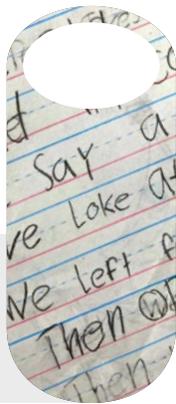


ONCE UPON OUR
TIME CAPSULE

Time Capsule Community Exercise Bank



We are so excited to bring this project to life with you.

Thank you for joining The Once Upon Our Time Capsule Project to help children across the city share their stories in a way that we will never forget.

This exercise bank is designed for educators to shape Once Upon Our Time Capsule for their setting. We offer two paths: embodied exploration, which might lead to a video/audio time capsule and visual exploration, which might lead to a visual art time capsule. Educators can choose a path and select games that they like, use a combination of both, or create their own.

Video of kids explaining the pieces in their time capsule is powerful! Please take and submit as much video as you'd like during the process.

**PAGE 3 GAME BANK 1
EMBODIED EXPLORATION**

**PAGE 7 GAME BANK 2
VISUAL EXPLORATION**

**PAGE 9 GAME BANK 3
DRAWING SCAFFOLDING**

GAME BANK 1

EMBODIED EXPLORATION

Snapshots

Students can respond to each prompt using their bodies, making a “snapshot” while the teacher counts down from 6 to 1. At 1, the teacher can take a picture if in person or a screenshot if online with students.

- ***A time when someone helped you this year***
- ***How you wish this year had been***
- ***How this year was***
- ***The best thing about this year***
- ***The hardest thing about this year***
- ***A time you wanted to do something but couldn't***
- ***A time you got to try something new***

Statue Journey

Students will turn their bodies into “statues” based on each of these prompts.

Teacher will say the prompt and count down 3-2-1-FREEZE

- ***When you found out school was going to be online...***
- ***The first day of school...***
- ***Something new you did with your family...***
- ***Something difficult or challenging...***
- ***A creative project you did...***

Now the last statue is the best one: You being a hero!

Students will create a pose for each prompt. The teacher can use music or clapping as students transition from one pose to the next. For a video submission, these statues and their progression can be recorded!

GAME BANK 1

EMBODIED EXPLORATION

Keep/Leave

The teacher will say:

○ **“KEEP”**

Students will hug their arms to their bodies and think of/say something that made them feel good this year that they want to bring into the future.

○ **“LEAVE”**

Students put their arms out straight in front of them like they are throwing/pushing away and name or think of/say something they want to leave behind.

Repeat!

Corona Choreo

Have students brainstorm movements that they have repeated often this year.

○ ***Ex: hand sanitizer, putting on a mask***

Turn these into a sequence of movements or a dance.

Alternately, have students name their top emotions of the past year and physicalize them in statues. Use these as core movements for a dance/movement sequence.

This can be used as a part of a lesson or can be recorded for a video capsule story submission.

GAME BANK 1

EMBODIED EXPLORATION

News Report

Kids can pretend to be news anchors giving a report on the highs and lows of the year. Another kid can pretend to be interviewed about their experience during Corona and provide details. This can be a memory jog exercise or can be filmed as a video time capsule!

Song Lyrics/Musical Exploration

Create a soundscape using any instruments/surfaces in your house, telling a story or capturing a moment/feeling about your time in Corona.

- ***What were you listening to this year?***
- ***What sounds did you hear a lot?***
- ***Record your soundscape/song and submit as your time capsule!***

Superhero

You were so brave this year, just like a superhero. Imagine yourself as the bravest, most fantastic superhero in the world.

Strike your pose on the count of three- one, two, three!

Now move around like your superhero. How do they move, do they fly? Leap? Glide?

Come up with your superhero's catchphrase! What do they say when they are afraid? What motion do they make? What do they say when they are happy? What motion do they make? Pick your catchphrase and motion.

Now, when I say POSE, you make your superhero pose! When I say MOVE you do your superhero movement, when I say CATCHPHRASE you say your catchphrase in your superhero voice! Let's play!

GAME BANK 1

EMBODIED EXPLORATION

Story Snapshots

What are the three parts of a story? (beginning, middle and end)

Tell your story of this year using 3 snapshots.

- ***The first snapshot will be of something that you did at the beginning of the year! Did you nap? Play video games? Watch movies?***
- ***The second snapshot is something that you did in the middle of the year! Did you go to online school? Did you put on a mask? Did you zoom with friends and family?***
- ***The third snapshot will be of something that you do NOW!***

GAME BANK 2

VISUAL EXPLORATION

Using materials that can be found around the house, classroom, school or community center or in physical time capsule kits.

Teachers can read through prompts or choose one/a few for their students.

Time Capsule Prompts

- *What was new and different?*
- *What was weird and challenging?*
- *How were you brave??*

Collage

Students can find images online and create a collaged google slide responding to one or multiple prompts.

Students can use magazines, etc. to create a physical collage in response to one/multiple of the prompts. They can take a picture of their collage and submit it, drop it off at one of our community collection points.

Students can create a “keep” collage of things that were beautiful about the past year that they want to hold on to, and a “leave” collage of things that were hard and that they want to leave behind.

GAME BANK 3

DRAWING SCAFFOLDING

Drawing

Students can pick any prompt or draw any section of the story, their favorite moment of the past year, their biggest feeling the past year and decorate it however they feel for their time capsule.

Students can use the prompts below to guide their drawing:

- ***Draw yourself this year.***
- ***Draw somebody or something you were with a lot.***
- ***Draw your setting.***
Is there somewhere you spent a lot of time?
- ***Draw your imagination and feelings?***
Is there anything you were thinking about a lot or imagining?
- ***Draw a big heart somewhere on the page.***
Fill it with the things you want to keep from this year.
- ***Draw a big box somewhere on the page.***
Fill it with things you want to leave behind this year.

Group Mood Board

Teachers can create “buckets” that reflect one of the prompts and students can go to that station and write words or make images reflecting on the prompt. They can journey through the classroom at each station. At the end the teacher can display the classroom “mood board.”

GAME BANK 3

DRAWING SCAFFOLDING

Feelings Tree

Students can reflect on one of the prompts and cut out images that show themselves responding to that prompt, how they felt, who their friends were this year, what they were excited about for the future OR feel free to use prompts from “Keep/Leave” and they can create groups of images for what they’d like to keep or leave from the past year. The images can be constructed into a tree for each prompt that reflects the mood/ideas of the students.

Keep/Leave Visual

The teacher will say:

- ***“Something I want to keep is”***

Students will cut images from magazines or create a drawing of good things from the year, things/feelings they want to keep close.

- ***“Something I want to leave is”***

Students can create a collage or drawing of all the things they want to leave behind. This collage and drawing can get crumpled and thrown away if it feels cathartic.

How to Capture the Artwork your children make.

You can submit images of your class' time capsule online at
www.OurTimeCapsule.org

Submission tips

- ***Upload individual pictures of each student's time capsule with their name and age on it.***
- ***If your students made a collective time capsule story, e.g. a large poster board or a physical time capsule container, please take photos of the object from multiple angles.***

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Feel free to send in process photos as well!

You can share anything special you want us to know about your kids' Time Capsule experience in the "notes" section of the submission page.