

TELLING TIME

Capture events for the future

Materials: Worksheet copies, shoeboxes (one per youth), yarn, scissors, various art supplies like construction paper, markers, colored pencils, crayons, stickers, glitter and glue

Directions: Read the worksheet, complete the activity and discuss as a group.

We change while our loved one is away on deployment.

How can we keep track of all the changes and memories over time?

A time capsule can capture important events for communicating in the future.

Today, let's make a time capsule to record what's currently happening in our lives. When our loved one returns home, we'll share the contents of our capsules.

ACTIVITY INSTRUCTIONS

- 1 Using the art supplies, decorate your shoebox any way you'd like. Title your time capsule and write your name on it.
- 2 Think about what you'll place inside the time capsule. One thing we can include today is a piece of yarn the length of our shoe size. Measure your shoe size, cut the yarn to the size and add it to the time capsule.
- 3 Let's discuss other items to add to the time capsule. For example, a list of our favorite things to do, places to go and people to see. Whatever you want to share with your loved one.
- 4 When you've added everything you'd like to the time capsule, tuck it away in a safe place. When your loved one returns home, "discover" the time capsule and open it together. Enjoy all the surprises inside that occurred during deployment!

