

Make a Time Capsule

Crafts



ConnectABILITY.ca

WHAT MAKES IT MEANINGFUL

A time capsule preserves personal memories, mementos, and reflections to be opened in the future—promoting self-awareness, emotional reflection, and a sense of growth over time

TIME

- **30–45 minutes** to select and assemble items
- **Optional prep time** if you fill printable “All About Me” sheets ahead
- **Long-term storage:** open in **1, 5, 10, or any amount of years**, depending on choice

MATERIALS

- A **container** (e.g., decorate a shoebox, use a cylinder chip tub, mason jar, envelope pocket)
- Printable **“All About Me” sheets or questionnaires** (favorite food, height, friends, hopes, etc.)
- Keepsakes: small toys, drawings, photographs, ribbon with height, letters to future self, ticket stubs, etc
- Writing and decorating supplies: markers, stickers, glue
- Tape or seal for closing the capsule
- Optional: envelope/folder for paper slips/letters



Make a Time Capsule!

INSTRUCTIONS

1. **Create or decorate the capsule**
 - Choose a container and personalize it with names, dates, or images.
2. **Fill out “All About Me” pages**
 - Include facts, favorites, dreams, and a letter to your future self on printable sheets
3. **Select mementos to include**
 - Photos, a small drawing, a favorite small toy, a ribbon or token representing height/memory, or other symbols of today
4. **Pack the items inside**
 - Place written sheets and keepsakes inside the container. Ensure everything is safely enclosed.
5. **Seal and label the capsule**
 - Write who created it, the date of creation, and a future opening date (e.g. “Open June 2030”).
6. **Store safely**
 - Keep in a dry, safe place indoors—or bury in a weather-resistant container with a clear marker
7. **Plan a reopening**
 - Choose when you’ll open it—after one year, at a milestone age, or at a future date—then enjoy reminiscing later.

RESOURCES

- <https://teachingideas.ca/2020/08/04/time-capsule-for-kids/>

Make a Time Capsule!

SUPPORTS NEEDED

- **Visual checklist** showing steps: decorate → fill sheets → add items → seal → store
- **Simplified sheets** with large fonts or picture cues
- **One-on-one assistance** for writing, cutting, or sealing
- **Pre-prepared kits** with sample keepsakes and prompts
- **Verbal prompts/dialogue questions:** “What’s your favorite song?” “Draw a picture of today.”
- **Sensory supports:** gloves for handwriting or materials if textures are bothersome
- **Emotional framing:** celebrate the act of recording your story
- **Safety guidance:** careful with scissors, ensure container lid is secure