

MAKE YOUR OWN TIME CAPSULE



STEP 1: FIND THE PERFECT CONTAINER

- There are many different containers you can use to create your capsule.
- For storing the capsule at home, any boxlike container works (shoeboxes, lunch boxes, etc.)
- The container choice becomes tricky if you want to bury the capsule. Stainless steel that can be tightly shut is the recommended material like a water bottle.

STEP 2: CHOOSE YOUR ITEMS

- Now you're ready to choose what you want to put in the box.
- Put something that reminds you of your home, family, and friends.
- Put something that reminds you of your dreams and aspirations.
- Don't put your most valuable items in the capsule!

STEP 3: CREATE YOUR MESSAGE TO THE FUTURE

- What do you want your future self to know?
- Use the thought bubble on the next page to express what you want to see in the future. You can draw, write, create poems, etc.
- Cut out the bubble and put it in your time capsule.

STEP 4: ASSEMBLE

- Now that you have all of your materials together, you are ready to place them into your container of choosing.
- Seal up the container well, but make sure you can still open it in the future.

STEP 5: THE DIFFICULT QUESTION: HOW LONG?

- This is the hardest part of creating the capsule. You need to decide how long you want to seal away your capsule before you open it again in the future.
- Time Frame suggestions: 1 month, 1 year, 5 years, 10 years, 100 years (like sleeping beauty).

STEP 6: FINAL DESTINATION

- Find a safe place to put your capsule.
- Location ideas: bookshelf, closet, garage, basement, backyard, garden, etc.

ALL YOU HAVE TO DO NOW IS WAIT...



IN _____ YEARS I HOPE FOR...

