opportunity to talk about what you miss - what's important to you, and what you're enjoying right now. And to reflect on why we're staying home to keep safe, and what we plan to do when restrictions end!

We'd love to see your creations and home based play.

Share with us at: @YarraRangesFamilies #YarraRangesPlay

You can contact the YRC Family & Children's Services team on 1300 368 333 or by email at earlyyears@yarraranges.vic.gov.au