



My
COVID-19
TIME CAPSULE

「Glandore」

MAKE YOUR MEMORIES...

This is your moment to document all the things you are doing through this unique part in your life. We are all living through history right now and should be proud of what we have achieved so far. Let's document parts of our lives and look back in time and see how we all lived.

**Why not make your own box to keep
your memories in!**



STAY CONNECTED
WITH **「Glandore」**

Your Name:

Age:

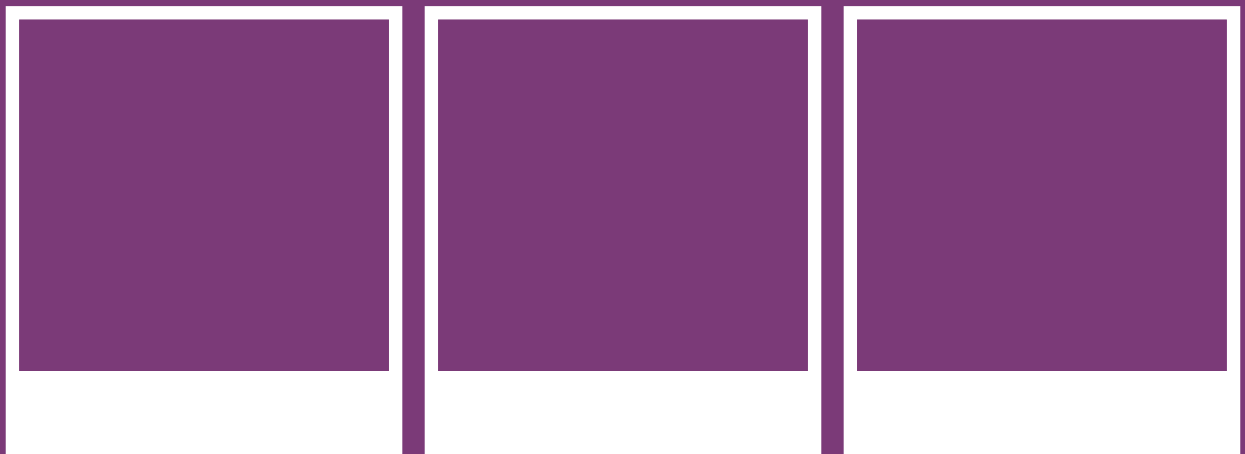
Profession:

Address:

Stick Selfie
Here:

STAY CONNECTED
WITH 「**Glandore**」

Family/Friends Photos



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BUCKET LIST!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



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I AM MOST THANKFUL FOR:



WORDS TO DESCRIBE
HOW I FEEL:

3 THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER:

1

2

3

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OVERCOMING CHALLENGES!

Accept that you may have challenges to overcome in your life. What are they?

1. _____

2. _____

3. _____

4. _____

5. _____

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LIST YOUR DREAMS



1. _____
2. _____
3. _____
4. _____
5. _____

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SPECIAL DAYS

EVENT	DATE	HOW YOU CELEBRATED

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GENERAL ACTIVITY LISTINGS!

WHAT MOVIES DID YOU WATCH?

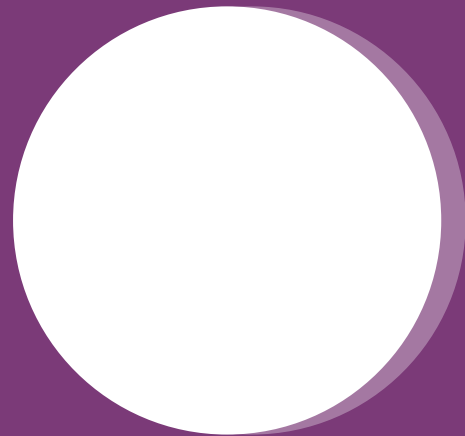
WHAT HAS BEEN THE BIGGEST CHANGE?

FAVOURITE BAKING?

1

2

3



HOW MANY DAYS SPENT INSIDE?

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