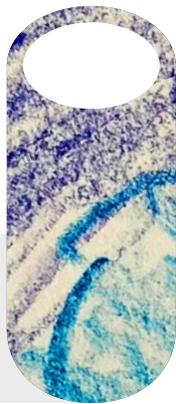


**ONCE UPON OUR
TIME CAPSULE**

Once Upon Our Time Capsule 5 Day Lesson Plan



GRADE LEVELS

K-5, adaptable for older learners

OBJECTIVES

- Students will create a Time Capsule of their personal stories of the past year, reflecting on the ways they were brave in the face of change!
- Students will understand that they are an important part of history and that their experience is meaningful to generations to come.

ARTS STANDARDS ALIGNMENT

Anchor Standard #10: Synthesize and relate knowledge and personal experiences to make art.

Anchor Standard #11: Relate artistic ideas and works with societal, cultural, and historical context to deepen understanding.

LITERACY ALIGNMENT

Common Core Aligned to Reading: Literature, Writing, and Speaking and Listening standards, see applicable standards listed in appendix. Notable alignment: describe character, setting, and relate personal experience in narrative.

Click here for Common Core Literacy Alignment.

Important Note for the Educator:

Please collect the puppets and accompanying Time Capsules in one container. The Once Upon Our Time Capsule team will pick the puppets time capsules up to include them in the Giant Citywide Time Capsule and an exciting citywide exhibition. If your kid wants to keep their puppet, please take a photo and share with us online at www.ourtimecapsule.org or hello@ourtimecapsule.org so we can make sure their work is included in the citywide time capsule exhibition. *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.*

ONCE UPON OUR TIME CAPSULE

MATERIALS FOR STORY

- Pens/pencils
- Coloring materials
- Paper
- Optional: This Worksheet

MATERIALS FOR PUPPET

- Markers
- Construction paper/printer paper
- Kid scissors
- Popsicle sticks
- Glue sticks
- Tissue paper
- Pipe cleaners (pre-cut)
- Stickers and glitter glue and stuff (or other fun craft supplies)

MATERIALS FOR CONTAINER

- Shoebox, water bottle, paper towel roll, or envelope
- Alternately, time capsule tube

**ONCE UPON OUR
TIME CAPSULE**

K-2 OVERVIEW	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY SIX
<p>Priorities</p> <ul style="list-style-type: none"> ○ Reflection on the Year ○ Reflection + Sharing ○ Keep/Leave ○ News Report ○ 2 Specific Moments 	<p>What is a time capsule?</p> <p>Reflection on the Year</p> <ul style="list-style-type: none"> ○ Reflection + Sharing ○ Keep/Leave ○ News Report ○ 2 Specific Moments <p>KEY TAKEAWAY We all have specific stories to tell of the past year.</p>	<p>Fairy Tale Intro</p> <ul style="list-style-type: none"> ○ Read Story ○ Reflect ○ Develop Main Character as Hero <p>KEY TAKEAWAY Who is the main character of the story? Someone so brave! It's you! You're a hero.</p>	<p>Create the Beginning & Middle of your Time Capsule Story</p> <ul style="list-style-type: none"> ○ Re-read story ○ Reflect ○ Explore ○ Create <p>KEY TAKEAWAY Our fairy tale story includes a big change, a high and a low.</p>	<p>Create the End of your Time Capsule Story</p> <ul style="list-style-type: none"> ○ Imagining ○ Envisioning the future ○ Find or make a special object for your time capsule <p>KEY TAKEAWAY What is the future we imagine? What do we hope for?</p>	<p>Create and Seal your Time Capsule Container</p> <ul style="list-style-type: none"> ○ Community Storytelling <p>KEY TAKEAWAY I sealed my special, unique story into my own Time Capsule to share with future kids.</p>

**ONCE UPON OUR
TIME CAPSULE**

DAY BY DAY LESSON PLAN

Day 1

5 MINUTES

INTRO

Note to educator: you can use our video at <https://youtu.be/lZS3lnZ6NdY> to launch the concept of a Time Capsule.

Today we are going to learn about Time Capsules, since we'll be creating our very own Time Capsules this week.

Do you know what a Time Capsule is?

A Time Capsule is a container of important or special stuff from the present that gets sealed or buried for discovery in the future, like a message in a bottle or buried treasure! Sometimes time capsules get sent into space!

You are living through a really strange year that the world will be talking about for years and years to come. You are an important part of history. You get to tell your story about what it was like to live during a pandemic so kids in the future can learn what life was like in 2020 and 2021. You are going to make some artwork and put it in a special container. In 5 years, another kid is going to open it up and be so excited to see your story of the past year.

What happened this year that made it so different?

Take responses.

What different things can you remember about the year?

Take responses.

OPTIONAL PROMPTS

- Do you remember...
- When you started school online?
- A new routine you started with your family?
- Something that made you sad?
- Something you were surprised by?

Yes! Everybody had to wear masks, stay 6 feet apart, and go to online school. Also, you had a really different year than usual. A lot happened in your life, and that is the story you are going to tell in your time capsule.

3 MINUTES

BREATHING MOMENT

Today we are going to reflect on our past year during COVID and quarantine.

You are going to think really specifically about your life.

You were so brave this year. You went through so much change.

Let's make sure our feet are touching the ground and let's see how our bodies feel. Can you wiggle your toes? Can you wiggle your arms? Your shoulders? Your head? Your hips? Can you wiggle your whole body?

Can you breathe into your belly?

Let's pick a pretend flower in our hand. Breathe it in soooooo deeply.

Now blow out a candle, breathe it out.

Breathe in the flower.

Blow out the candle.

One more time.

10 MINUTES

REFLECT AND IMAGINE

Okay we are ready for some big reflection time. Let's keep breathing and think about the questions I am going to ask you. You can close your eyes if you want and see what movie starts playing in your mind as I ask each question! Ready?

Let's think:

THIS YEAR

- Did you go to online school?
- Do you remember the big protests against police brutality?
- Did you take any other special classes online?
- Did you zoom with your grandparents?
- Did you make any yummy meals with someone?
- Did you make any art?
- Did you know someone who had COVID? Maybe it was you!
- Did you lose anyone to COVID?
- Did anything else change? What was different from the memories you had before the virus?

Okay good reflection, everybody.

Does anyone want to share what they were thinking about when we were reflecting?

Take responses- you can draw attention back to specific questions, improvise questions or take general reflections here on what stood out to them as they reflected.

(This is a helpful accommodation because the responses will likely prompt memories from kids who may feel stuck.)

***Prompting could be teacher think aloud between questions
or after questions:***

EX:

- I remember for me this year, I zoomed with my Grandma for the first time!
- One of my close friends got COVID.
- A lot of my jobs changed. Did you know an adult whose job changed?
- I spent a lot more time alone and a lot more time in my room. Did anyone else?
- I started watching TikTok videos and they made me laugh soooo hard... I made my first TikTok video actually!
- The point is to encourage specific, detailed reflection so they have personal moments to include in their story.

5 MINUTES

ACTIVITY

We're going to play a game called Keep/Leave

Keep/Leave

When I say keep, you'll hug your arms into your body and think of something you want to hold on to from the past year, maybe your own bravery or maybe a new tradition, maybe more quiet time or something that makes you feel good:

Let's practice

"KEEP"

Participants 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.

When I say leave, you'll push your hands out in front of you away from your body and think or say something you want to leave behind and never see again from this past year. Let's practice.

"LEAVE"

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

Repeat a few times.

2-15 MINUTES

ACTIVITY

We're going to play another reflection game. This one is called News Report.

News Report

Take a volunteer to pretend to be a news anchor giving a report on the highs and lows of the year.

Another volunteer can pretend to be interviewed about their experience during Corona and provide details.

Some questions in the interview can be:

- What was the weirdest thing about Corona?
- What was the funnest day you had during quarantine?
- What was difficult about COVID this year?

The kids can also come up with their own questions.

You can take another round of volunteers in front of the class or you can group kids in pairs and have this happen throughout the class simultaneously or in breakout rooms on Zoom.

15 MINUTES

CREATE

Based on all our reflecting today, I want you to create two images of the past year. These are going to be images of spaces you spent a lot of time in. One space where you had some hard moments, where you felt frustrated, and one space where you had some really nice moments, and felt really good.

Make sure you draw what was around you, maybe who was around you, as you create these scenes. You don't need to draw yourself, just the setting.

We are going to have a nice long time to work on it and then we will have some sharing time if anyone wants to show what they made!

Teacher/facilitator will provide craft supplies or have kids prepared with what they need in their homes from earlier communication. Kids will have some time to work with prompting and feedback from the teacher as needed. If you'd like to have kids working in partners or groups for support, that also rules.

Instead of creating this type of craft, you could have your students create a picture, a sentence, a collage, a scene, a poem, etc.

**ONCE UPON OUR
TIME CAPSULE**

5 MINUTES

SHARE OUT

Does anyone want to share what they made?

2 MINUTES

CLOSE OUT

Incredible work reflecting and starting your story telling today. You guys have been through so many changes this year and you were so brave.

I am proud of you and you should be proud of yourselves. Let's end by putting our hands on our hearts and everybody gets to say "I am soooo proud of me."

1-2-3 Let's all say it together.

Okay, now make big muscles like a superhero and say "I am a hero!"

3-2-1 Let's all say it together.

Beautiful work. We will keep working on our time capsules next time!

DAY BY DAY LESSON PLAN

Day 2

5 MINUTES

INTRO

Do you know how every fairy tale begins? With what magic words?

(waits)

You got it! Once Upon a Time...

Today we are going to tell our own fairy tales, telling a Once Upon a Time story of the past year during COVID.

In these stories, there is a character who starts one way and changes by going through hard things and good things.

We have all gone through changes this year. We all had to wear masks, and stay 6 feet away from other people, see our friends less, and go to online school. Each of us also had our own journey, a specific journey happening inside of us and in our families and lives during this time.

I'm going to read a fairy tale about a really brave person living through a crazy time, kind of like COVID. I wonder if you can hear anything in the story that you relate to.

3 MINUTES

BREATHING MOMENT

Before we hear the story, let's do our breathing moment.

Let's make sure our feet are touching the ground and let's see how our bodies feel. Can you wiggle your toes? Can you wiggle your arms? Your shoulders? Your head? Your hips? Can you wiggle your whole body?

Can you breathe into your belly?

Let's pick a pretend flower in our hand. Breathe it in soooooo deeply.

Now blow out a candle, breathe it out.

Breathe in the flower.

Blow out the candle.

One more time.

Okay, I think we are ready for the story. Get your body and mind relaxed and comfy. Here we go.

10 MINUTES

STORY

Read Story

(Option to watch at <https://youtu.be/GHPtTOkxZeQ>)

Once upon a time, there was a very brave person. Their life had lots of things in it: friends, school, playing outside, playing inside. Then one day, really strong winds started outside. The winds changed everything.

It wasn't safe to do a lot of the things this brave person used to do. The wind made the person stay inside and see less of their friends. There was lots on the news. One thing is for sure: while the wind was there, the brave person had a lot of time to think about who they were. A lot of time to think about the world: the parts they missed and the parts they didn't.

Sometimes, the person thought they wouldn't be able to take another day! They felt fear. They knew people who were getting blown around by the wind. Maybe they even lost someone they loved. But always, even when things looked so dark around them, they made it.

Sometimes, they felt joy. There were new traditions, yummy foods, new games, time with family.

All the while, this brave person was becoming braver every day. Through the fear and the joy, the person found a new way to look at the world. This person became someone different: a hero. This brave person was so proud of who they became.

One day it seemed like things were going to change again! The winds were getting less intense. The hero started thinking about what they wanted the world to look like once the winds were safe again.

They decided to make time capsules so they would never forget their strength and courage and their vision for the future that came from living with the crazy winds. They kept those special memories sealed up for five years while the world changed. At the end of the five years, other kids opened the time capsules up and learned all about the brave person and how the world used to be. The whole city was amazed at how much the world had changed. They knew they were living in a world full of heroes.

10 MINUTES

REFLECT

Let's reflect on this story together.

What do you think the winds were? (some additional prompting may be necessary here. Ex: Do you think Corona was kind of like the winds? Is there anything similar? I see that the winds made the character stay inside, kind of like the pandemic, etc. For some kids, the winds may represent a loss of someone, or the movements for justice and Black Lives Matter. There isn't a "right answer," we just want to start building connections here.)

How was the character at the beginning? What was the setting like?

Take responses, affirm.

What happened to the character in the middle? What were some ways that they felt? Do you ever feel like that?

Take responses, affirm.

What happened at the end? What did the character decide to do? Why?

Take responses, affirm.

That's like what we are going to do! We are going to make our very own Time Capsules so kids in 5 years can open them and see what this year was like.

What was the character like?

Take responses, affirm.

How do you know?

Take responses, affirm.

The character went through some big changes when the wind started. It wasn't all good or all bad, but the character was brave the whole time.

Today, we are going to think about the main character of our Time Capsule Fairy Tales. Someone really brave and incredible. Someone who lived through a whole year in Corona.

Do you know anyone like that?

Do you know who I'm thinking is the main character of your Time Capsule Fairy Tale?

YOU!

10 MINUTES

EXPLORE

We're going to play a game to develop our hero main characters. Remember, you are the hero of your story. First, we are going to use our imaginations to make ourselves into superheroes.

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!

Okay, now we are going to remember how brave you were.

Imagine a really tough day you had during COVID. What happened? How did it feel? Make your body into a snapshot of how that felt. Maybe you were stressed out or sad or heard something scary on the news or wanted to play with your friends but couldn't. Maybe someone you loved was affected. 6-5-4-3-2-1- Freeze.

You were so brave even when you felt those tough things. When I say "change", we are going to change back into our superheroes being so so brave. Okay, 3-2-1- Change.

15 MINUTES

CREATE

SuperHero Puppets

Now we have each realized how much of a hero we have been, we are going to make special puppets of us as heroes that will go inside of our Time Capsules.

MATERIALS

markers + construction paper/printer paper, kid scissors, popsicle sticks, glue sticks, tissue paper + pipe cleaners (pre-cut), stickers and glitter glue and stuff (or other fun craft supplies)

1. Each kid uses markers and construction paper to draw themselves as a superhero.
2. Cut out superhero drawings and paste onto popsicle sticks
3. Have precut squares of tissue paper for capes and little sections of pipe cleaners. kids attach tissue paper to their popsicle stick using a pipe cleaner.
4. Decorate with other craft supplies
5. Think of your superpower. How were you so brave this year?
6. Write your superpower on the back of your puppet. What are you amazing at?

This could be translated into a theater activity, where they create a scene of that character doing something amazing and/or a scene of that character dealing with a hard moment during Corona.

Any medium can work to develop this character.

A drawing and sentences is easy and accessible-see below.

Directions for Making Drawings instead of Puppets

DRAWING 1

Now that we have our hero character ready to go, we are going to draw a picture of that hero.

Make a special costume, use special colors, and draw that hero first.

Draw a speech bubble and write that hero's catchphrase. Incredible.

At the top you can write: I am so brave.

DRAWING 2

We also reflected on a difficult moment you went through during Corona. You are going to draw a picture of that hard moment. Draw yourself as the hero in that picture. That hero doesn't have to be doing something special like saving a city, that hero can be dealing with hard feelings or hard changes. That hero could be going to school online, or could be worried about someone or something.

Draw that hero in a difficult moment. Show how they are dealing with it.

You can add a speech bubble and show what the character is saying. You can add a thought bubble and show what the character is thinking. You can draw a big heart and show what the character is feeling.

Add a few sentences to your picture to tell somebody else what that hero is going through. This will help kids in the future know what it was like this year.

**ONCE UPON OUR
TIME CAPSULE**

5 MINUTES

SHARE OUT

Does anyone want to share what they made?

We can all zoom our puppets around and see how they move!

2 MINUTES

CLOSE OUT

Incredible work reflecting and starting your story telling today.

These superhero puppets will help kids who open your time capsule know how brave you were this year.

I am proud of you and you should be proud of yourselves. Let's end again by putting our hands on our hearts and everybody gets to say "I am soooo proud of me."

1-2-3 Let's all say it together.

Okay, now make big muscles like a superhero and say "I am a hero!"

3-2-1 Let's all say it together.

Beautiful work. We will keep working on our time capsules next time!

DAY BY DAY LESSON PLAN

Day 3

2 MINUTES

INTRO

Today we are going to make the beginning and the middle of our Fairy Tales.

Remember the story from last week?

The story we read had a beginning, before the winds, a middle with highs and lows, and an end with a hero that was imagining a better future.

Let's listen to the story again and really think about the beginning and the middle of the story. Something big changed.

3 MINUTES

BREATHING MOMENT

Before we re-read the story, we're going to get our bodies and minds relaxed and ready.

Let's make sure our feet are touching the ground and let's see how our bodies feel. Can you wiggle your toes? Can you wiggle your arms? Your shoulders? Your head? Your hips? Can you wiggle your whole body?

Can you breathe into your belly?

Let's pick a pretend flower in our hand. Breathe it in soooooo deeply.

Now blow out a candle, breathe it out.

Breathe in the flower.

Blow out the candle.

One more time.

Okay, I think we are ready for the story. Get your body and mind relaxed and comfy. Here we go.

**ONCE UPON OUR
TIME CAPSULE**

8 MINUTES

STORY

Re-read Fairy Tale from last week or watch video of story at OurTimeCapsule.org

5 MINUTES

REFLECT

Okay, who remembers what the world was like at the beginning of the story?

Take responses, affirm.

What changed?

Take responses, affirm.

Yes! The winds started.

How did the character feel when the winds started?

Take responses, affirm.

Have you ever felt that way?

Take responses, affirm.

Our stories are going to have a beginning, before Corona started and we went into quarantine, and then a middle, when Corona started and we faced big changes.

10 MINUTES

EXPLORE

We are going to play a game called Snapshots. We are going to make freezes with our bodies, like a picture, to show certain moments this year. *Option to use our video at <https://youtu.be/xHrZqm2Ol-c> pausing at 1:20 until the next Explore section.*

Snapshots

I'll say some prompts and you can stand or sit and explore them in your body. I'll count down from 6 to 1 and on 1 you'll freeze for our snapshot.

We're going to rewind time and explore the beginning of our story: before the pandemic.

Imagine before Corona started.

- Who did you used to have dinner with?
 - Make a snapshot. 3-2-1 Freeze.
- Did you go to school in person? What was that like?
 - Make a snapshot. 3-2-1 Freeze.
- Where did you and your friends play?
 - Make a snapshot. 3-2-1 Freeze.
- What did you do when you came home from school?
 - Make a snapshot. 3-2-1 Freeze.
- Did you take the train and bus to get places?
 - Make a snapshot. 3-2-1 Freeze.
- What places did you go to on the train or bus or plane?
 - Make a snapshot. 3-2-1 Freeze.
- Did you go to birthday parties and fun gatherings?
 - Make a snapshot. 3-2-1 Freeze.
- Did you play sports on a team or take dance classes?
 - Make a snapshot. 3-2-1 Freeze.

Amazing snapshots.

10 MINUTES

CREATE

We are going to work on the first part of our fairy tale stories. Yesterday, we made superhero puppets that are the main characters of our story.

Today we are going to make backdrops for that superhero. We are going to draw the scenes, we can draw other people, we can write what happened, but we won't draw the main character, because our superhero is the main character. Later, we will practice the superhero puppet zooming into these scenes, being so brave just like you were.

Now that we've reflected on the time before Corona, I want you to find a way to tell that part of the story.

Remember how the fairy tale we read talked about the time before the winds started?

Yours is going to tell us what our hero liked to do before Corona. We are going to draw a picture without the main character and write a few sentences, like you are telling somebody else the story.

Pick one or two moments from our snapshot game. You are going to illustrate those moments. (This could easily be translated into a theater game, where students physicalize and create scenes based on the character living pre-Corona.)

Kids can take time to create the introduction to their story.

10 MINUTES

EXPLORE

Okay, now imagine the time during COVID.

Option to continue the video at <https://youtu.be/xHrZqm2Ol-c> starting from 1:20 and stopping at 2:40.

We're going to do two statues for this one. One is going to be the difficult stuff we went through and one is going to be a moment of joy. Last week we made statues of a hard moment during COVID, and then we made our superhero statues. Let's do that again.

Imagine that tough day during COVID. What happened? How did it feel? Make your body into a snapshot of how that felt. Maybe you were stressed out or sad or heard something scary on the news or wanted to play with your friends but couldn't. Maybe someone you loved was affected. 6-5-4-3-2-1- Freeze.

Now let's see our superheroes. 6-5-4-3-2-1- Freeze.

Now I want you to think of a moment of joy during COVID. Did you get to talk to your Grandma on zoom? Did you get to take a fun class? Did you make really yummy food with your family or take a road trip? What was the most fun you had during quarantine? Let's make that statue. 6-5-4-3-2-1- Freeze.

Okay you can relax. Breathe in and out. Through the fear and the joy, you were so brave this year.

**ONCE UPON OUR
TIME CAPSULE**

10 MINUTES

CREATE

Now we are going to create the setting/backdrop for the middle of your Corona stories. You'll draw both the moment of joy and the moment of challenge. Draw a picture and write what is happening in both moments.

(This can easily be illustration and writing, or it can be physical or theater-based.)

2 MINUTES

CLOSE OUT

Incredible work reflecting and starting your story telling today.

You are telling an incredible story to future kids: your specific story of the past year.

I am proud of you and you should be proud of yourselves. Let's end again by putting our hands on our hearts and everybody gets to say "I am soooo proud of me."

1-2-3 Let's all say it together.

Okay, now make big muscles like a superhero and say "I am a hero!"

3-2-1 Let's all say it together.

Beautiful work. We will keep working on our time capsules next time!

DAY BY DAY LESSON PLAN

Day 4

2 MINUTES

INTRO

Today we are going to tell the end of our fairy tale stories. We are going to use a really strong muscle for this part. Does anyone have a guess what it is?

Take responses.

Your imagination! The end of our story is going to be in the future. A future that only you can imagine. The best future that you can imagine.

When those kids open your time capsule in 5 years, I hope there's no more pandemic! I hope that there is so much more justice in the world and that all those kids know that Black Lives Matter. I hope it is a more peaceful, more beautiful, more fun world.

What do you hope?

Hear initial responses.

Once we write the endings for our story, we are going to start making our time capsule container. This is what kids will discover in 2026. We're going to make it so cool.

3 MINUTES

BREATHING MOMENT

Just like every time, we are going to start by grounding our bodies and our breath.

Are your feet touching the ground?

How does your belly feel today?

Do you feel wiggly or calm? If you feel wiggly, let me see you wiggle it out. If you feel calm, show me your really calm body.

Let's do a little dance. Make sure you are breathing.

You ready for our special breathing?

Breathe into your belly.

Let's pick a pretend flower in our hand. Breathe it in soooooo deeply.

Now blow out a candle, breathe it out.

Breathe in the flower.

Blow out the candle.

One more time.

Okay, I think we are ready for the story. Get your body and mind relaxed and comfy. Here we go.

**ONCE UPON OUR
TIME CAPSULE**

5 MINUTES

EXPLORE

Re-read ending of Fairy Tale from last week or watch video of story at OurTimeCapsule.org

**ONCE UPON OUR
TIME CAPSULE**

5 MINUTES

REFLECT

Okay, at the end of the story, our hero made a time capsule so kids in the future could learn about what the brave person went through.

The end of our story is going to be what we imagine that world is going to be like when kids open your time capsules.

Let's play some games to imagine.

15 MINUTES

EXPLORE

Imagination Train Station

Everyone hop on the imagination train. We are going to start at exactly today but we are going to vroom into the future. Each time we stop, we will have moved one year.

Kids either move in a line through the classroom with the teacher at the head, or march in place/jump up and down with their arms making 90 degree angles if they are on zoom.

Teacher says: "Ready? Let's go! Imagination train is leaving the station!"

Everybody says: "Choo choo!"

The train moves a stop.

Okay, we are now one year in the future.

Everybody say "choo choo!"

1. How old are you now? What grade are you in? Show me how you stand, pretend you are seeing things in your new classroom.
2. Somebody turned on the news! What's on the news? Pretend you are watching and listening. Show me how you feel.
3. Okay, now you are playing outside! Show me what you are doing, one year from now outside! How does it feel?

Okay, we are going to the next stop! Hop on board. The Imagination Train is leaving the station!

Everyone: Choo choo!

Repeat Stops and Questions for 5 Stops:

- 1. Grade/Classroom***
- 2. News***
- 3. Playing Outside***

**ONCE UPON OUR
TIME CAPSULE**

10 MINUTES

CREATE

Okay, we really used our imaginations to think about the future. Now we are going to draw our very last puppet background for our story. Create an image of the future, the most magical future you can think of. Think of what it's going to look like for those future kids when they find your time capsules.

Drawing/Writing Time here...

10 MINUTES

EXPLORE

Now we are going to think about what other special objects we want to put in the time capsules. We have our puppets, we have all of our backdrops. Is there anything else special we want to include in our capsules?

Share Out Ideas

Let's find or make a special object that reminds you of the past year

It could be...

1. a special pencil you used for online school
 2. a picture you took while you were doing something fun
 3. a little puppet or drawing of your pet
 4. a paper cut out of your favorite food
 5. a note to the future kid
 6. Something else!
- Kids can use paper, markers, tape/glue, scissors to create additional little objects that they want to put into their tubes. They can make origami pets, color and cut out an image of their favorite food or their computer or a person they spent a lot of time with this year. They can write a little description on the back.

2 MINUTES

CLOSE OUT

Beautiful work today.

I am proud of you and you should be proud of yourselves. Let's end again by putting our hands on our hearts and everybody gets to say "I am soooo proud of me."

1-2-3 Let's all say it together.

Okay, now make big muscles like a superhero and say "I am a hero!"

3-2-1 Let's all say it together.

Beautiful work. We will keep working on our time capsules next time!

**ONCE UPON OUR
TIME CAPSULE**

DAY BY DAY LESSON PLAN

Day 5

ONCE UPON OUR TIME CAPSULE

5 MINUTES

INTRO

Today we are going to take our beautiful stories and put them into actual time capsules. These are going to be what other kids get to see first when we un-seal the Giant Chicago Time Capsule.

What kind of container do you want to use?

3 MINUTES

BREATHING MOMENT

Before we hear our stories, let's do our breathing moment.

Shake out your whole body 1-2-3-4-5-6-7-8-9-10

Amazing. Breathe in like you're breathing through a straw. Breathe out like you are blowing wind through a tree.

Again.

One more time.

**ONCE UPON OUR
TIME CAPSULE**

12 MINUTES

SHARE OUT

Kids can take turns zooming their superhero puppet through their backdrops, narrating the story of their past year and their imagined future.

Take videos of these to submit at ourtimecapsule.org

10 MINUTES

REFLECT

Those stories were amazing!

Let's share parts that stood out to us.

Have the kids repeat parts that stood out to them about the stories they heard. Recording this section would also be deeply meaningful. Submit any video at ourtimecapsule.org

12 MINUTES

CREATE

Now we are going to make the outside of our time capsules, the container that our backdrops and puppets are going to go into.

These are going to be the first thing those kids of the future see, so make sure they are all about you and super exciting!

Let's decorate the outside of your Time Capsule!

Whatever your special time capsule container is- put your name and age on the outside

Use fun craft supplies to make it beautiful and fun- what do you want a future kid to see when they find your time capsule? You can...

1. Collage- cut out and glue pictures you like
2. Make it unique- just like you
3. Make it look like a spaceship or like a creature
4. Draw on the outside how you hope the future looks when the kid opens your time capsule in 2026.

If you made a video, you can write the link down and put it inside of your special time capsule.

**ONCE UPON OUR
TIME CAPSULE**

5 MINUTES

SHARE OUT

Optional share time of time capsule containers.

**ONCE UPON OUR
TIME CAPSULE**

5 MINUTES

PICTURES

Have every kid document their hero and backdrops for submission at ourtimecapsule.org

Take pictures or video of the outside of the time capsules as well.

5 MINUTES

SEAL

Everything gets rolled up and put inside the container.

1. The puppet
2. All the backdrops
3. The images from the first day (optional)
4. Any additional object (optional)

2 MINUTES

CLOSE OUT

Incredible work reflecting and starting your story telling during this whole journey.

I am proud of you and you should be proud of yourselves. Let's end again by putting our hands on our hearts and everybody gets to say "I am soooo proud of me."

1-2-3 Let's all say it together.

Okay, now make big muscles like a superhero and say "I am a hero!"

3-2-1 Let's all say it together.

Beautiful work. I am so proud of you and you should be proud of yourselves.

Important Note for the Educator:

Please collect the puppets and accompanying Time Capsules in one container.

The Once Upon Our Time Capsule team will pick the puppets time capsules up to include them in the Giant Citywide Time Capsule and an exciting citywide exhibition.

If your kid wants to keep their puppet, please take a photo and share with us online at www.ourtimecapsule.org or hello@ourtimecapsule.org so we can make sure their work is included in the citywide time capsule exhibition. *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.*