Time Capsule

Coming soon, in 2023
What is a Time Capsule?

❖ According to the oxford dictionary, it’s a container storing a selection of objects chosen as being typical of the present time, buried for discovery in the future.
What is the purpose of them?

- The purpose of a time capsule is to identify who we are and what we take pride in.
- In the future we want to see personal growth.
The Time Capsule Project:

❖ A Time Capsule is the perfect way to preserve memories
❖ That is why I decided to create one for the girls at “It’s a Girls Thing”
❖ For several weeks I instructed the girls in many activities that they could put in their time capsules
How Can You Make One?

❖ I will provide steps into creating your own Time Capsule
❖ These ideas that I will pass on are some activities that girls in “It’s a Girls’ Thing” did
Teamwork
The Importance of empowering each other

Good morning girls, today is the last day of Girl Talk this session which means it's the last time we will work on the *Time Capsule*. In five years, you girls will be able to open up your time capsules and see what is inside. I hope when you girls open the capsules it gives you joy and it shows how much you’ve grown as a person. I hope that you girls have enjoyed the activities and discovered a piece of yourselves or set a new goal moving forward. Maybe you girls have learned something new about each other, because that’s the point of our Saturday morning group. We learn about other people and we empower them and ourselves. We girls can change the world and what helps to do that is if we support one another by uplifting each other.

So I encourage you girls to take away from this *Time Capsule* project that you girls have the power. You girls can accomplish anything that you dream of or any goals you want to achieve in your lives.

- Sam
ALL ABOUT ME

My name:
Age:
Birthday:

My favorite things:
Tv show:
Food:
Hobby:
Place:

Three things you should know about me are:
1.
2.
3.

Future:
What do you want to be when you grow up:

Where do you see yourself in five years:

What are some things you want to accomplish in five years:
Future Letters

I promise to myself.

I never want to forget this...

It was an extraordinary day...

All the things I’d like to try some day...
Inspirational words
Being creative with collage’s
Overall, time capsules are supposed to be representative of you in that year. The time capsule is supposed to capture values you find important, goals you want to achieve and see how you’ve grown from the time you created the capsule to the day you self reflect. Therefore I encourage this project to be carried on; use the activities I did with the girls and create your own and add more things that may be important to you. That way your future self can look back on the present you and be proud.