



# PAMA @ Home Virtual Family Fun Activity Museum Week Time Capsule

Bring art, culture and historical exploration home with a variety of easy fun filled activities for all ages. Using simple materials, PAMA is happy to provide easy step-by-step instructions for art activities, games or fun things to do while at home.

Share your creations with us on Facebook, Twitter or Instagram and tag us @visitPAMA. All tagged submissions will be entered in a draw to win some PAMA swag.

# Peel Time Capsule 2020

Today, we are living history.

The Peel Art Gallery, Museum and Archives (PAMA) and Museums of Mississauga are creating a COVID-19 time capsule to document the experience and memories of the pandemic. Peel residents are asked to contribute items to the time capsule, which will chronicle the social, health and economic impacts of this time across the Region of Peel. Once the pandemic is over, this time capsule will be a way to reflect on this health crisis and show the resilience of our community and region.

You can submit your own photos, journal entries, posters, works of art, or pages from the following activity to be a part of the Peel Time Capsule. Send us your submissions at [PAMAmuseum@peelregion.ca](mailto:PAMAmuseum@peelregion.ca)



# Make Your Own Time Capsule

In addition to sharing your story with the Peel Time Capsule, you can remember this time for yourself as you make your own.



## Materials:

- Time Capsule Prompts (last pages of this document)
- Scissors
- Pencil
- Pencil Crayons/Markers/Crayons
- Box/Container/Jar/Tube
- Construction Paper/Scrapbook Paper/Wrapping Paper
- Glue/Tape

**Step 1:**

Wrap your time capsule with paper and decorate it however you would like. Don't forget to add a note on it with when you can open it again.



**Step 2:**

Complete the following prompt pages to document your story and put them in your time capsule. You can also add artworks you've made during this time, stories you've written, pictures you've taken, recipes you've made or anything that symbolizes your time at home during COVID-19.



# Our Family Time Capsule

Sealed On: \_\_\_\_\_

Do Not Open Until: \_\_\_\_\_



Family Photo

# Me, Myself and I

My Self-Portrait

All About Me

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Grade: \_\_\_\_\_

Height: \_\_\_\_\_

I feel...

Food

My Favourites

Game

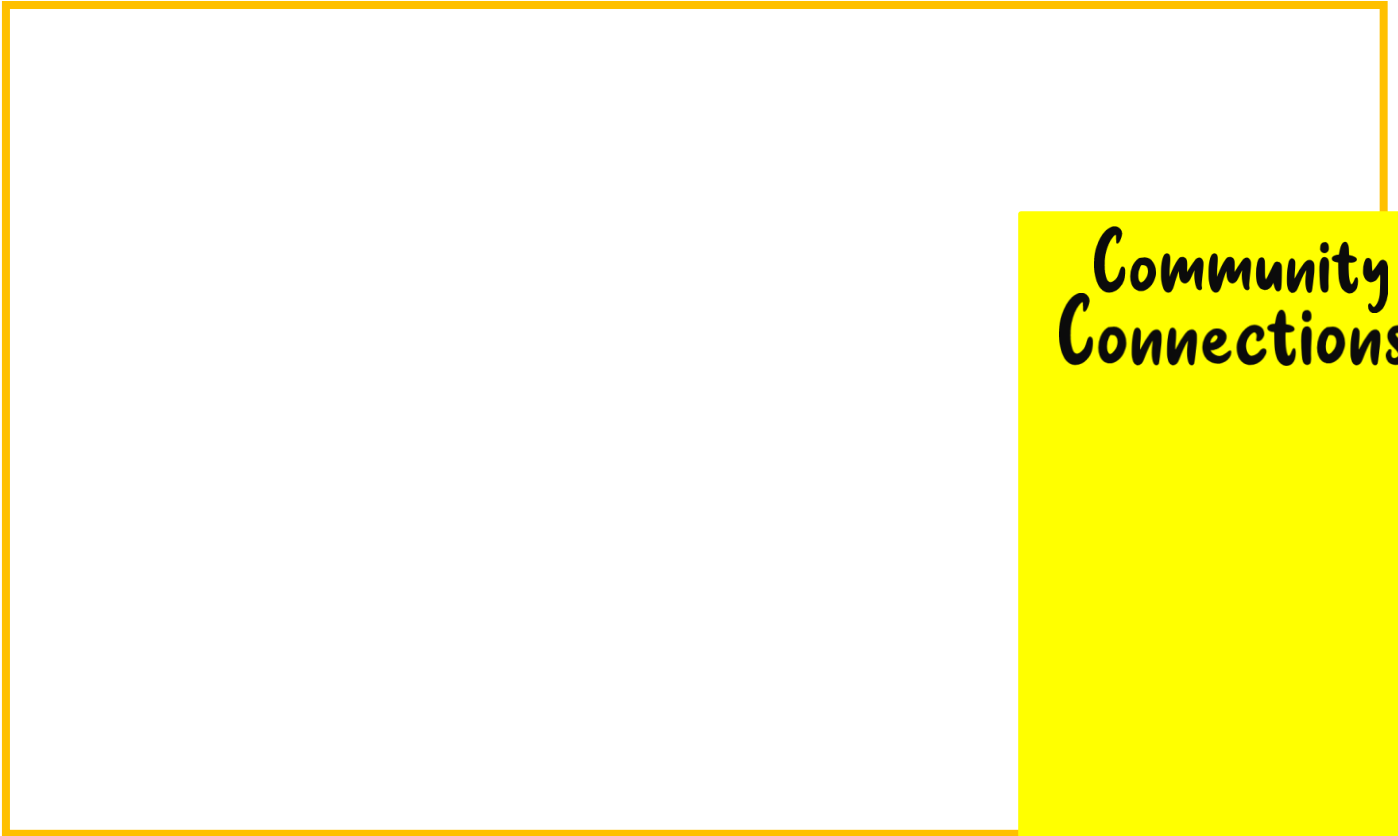
Movie

Song

Colour

# A Place We Call Home

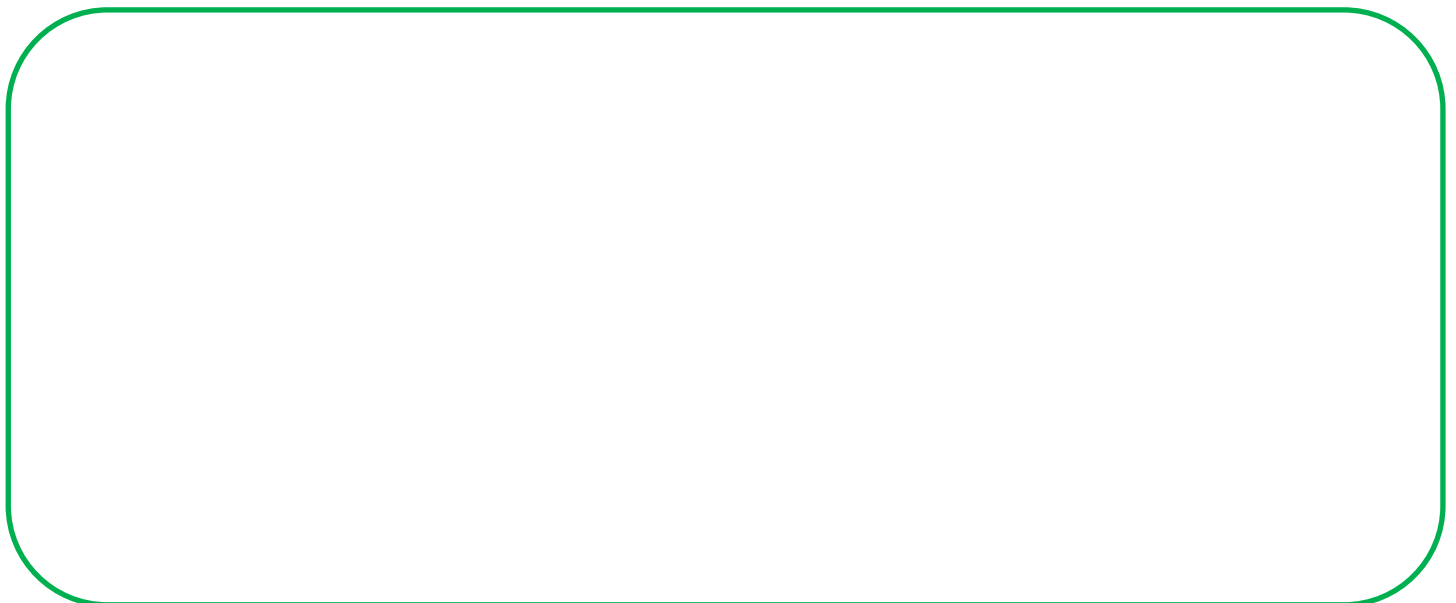
Home is more than just where you live, it's your community and neighbourhood too. Draw a picture of your home and reflect on how you are still connecting with your community despite staying at home.



**Community  
Connections**

## Our Neighbourhood

Draw a map of your neighbourhood – be sure to mark where you like to go for walks, where you get groceries and where you miss going.



# Share Your Thoughts

Ask different people their thoughts on what has been happening.

An interview with \_\_\_\_\_

What I Like the Most

The Biggest Challenge

I feel...

What I Miss the Most

What I am Thankful For...

What I Miss the Most

An interview with \_\_\_\_\_

What I am Thankful For...

What I Like the Most

I feel...

The Biggest Challenge



# Making Memories

As a family reflect on what you have enjoyed most about being at home together.

Number  
of Days Inside

Our Favourite  
Meal

Five  
Favourite Moments

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

New Activities and Hobbies

Celebrations

Made Us All  
Laugh

# When this is over...

## Where We Will Go

Outing: \_\_\_\_\_

Day Trip: \_\_\_\_\_

Restaurant: \_\_\_\_\_

Store: \_\_\_\_\_

Vacation: \_\_\_\_\_

Event: \_\_\_\_\_

## Who We Will Visit

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## What We Will Remember Most

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