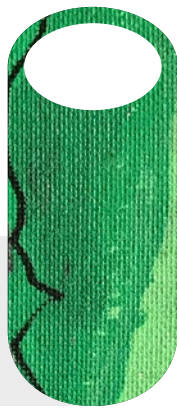


ONCE UPON OUR
TIME CAPSULE

Pop-up Time Capsule Guide



OVERVIEW

The Pop Up Time Capsule Facilitation Guide is an outline for organizations that would like to host an event where kids can make their own time capsules. Below are suggestions for stations, materials and activities that will lead students through the process of reflecting on the past year, creating their own time capsule and participating in community art-making. We'd love to help facilitate these events and collect the time capsules that are made so they can be part of Chicago's Time Capsule. We'd also love any images and videos of your events! Video of kids explaining their time capsule is especially powerful!

ONCE UPON OUR TIME CAPSULE

MATERIAL NEEDS

- Markers + Construction Paper
- Kid scissors
- Popsicle sticks
- Glue sticks
- Tissue Paper + pipe cleaners
- Large Time Capsule Container
- Stickers and glitter glue and stuff (fun craft supplies)
- Copies of Comic Book Worksheet

SET-UP

- Table
- CCT Cloth

CONCEPT

You were a hero this year! You lived through so much change during the pandemic. Make a special object and tell your story, then put it all into a time capsule!

FACILITATORS

2-6

TABLE ONE

STORY & SUPERHERO STATION

**Story - You lived through
so much change!**

- *Kids fill out the comic strip worksheet to create a story of their past year.*

**Superhero Puppet - You were
so brave!**

- *Each kid uses markers and construction paper to draw themselves as a superhero.*
- *Cut out superhero drawings and paste onto popsicle sticks*
- *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, creating a superhero puppet of themselves.*

TABLE TWO

TIME CAPSULE & SPECIAL OBJECT STATION

- *Kids will get a blank tube as their time capsule and decorate the outside of it (include name, age)*
- *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.*
- *Kids can drop their objects, stories, and superhero puppets into the time capsule tubes.*
- *These can get dropped into a large “time capsule container”, which kids can help decorate with their name and a cool design.*

OPTIONAL

COMMUNITY TIME CAPSULE INSTALLATION

- *Display a communal piece that kids can draw on and decorate as a part of the “community time capsule”*
- *An artist can have sketched on any of these surfaces and kids can fill it in*
- *The surface can have a heading like: “I am so brave!” Or “I am a hero!”*
- *Kids can easily add their names, handprints or drawings to the surface as it becomes a memento of the “community time capsule”*



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Potential communal art surfaces:

- A large chalkboard
- A piece of butcher paper
- A mural

OPTIONAL

ACTIVITY STATION

A facilitator leads embodied and high energy games with groups of kids designed to encourage reflection on the past year.

ACTIVITY BANK

6 Second Stories

Students can respond to each prompt using their bodies, making a “snapshot” while the facilitator counts down from 6 to 1. At 1, everyone freezes!

Statues

Facilitator can offer the following prompts and students can create a statue with their bodies.

- ***At the beginning of quarantine.....***
- ***Something hard was....***
- ***Something magical was...***
- ***I became a hero....***
- ***Students will create a pose for each prompt. The facilitator can use music or clapping as students transition from one pose to the next.***

Keep/Leave

The facilitator will say:

- ***“Something I want to keep is”***

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

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

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

Repeat.

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!