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**Time to create a time capsule.**

**You will need:**

* An empty container e.g. small cardboard box, empty plastic container, small used cereal box.
* Paper
* Pencil/Pen
* Markers or colouring pencils

**Instructions:**

1. Write a letter to your future selves. Tell them about yourself – what you like to eat / like to drink / what your hobbies are / what class you are in / what age you are / who your friends are / what you want to be when you grow up. Don’t forget to date your letter e.g. 23rd March 2020.
2. Collect some food wrappers / labels of things you like.
3. Draw a picture or your family or include a photograph.
4. Trace around your hand so your future self can compare hand sizes with you.
5. Ask your parents for today’s newspaper or write down the main headlines from RTE / Virgin Media news today.
6. Put all of the above in your container or box (decorate the box if you wish).
7. Ask a parent to help you to bury the box in your back garden or hide it in the attic of your house.
8. Find the box and open it in ten years time!