



Create a time capsule for
yourself to open in the future.

Step 1: Make a Time Capsule!

- Find a Good Container
A plastic container and lid that close tightly to keep out air, water, and light
- An empty and clean plastic peanut butter container would work great
- If the container is clear plastic, cover the outside with tape or paint that will block out all the light.

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Step 2: Write Your Future Self a Letter!

Topic Ideas:

- What is happening in your life right now?
- What are your favorite things?
- Who are your best friends
- What are your dreams for the future?
- What do you hope to be doing in 5 years? 10 years?

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Step 3: Find Items to Place Inside

Topic Ideas:

- Include a list of all items in the container and why they are included.
- A picture you drew or painted
- Photographs of you, your family, friends
- Clippings from a current newspaper or magazine
- Wrapper from a favorite food
- An award or ribbon
- School paper or project
- A favorite restaurant menu
- Game program or photo of your favorite sports team or athlete
- Family tree
- List of favorite songs, musicians, TV shows, movies, books
- Travel postcards

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Step 4: Seal and Store

- Close your container with all items inside
- Wrap tape around the seal.
- Write “Do Not Open Until [Date]” on the outside of the container. You choose the date. Maybe 5 or 10 years from today!
- Decorate the outside of the container.
- Store your capsule somewhere clean, dark, and dry (like the back of a closet or under your bed).

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