



Big Life Journal

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My 11 Year Time Capsule

There is a unique date coming up: 2-22-22 or February 22, 2022. This an awesome date to create your 11-Year Time Capsule! Why? Because you can plan to open it on another unique date: 3-3-33 or March 3, 2033.

- 1** Find a jar, an empty shoe box, or other empty container. Cut out the title from the first page and glue it to your time capsule.
- 2** Decide which of the pages here and what other objects you want to include in your time capsule.
- 3** Once you have everything inside, seal your time capsule. Print the label on Page 2 and tape it to your container. On 3-3-33, open the capsule to remember what was important to you at the unique time!



Other ideas for filling your capsule:

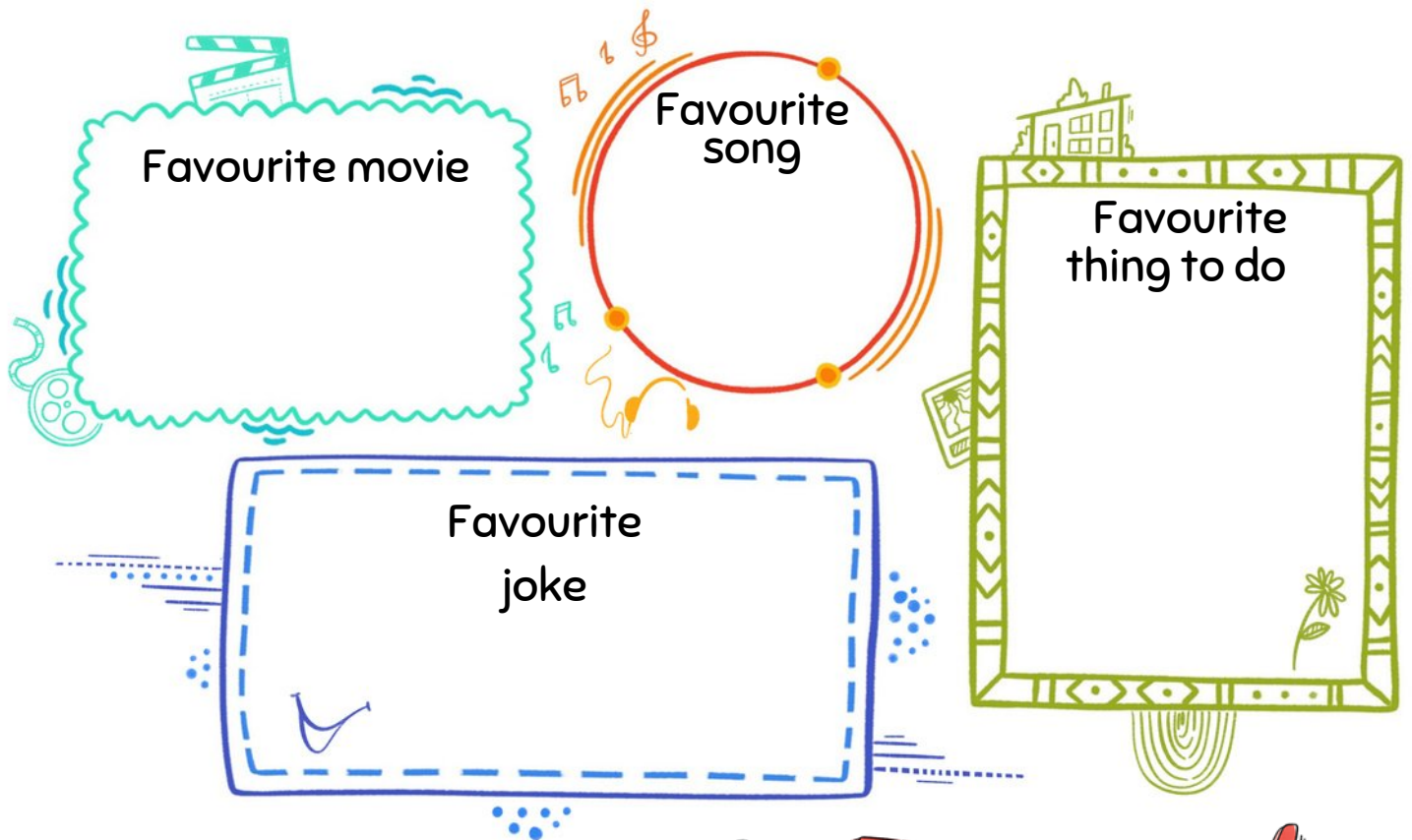
- | | |
|--|---|
| ☐ Photos from this time | ☐ A letter to your future self |
| ☐ Local newspaper cutouts | ☐ Family handprints |
| ☐ A letter from your parents | ☐ Your journal pages |
| ☐ Cards from friends and family | ☐ Your artwork |



My 11 Year Time Capsule

To be opened on 3-3-33

Big Life Journal



My Current Favourites



Me and My World

My name _____	I live in _____
I am _____ years old	I live with _____

I mostly feel



...and sometimes
I feel



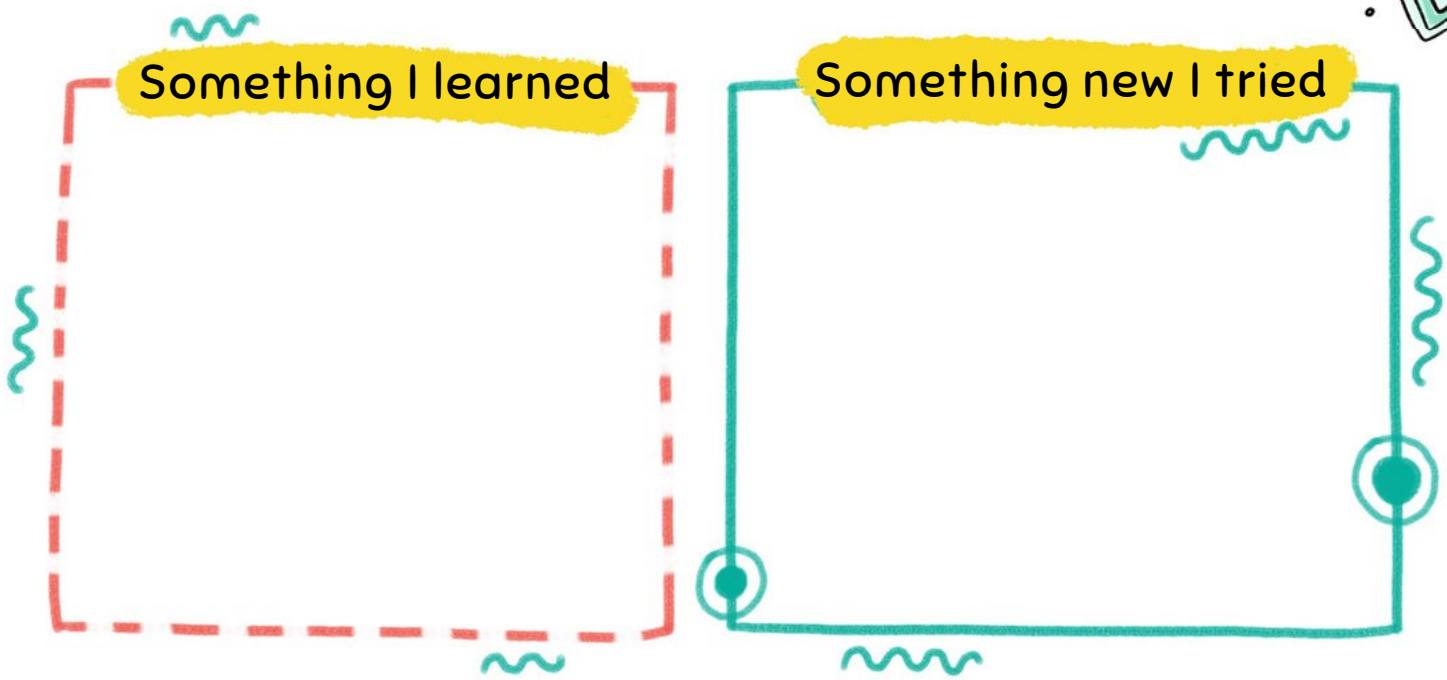
Things I do most

I wish I did more of



My favourite hobby

My favorite place to visit



I'm most THANKFUL for

Something I would like to learn more about



My Day

Describe your daily routine in the spaces below.



Morning:



Afternoon:



Evening & Bedtime:

Interviewing My Parents



DATE: _____

INTERVIEWED BY: _____

What is your favourite song right now?

What is your favourite TV Show right now?

What are 3 things you're grateful for?

1.

2.

3.

What do you hope we'll do more of this year as a family?

What is your funniest family memory?

What is your favorite memory with me?

Favorite thing you did lately

Favorite recipe you tried

Favorite game we play

I Am Grateful

Because I...

CAN

AM

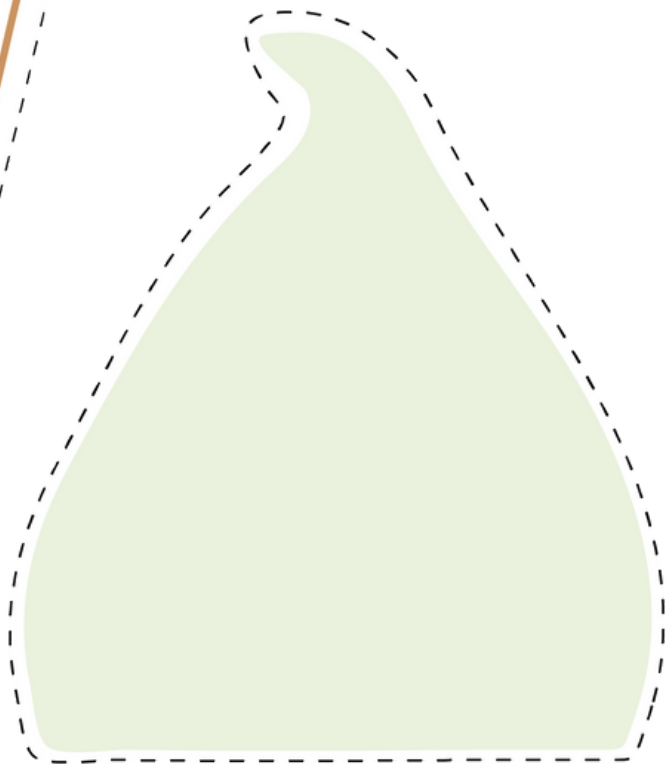
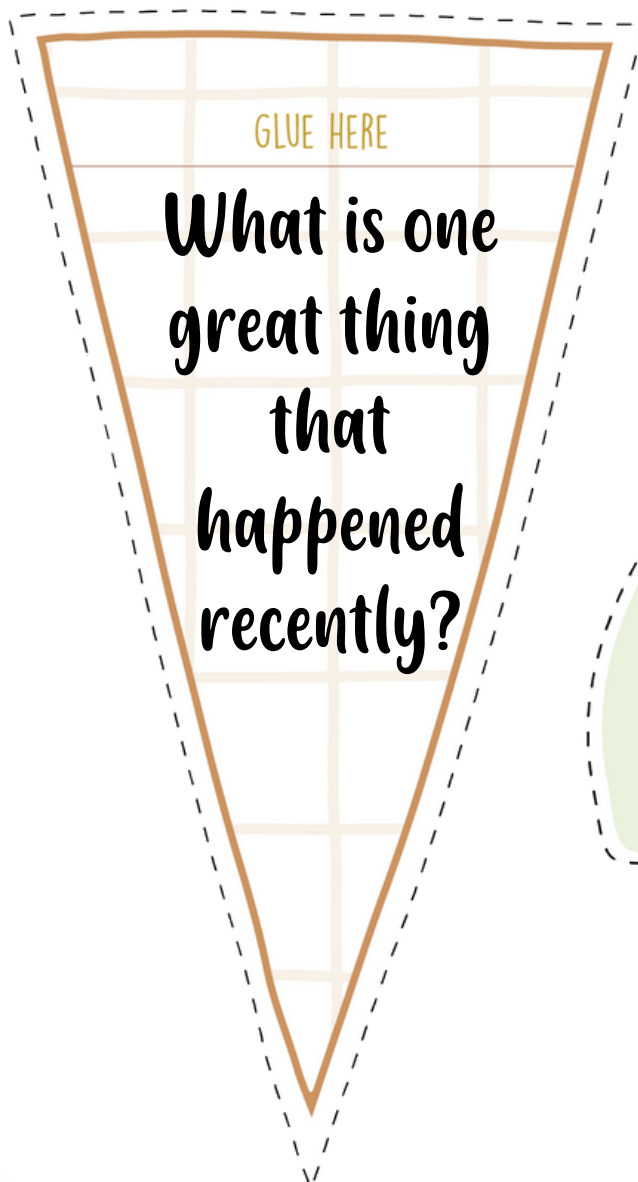
HAVE

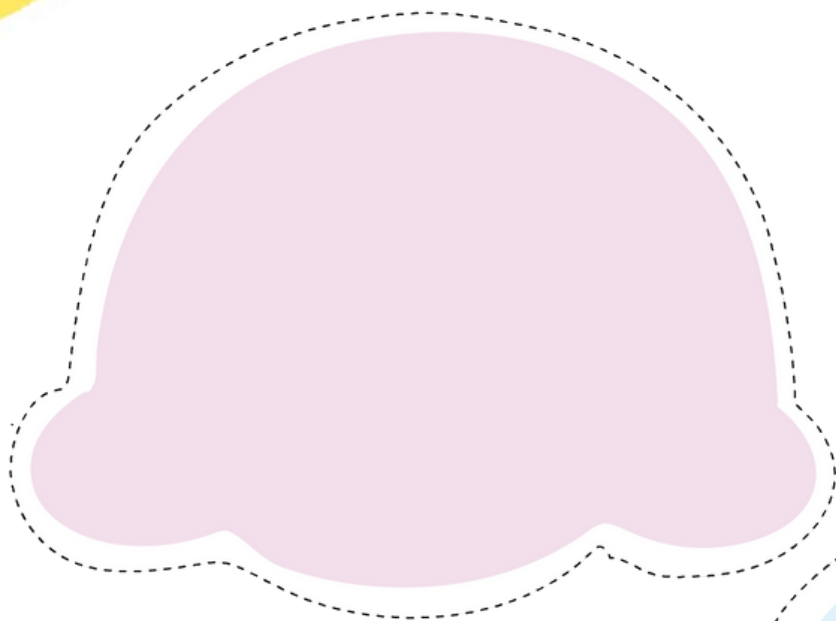
Vertical line for writing under CAN

Vertical line for writing under HAVE

It's the Little Things that Count

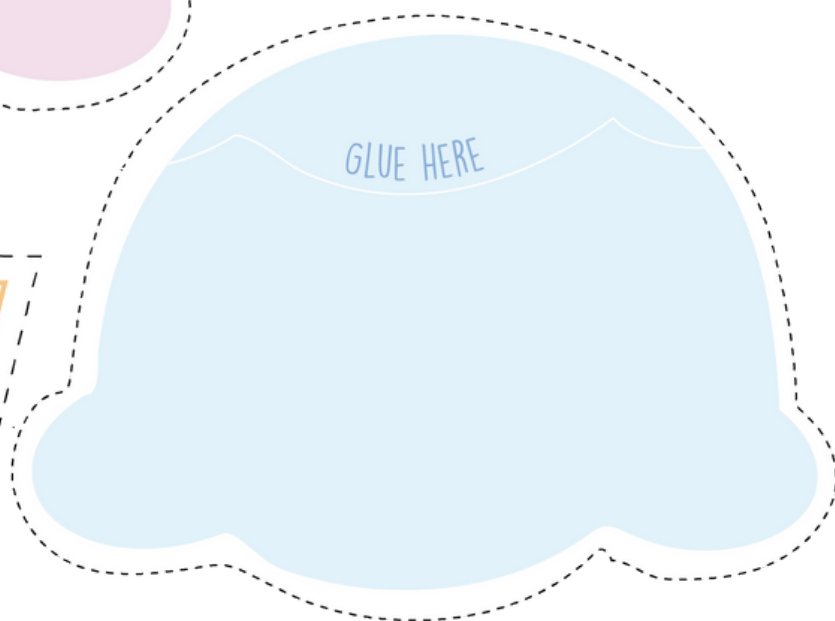
Read the questions on the cones. Then write your answers on the ice cream shapes. Cut out the shapes. Use glue or tape to add the 'scoops' on top of the cones. Don't eat them! (Haha!) Place them in your time capsule.





GLUE HERE

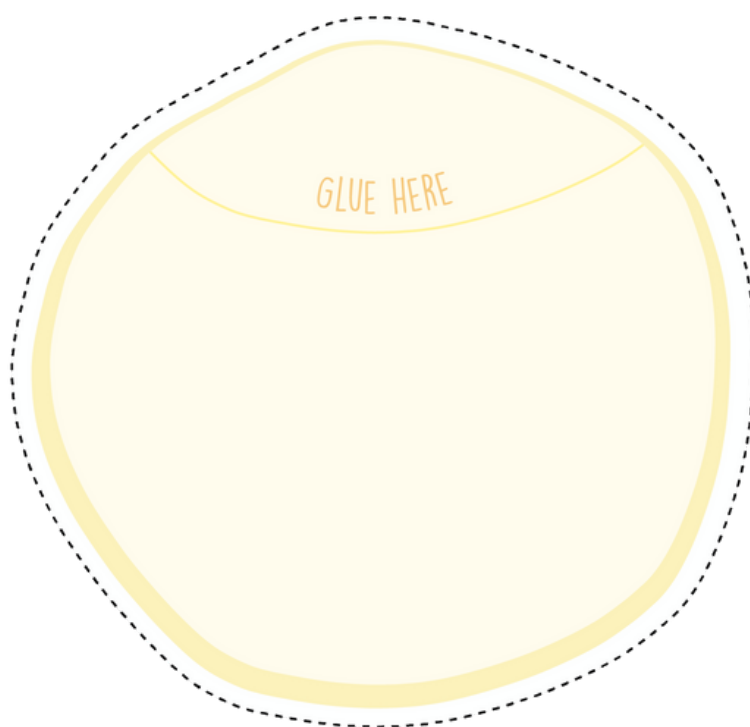
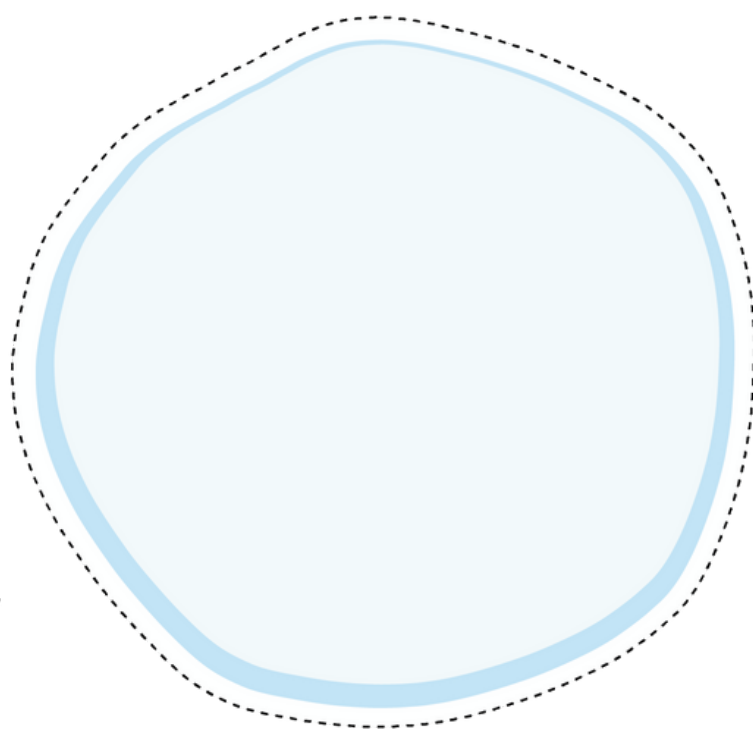
**What are
3 things
you're
grateful
for?**



GLUE HERE



GLUE HERE



Growth Mindset Kit

Ages 5-11

A collection of printable worksheets, posters, and activities to help your child discover the power of their brain and realize they can achieve great results with practice and effort.

"I have seen such **great changes in the way my daughter views obstacles.** She is more open to finding solutions. I also use this kit in my therapy sessions."

- Alexandra D.

★★★★★



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With gratitude,
Big Life Journal team