

Show Me QuarantIME

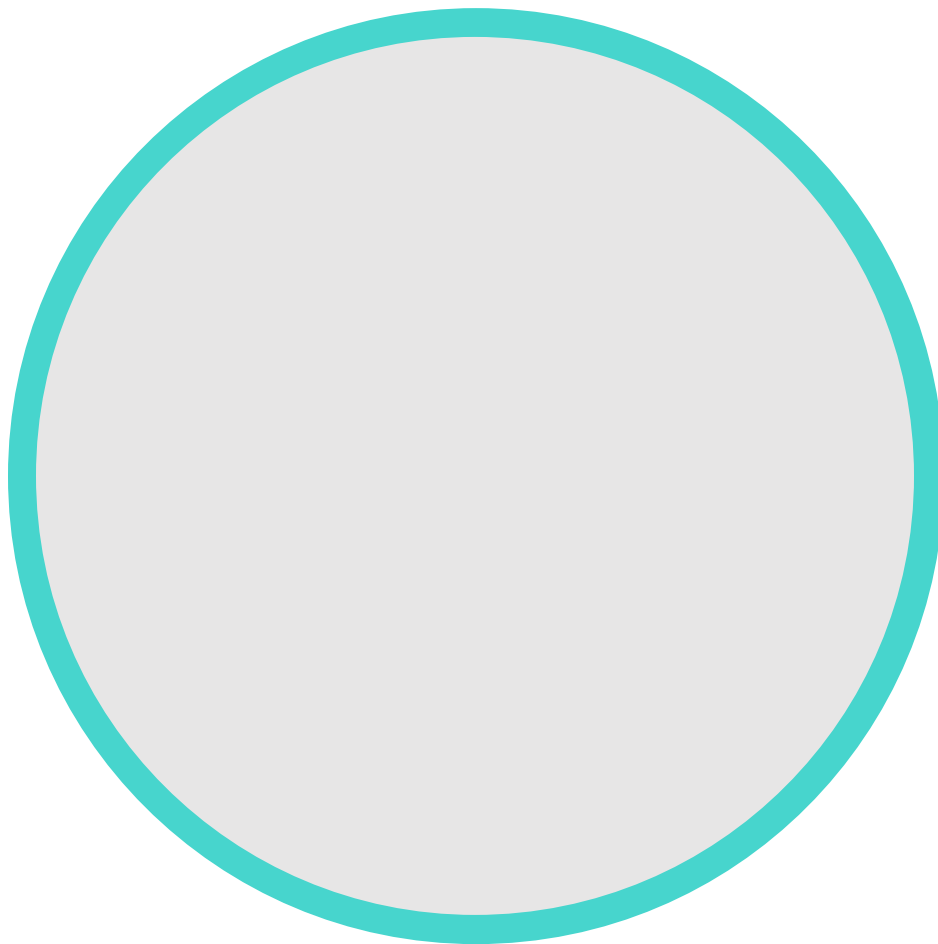
Memory Book



During this time of COVID-19 and self-isolation, you may feel a little discouraged. You are not alone! Remember, you are involved in a huge part of history and what a great time to record everything going on right now! We hope this book serves as a way to preserve memories, trends, feelings and more! Please take time to fill out this memory book to preserve your part in history for you and your future family. 4-H members and families are encouraged to bring this book back to your club meeting and work on a time capsule project with your club.

This Show Me QuarantIME Memory Book

was recorded by



Add your picture above!

All About Me in 2020

Take this time to write about yourself. Some ideas can be: Where do you live? Go to school? What grade are you in? What are your interests? What trends are going on right now? How do you feel during this time of self-isolation? What have you been doing during this time? How has school changed for you?



Time Capsule Pieces

Attach some photos from this time period below. Some other items to attach could include: a piece of mail, receipt from a local store, newspaper headline about COVID-19.



A Look Back at 2020

What was the price of:

A gallon of milk _____

A loaf of bread _____

Toilet paper _____ (Remember the struggle to find it 😊)

A gallon of gas _____

What was closed in your town? Please list below:

What were your favorite things to do while in self-isolation?

What do you plan to do when everything is open again?



Attach more photos and time capsule items on this page...



Assembling the Time Capsule

When you are able to meet with your fellow 4-H club members, it would be a great opportunity to share what you have written in your memory book and the items you collected for the time capsule. You may want to assemble your own time capsule to preserve at your home along with one for your club. As a club, the members will want to discuss what will be put in their time capsule. Be sure to label it with the club name, the names of the members, and maybe share a bit about your 4-H club and activities. The time capsule could be discovered in the future and you will want to share about the quarantine period and also about 4-H. The club will also want to discuss where the time capsule should be kept.



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