

MY 2020



SAFE AT HOME

TIME

CAPSULE



Name:

Date completed:

A snapshot of your life

INSTRUCTIONS: Take some time to fill in these pages for your future self to look back on. They don't need to be done in order or all at once. Color and decorate these as you wish to make them your own.

Here are some ideas to include:

- Some photos from this time
- A journal of your days
- Local newspaper pages or clippings
- Any artwork you created
- Family or pet pictures
- Special memories



Draw a picture of everyone in your household.



Date:

It's all about me

Write about yourself and some of your favorite things.

HOW OLD AM I?

HOW TALL AM I?

WHAT IS MY SHOE SIZE?

WHAT IS MY GIRL SCOUT LEVEL?

MY FAVORITES

TOY:

COLOR:

ANIMAL:

G.S. COOKIE:

SHOW:

MOVIE:

BOOK:

ACTIVITY:

PLACE

CAMP SONG:

MEMBERS OF MY TROOP

When I grow up, I want to be:

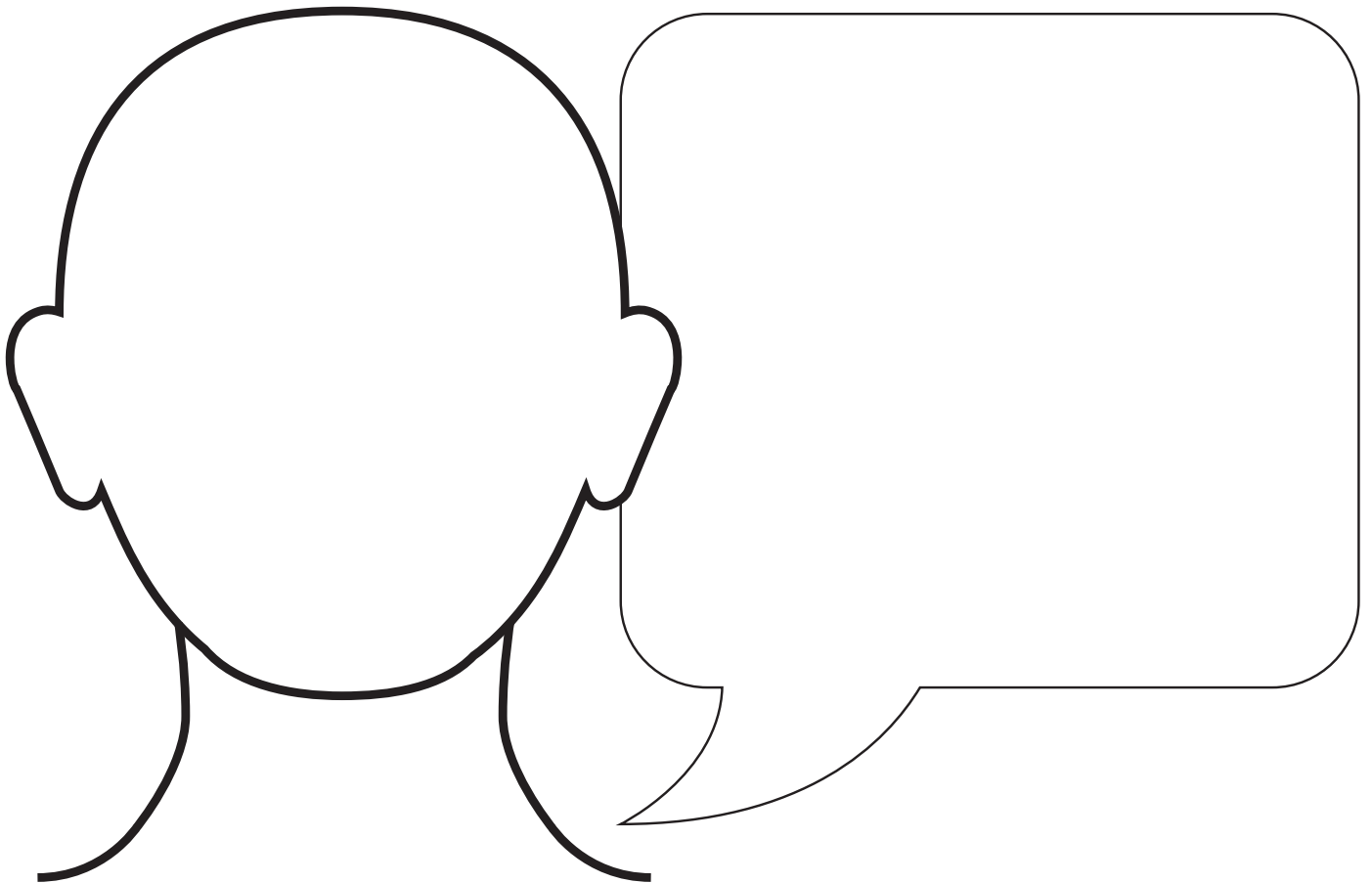
Date:

How I'm feeling

A lot of things have changed around you and you may be feeling new and different emotions. Use this page to share your feelings.

Draw how
you're feeling.

Words that describe
how you're feeling.



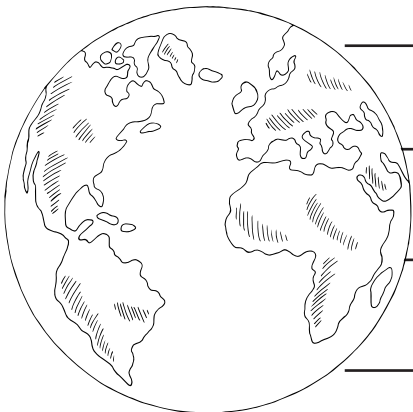
How are you taking care of yourself?

Date:

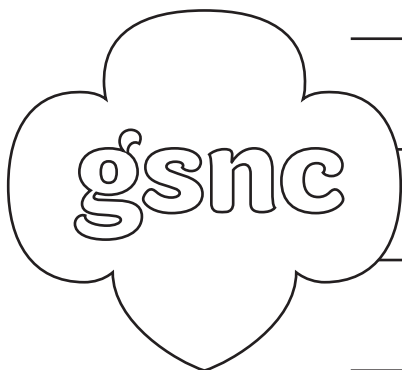
Connecting to others

What things are you doing to help feel connected to others?

How are you staying connected with Girl Scouts of Nassau County?



How are you staying connected with your troop?



Date:

What are you doing while you are safe at home?

Write or draw about the things you do to keep busy at home.

A large rectangular box divided into four quadrants by a vertical and a horizontal line. In the center, where the lines meet, is a house-shaped icon containing a cloud with the letters 'gsnc' inside. The four quadrants are intended for writing or drawing.

Date:

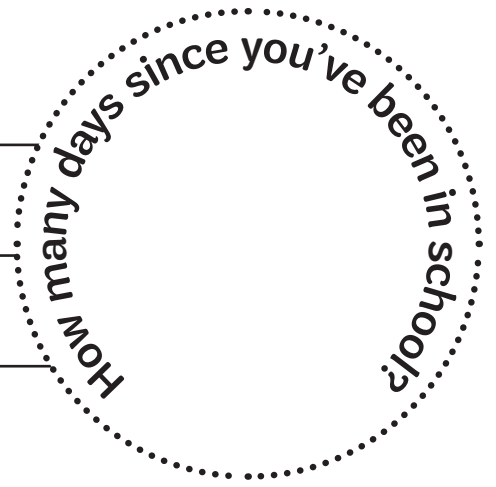
Our handprints

Trace your hand and the people that are living in your home here.
You can overlap the hands and fill the shapes with color.

Date:

Interview your household.

How are you finding learning from home?



What are your favorite activities and hobbies?

What are you thankful for?

Shows you've watched:

Favorite thing to bake:

Favorite time of day:

Most played song:

Date:

Special occasions

What occasions did you celebrate during this time?

(For example: birthdays, St. Patrick's Day, Easter, Passover, Ramadan, Earth Day, Volunteer Appreciation Day)

DATE	EVENT	HOW YOU CELEBRATED

Date:

What Girl Scout activities have I done at home?

(Badges, patches, awards, Journeys, community service, virtual meetings)

DATE	ACTIVITY	FAVORITE PART

Date:

Interview your troop!

Take a few minutes to check in with your Girl Scout sisters!
Make copies for additional interviews.

Person interviewed: _____

Date: _____

How are they feeling? _____

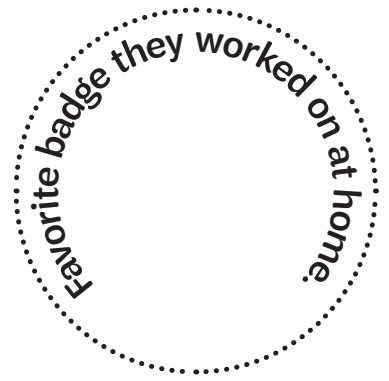
Recent favorites:

Snacks: _____

Show: _____

Movie: _____

Song: _____



Interview your troop!

Take a few minutes to check in with your Girl Scout sisters!
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Person interviewed: _____

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How are they feeling? _____

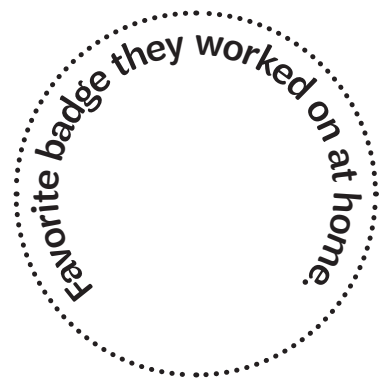
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Letter from my household

Ask a special person in your life to write a letter to you offering words of wisdom.

Date:

Self reflection

Now is a good time to think about things you have learned about yourself, and what you are grateful for in your own life.

What have I learned from this experience?

What am I most grateful for?

Three things I am most excited about doing when this is over:

Date:

We want to hear from you.

Share with us how your Girl Scouting experience is helping you manage during this moment of time.

Please feel free to share your pictures with us at marketing@gsnc.org or by tagging us on social media.

