

An idea for the kids

Our children are living through history right now. So why not get them to make a time capsule.

1. Write a letter to themselves. Tell their ages, who their friends are, favourite TV show, song, book, etc. Write about what's going on. In their own word. Tell their future self how they feel. Talk about what they would like to be when they grow up and 5 things they want to do when they are an adult.

2. If it's safe to get a newspaper get one and let them cut out articles that they think would be important for their future self. Or print them from online

3. Draw a picture of their family as it is now.

4. Take some pictures of today, print them out and include them in the box

5. Put it all together in a scrapbook or a lunch box and stick it up in the attic or somewhere you won't get at for years to come.