Personal Time Capsule

Time capsules allow us to look back in time and discover what was different or the same from our current lives. Given how the pandemic is changing your life, it’s a perfect time to capture this unique moment for your future self to uncover.

What you need:

Containers with lids: metal coffee cans with lids, large plastic coffee cans with screw-on lids, plastic containers (Rubbermaid, etc.) with lids, an empty oatmeal container, an empty shoebox, or an empty cereal box without the bag.

- Glue or duct tape
- Markers
- Various personal items (see below)

The capsules don’t need to be buried, but store them in a safe place until the time comes to open them.

Get Started:

Decorate the time capsules (if you want to). You can paint the outside, or use permanent markers, or other creative supplies. Tape or glue a piece of paper with the date/year of when the time capsule should be opened. Ten years is recommended so you can see how you have changed growing into adulthood. Fill your time capsule with these possible items:

- Letter to your future self: describe yourself, your hopes for the future, and any predictions you might have for your life.
- Photos of friends, family, pets, house, school, car: whatever is important to you at this time.
- Newspaper articles showing current events or trends. Both local and world news.
- Letters: ask your parents to write a letter to you, talking about the current day or about what they hope for the future. Friends can also contribute letters. These should be sealed unread and placed in the time capsule.
- Filled journals or paper calendars.
- Price tags of items/store receipts (to see how prices change.)
Items that are important to you such as toys or trinkets. Suggestion: label these items because you might not remember why it was important to your teenage self.

Lists such as:
- Favorite songs
- Favorite outfits
- Favorite things in your room
- Favorite friends
- Favorite foods
- Favorite books
- Favorite movies
- Bucket list
- Websites you look at every day
- Do not put anything in that will rot or leak (like your favorite candy bar.)

Seal and save!
Sealing your time capsule can be done in a variety of ways, but using duct tape (clear tape won’t stay sticky long enough) or gluing the lids closed will work. If the capsule is a Rubbermaid-type box, just snapping the lid closed should be enough. However, it is very tempting to open a time capsule that isn’t sealed, so plan accordingly! Place somewhere special and open in ten years!