



## Ohio 4-H Cloverbud Time Capsule

### *Creating a Family Time Capsule*

*A time capsule is a fun way to capture memories from the present day for your future self or someone else to remember.*

#### CHOOSING A CONTAINER

When choosing a container for your time capsule think about...

Where you will store your time capsule?

How long it will be before you open your time capsule?

For indoors: a shoe box, wooden box, plastic storage container, or mason jar.

For outdoors, a weatherproof, non-biodegradable container ideally made of stainless steel.

Be sure that your container will not leak. Your container should keep out light, dust and other air-borne pollutants.

Even if you use a good container, there are many items that will deteriorate over time. When one item in a time capsule deteriorates, it can affect other items in your time capsule. It will also help to package items in acid free envelopes or zipper bags.



Designed by Christy Millhouse,  
Extension Educator, 4-H  
November 2020

#### WHAT TO INCLUDE IN YOUR TIME CAPSULE

- Your favorite 4-H Cloverbud activity
- All About Me - downloaded from Ohio 4-H
- An Interview with My Family – downloaded from Ohio 4-H
- Time Capsule Clover – downloaded from Ohio 4-H
- Newspapers or magazines showing current events or current trends
- The labels or packaging of your favorite foods. Be sure they are clean before you put in your time capsule.
- A list of the cost of current items: gas, your favorite food, a new car etc. or picture of advertisements with the price of items
- Photographs (A USB drive with videos and photos could be included)
- Letters (you could include a letter to your future self about how you see yourself in the future)
- Current clothes and fashion items
- Examples of current technology – be sure to remove anything that might corrode.
- Copies of special school assignments
- A favorite drawing or artwork
- A copy of your family's favorite recipe

Some people like to create a theme time capsule for an event like a birthday or anniversary.

#### LOOKING FOR OTHER INFORMATION ABOUT CREATING A TIME CAPSULE

*Check out these websites*

- <https://www.loc.gov/preservation/resources/educational/timecapsule/index.html>
- <http://www.ala.org/alcts/preservationweek/preserve-memories-create-family-time-capsule>





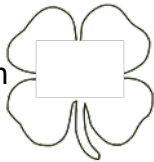
### Ohio 4-H Cloverbud Time Capsule

#### All About Me

My name is \_\_\_\_\_

Date: \_\_\_\_\_

I am  years old.

I am in  grade.

Draw a picture of yourself or attach a photograph of yourself.



What was school like for you in the fall of 2020? Did you go back to school full time or did you learn online or a combination? How did you feel about how you went to school?

### My Favorite Things

4-H Cloverbud Activity (that you did at a meeting) \_\_\_\_\_



Toy \_\_\_\_\_

Song \_\_\_\_\_



Food \_\_\_\_\_

Movie \_\_\_\_\_

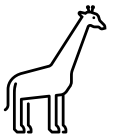
Color \_\_\_\_\_

Place to Go \_\_\_\_\_



Book \_\_\_\_\_

Animal \_\_\_\_\_



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Reference: <https://letsembark.ca/time-capsule>

[www.ohio4h.org](http://www.ohio4h.org)



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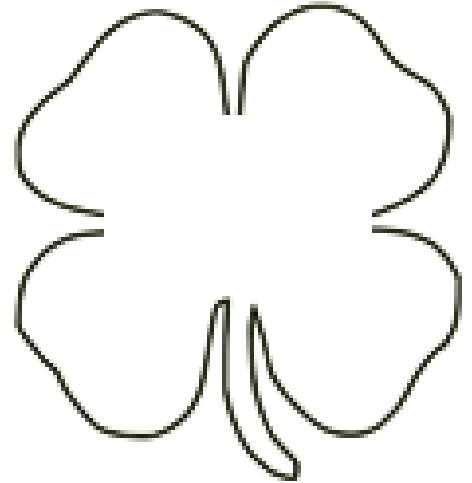
### Ohio 4-H Cloverbud Time Capsule *An Interview With My Family*

The person/people I interviewed \_\_\_\_\_

Date: \_\_\_\_\_

Draw a picture of your family or attach a photograph of your family.

*In the clover,  
write one new  
thing you learned  
to do this year.*



*2020 has been an unusual year. Think about what you have done this year as you answer these questions together.*

1. What has been the biggest change for your family this year?
2. What are you most thankful for?
3. What is something that you had to do different this year that you will continue to do?
4. What is your favorite memory from 2020?

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*Time Capsule Clover*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**HEAD**  
What was one new thing that you learned in 2020?

**HEART**  
What are some words that describe how you and your family are feeling during the pandemic?

**HANDS**  
How did you help someone in 2020?

**HEALTH**  
What was one thing you did to stay healthy this year?

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