

Family Time Capsule

1. Find a sturdy container: Make sure it can't get crushed easily. *There are no set rules of how big a time capsule needs to be. You could use a large peanut butter jar, Old coffee container, shoebox, pencil box, etc. Look around the house.



2. Write a letter to yourself to be opened in a certain amount of time (1-5 years) Explain how you're doing and what you've been doing. Don't be afraid to give boring details; you never know what will be a fascination in 1-5 years. *Label everything. (Names and Dates included) It's not nice to open the capsule to find you don't know who that letter belongs to.
3. Take a current photo of each family member and one of the whole family. If you can't print it right now, store it on a thumb drive to be included. * Don't put in anything you may need. If you have to open the time capsule every couple of months to access something, it's not doing its job.
4. You can use magazines, newspapers, and items that come in the mail. Comics are a good item to include if they reference our *unique time*.
5. Plan a special family meeting to create the time capsule together. Invite all family members to fill in a questionnaire and contribute items to the capsule.
6. Don't forget to decorate/label the outside of the capsule. Remember to put the agreed-upon date to open. Usually, 1-5 years is good, but your family can decide.
7. Hide the container somewhere in your home. Make a record of the hiding place, so you don't forget where it is. You might consider making it waterproof by putting it inside a plastic bag.

You will need:

- A Storage container
- Notepaper and pen
- Camera/phone/thumb drive
- Baggies if you collect hair samples

What to include in the capsule:

- Keepsakes (drawings, handprints, special items)
- Postcard or letter from family members and friends
- Toy figurines, items from a walk
- Newspaper articles/comics
- Description of family memories

Send us a video/picture of your Family Time Capsule on TikTok or Instagram and tag us @gswcf and using hashtags #GirlScoutsAtHome, #WeAreFamily