**How to create a COVID-19 time capsule**

While everyone will make theirs differently depending on what they think is important, these are some of the basics that you should do to create your time capsule.

**Choose your box**

If you’re burying your time capsule, it’s important to use a sturdy container that won’t rot or fall apart over time. Especially if you’re thinking of burying it in the garden. It also needs to be something that is easily recognisable as valuable by whoever finds it in the future. A box made out of one of these materials will be mostly waterproof and sturdy enough to maintain its shape over time. Definitely don’t make a time capsule container out of a cardboard shoe box!

**Plastic**

Scientists say that burying plastic isn’t good for the environment because it doesn’t decompose well, but that’s what makes it a perfect material for your time capsule. Plastic such as Tupperware can last for up to 1000 years when it’s buried in the ground, so have a rifle through your kitchen cupboards and find a box that you’re not using. Or you could use an old fizzy juice bottle.

**Metal**

Traditional time capsule containers are often made from stainless steel. That makes them great for burying because the moisture in the ground won’t get into the box and damage the items inside. But often they’re expensive and not quite big enough to hold all the things you want to put in your time capsule.

**Wood** - a wooden box. If you don’t have one you could make it using spare wood that you might have around your home and wood glue. .It has to have plenty of space to make sure you can fit all of your important objects in it.

### Collect your objects

These need to be the best objects to describe the time we’re living through at the moment. You Covid-19 time capsule should include things like:

**Photographs**

Photos are a great way to show future generations what your life was like.

For a time capsule to remember COVID-19, you might want to include photos of what kind of things you did at home. This might be pictures of you doing the Joe Wicks workouts or running around in the garden. You could also include print outs of empty streets and parks that have been doing the rounds on social media. You could put in some of the pictures of the work you did for STEAM week!

**A newspaper**

Newspapers are perfect to include in a time capsule. Although they might fade over time, newspapers show the date, what exactly was happening and how people were thinking at the time.

Because you’re creating a time capsule in the time of COVID-19, the headlines are likely to be about something negative. So to balance it out, include some positive news stories that you’ve seen so that whoever finds your time capsule will know that people were still looking at the positive side of things. You can also include cuttings and pages from magazines and newspapers you have relating to lockdown – or some print outs of articles like this one!

**Letters and postcards**

Pop in there any letters, birthday cards and postcards sent between friends and family – and you could also include the letter from Prime Minister Boris Johnson sent to each household.

**A diary**

Even if you only do it for a couple of weeks while we’re in lockdown, a diary will be an invaluable part of your time capsule. It’s more personal than a newspaper and you will be able to describe what’s going on in the world from your own perspective.

If thinking about what to write, try a list of positives and negatives about the current situation. Lockdown is obviously tough and can be boring, frustrating and scary, but spending more time together as a family could be a positive.

**Interviews with people in your house**

This will be a great way to show future generations how everyone felt about having to stay inside the house, how parents got on with home schooling and what people were interested in.

### Bury your time capsule

Once you have a suitable container for your objects and have filled it, you can bury your time capsule. Or you may decide to hide it in the loft to be found by others when you are all as old as Ms Hutchison! A long time in the future!

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