



feel

# Time

## CAPSULE



**Age Appropriateness:** Activity recommended for ages 8-12, 12-14, and 14-16 years, with the possibility of adaptation to each age bracket. We make a really open proposal so that it is versatile and easily adaptable.

### Aim of the Activity:

Encourage reflection about how the coronavirus situation is affecting us.

Analyze how it makes us feel and see what is changing around us, either temporarily or permanently.

Become aware of our adaptive capacities. Materials and Estimated Time: The time frame for this activity allows variation according to how it is implemented. Two hours would be the minimum time estimated, but it can run on if we add homework with families, or create a real time capsule which can be buried or hidden somewhere.

### Activity Development:

We ask the group if they know what a time capsule is. A general definition might be the following:

- A time capsule is a resistant container built to store messages and objects from the present with the purpose of informing people in a distant future about the time period when it was created. They are usually made during significant times in which we think that things worth remembering will happen.

- We live historic times, which in the future will be remembered in books, and studied in schools. "The months that made us stop the world a little bit to be able to continue".
- These months are like nothing we have experienced before. Do we think it is worth telling people about it so that in the future they know what happened? That is why we are going to make a time capsule.

### Time capsules can be real or virtual:

*If the time capsule is virtual*, we can simply use dynamics to encourage reflection through a number of questions, and leave one or several testimonies, with the possibility of including pictures, texts or other files.

There are several possibilities to finish the activity: all can be saved in a USB flash drive which will be buried, or the files can be attached to an email address. The teacher will then set a date so that the files are sent automatically to every student. According to their age and technical capacities, other options like mobile phone apps or specific softwares could be used.

### *If it is a real time capsule:*

A proper container must be selected and prepared (it can be a plastic or metal box, a lunch box, Tupperware, plastic or glass bottles, etc.) It is essential to check that it can be sealed properly, not to put any-



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thing inside which will deteriorate easily, and establish an estimated date for its opening.

Prepare the messages and objects which will be inside.

Choose the place where it will be put, and place it there.

A great idea may be taking pictures of everybody and creating a digital file which goes with the capsule, or maybe store it somewhere else in case the capsule is lost or deteriorated.

The content of the message to the future: in line with the purpose of the message, we will try to work individually or in small groups, but the search for agreements methods will be necessary to decide what to put on the capsule. The method used will depend on the dynamic of the group, and we should take the time to think and look at present time with a kind of hindsight.

Teachers will select one or several items according to their own criteria and the format of the capsule (digital or real). Teachers will divide the work as they see appropriate, considering what items are more interested to be worked on in a plenary session, and what items could simply be worked on individually or in small groups. Lists or descriptions may go with the items, as well as objects that could work to express something.

## ITEMS:

A cover and a brief explanation must be made, as these will be the first things to be seen when it comes to the opening of

the box:

- The assigned person or group will have to explain why we are living in such a significant time that the creation of the capsule is worth doing.
- It might be interesting to take a picture of all the students and save it in the box.
- If we want to save a relevant piece of news of this time period, we can ask the students to select it in advance.

Songs may also be selected, specially those which have helped us cope with lockdown or make it more bearable. The selection will for sure make an impact in a few years.

A brief list of things we miss before coronavirus appeared can be saved in the box as well. It can be an interesting time to realize that we only appreciate things once we lose them, or maybe to look all together for ways to replace those elements (nothing will replace a hug or a kiss, but we can search for gestures, special greetings, etc.)

A list of things we don't miss can also be made. It may take more effort, but looking in hindsight, we might be able to see those things that changed and we thought we would miss, but surprisingly didn't.

A list of happy memories and other of sad memories of these few months.

Another list could be made out of things we have learned about ourselves during this period.



## feel / time capsule

Something that we are proud of. Were we surprised to be able to do something unexpected for us? If it's difficult, we can imagine a loved one writing us a letter to tell us how proud they are because of what we have achieved during these hard times. What would that letter say?

A list of new habits or routines that we would like to have when this is over.

A list of things we would like to have changed if someone opens the capsule in ten years time.

A list of things we would like to do before someone opens the capsule in a distant future.

