



CHRISTIAN EDUCATION DEPARTMENT

Black History COVID-19 Time Capsule

Mark 1:29-39

*And he cured many who were sick with
various diseases*

Mark 1:34a NRSV



This chapter of Mark has stories of Jesus healing many people. One person who Jesus heals is Simon's mother-in-law. We do not know Simon's mother-in-law's name; but we know that after she was healed, she served. Just as the Gospel of Mark tells of healing, even in this COVID-19 pandemic, we believe that Jesus still heals.

February is Black History month in the USA, Canada, the United Kingdom, and other countries. History tells the stories of famous people who did big things; but, history also can tell the stories of people whose names we may not know but who serve others. This February is an excellent time to help tell your story and the stories of others living right now during this COVID-19 pandemic.

Let's make a time capsule. A time capsule is a container which is filled with things from a particular time. The capsule is then kept secure and is opened only in the future (usually a long time after). The capsule will help those who open it learn a little about the person or persons who made it in the first place.

Here are some links to help us make our Black History COVID-19 Time Capsule:

<https://www.first51a.org/article/activity-create-a-covid-19-time-capsule/>

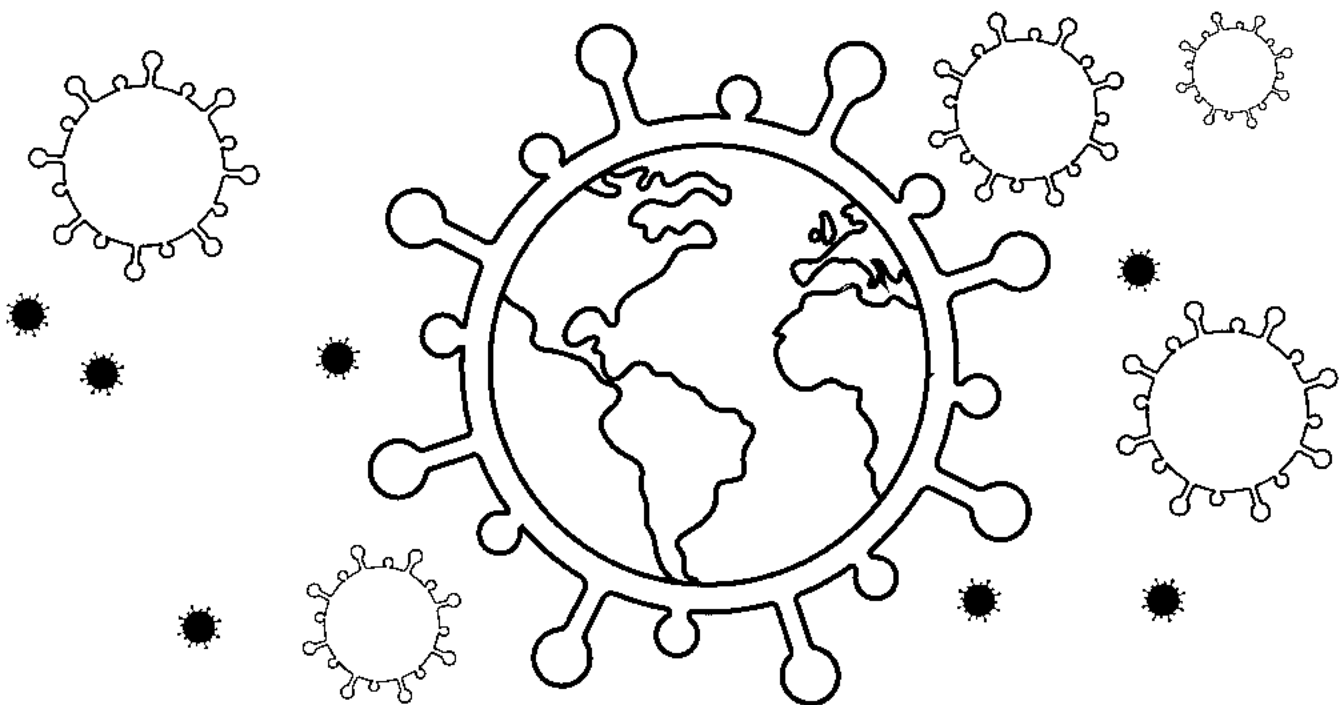
<https://us.cnn.com/2020/04/09/cnn-underscored/covid-19-time-capsule-ideas/index.html>

<https://www.goodto.com/family/things-to-do/covid-19-time-capsule-538121>

Following is a time capsule worksheet that will help you in this project. (You can also find a Canadian version, versions in French and Spanish, as well as versions for adults of the worksheet: <https://letsembark.ca/time-capsule>.) You can share photos of your time capsules with the AMEC Christian Education Department at cedoffice@ameced.com or through Facebook and Instagram.

Craft adapted from: <https://letsembark.ca/time-capsule>

MY 2021 COVID-19 TIME CAPSULE

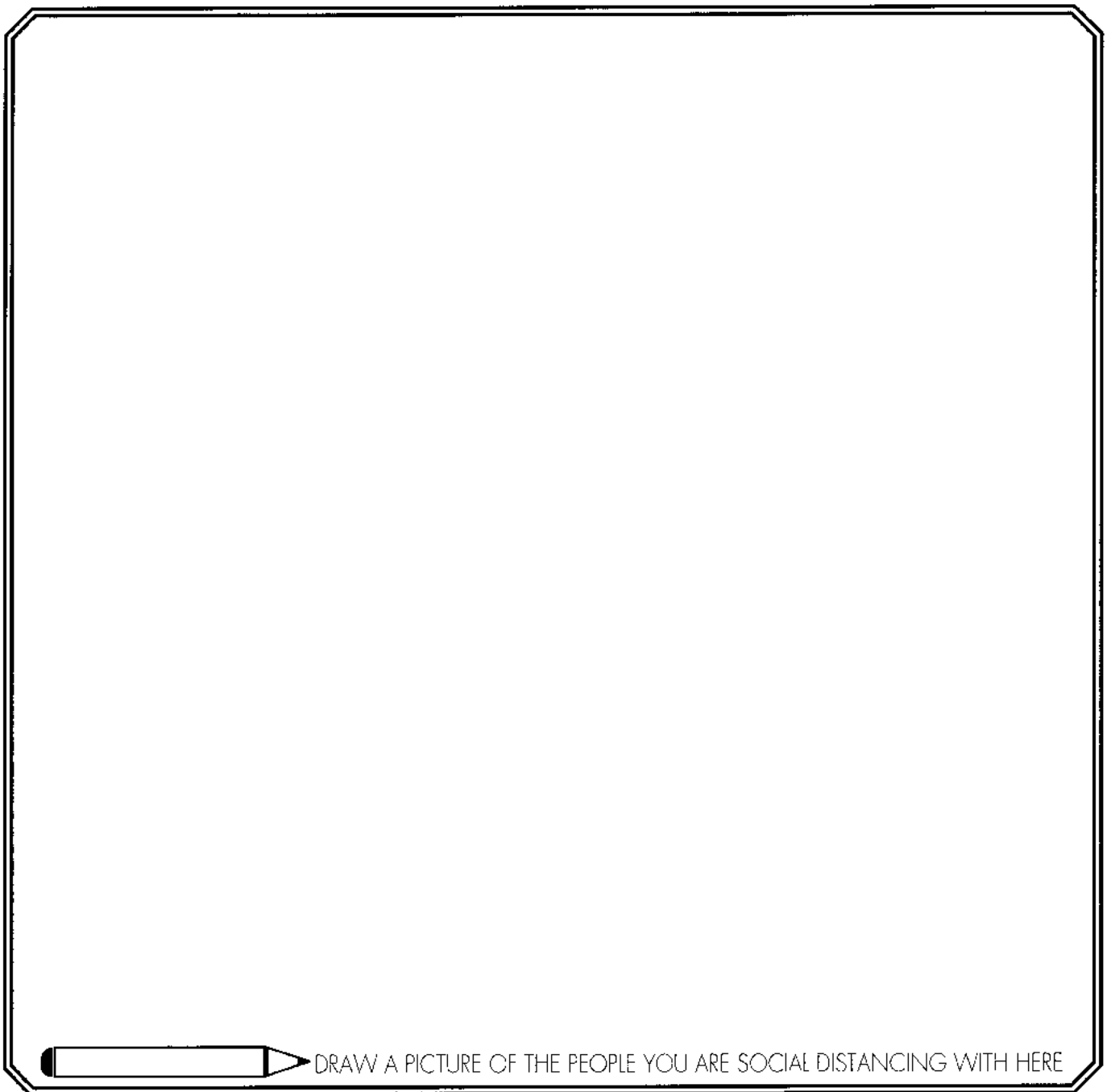



BY: _____

YOU ARE LIVING THROUGH HISTORY RIGHT NOW

TAKE A MOMENT TO FILL IN THESE PAGES FOR YOUR FUTURE SELF TO LOOK BACK ON. AND HERE ARE SOME OTHER IDEAS OF THINGS TO INCLUDE:

- SOME PHOTOS FROM THIS TIME
- ANY ART WORK YOU CREATED
- A JOURNAL OF YOUR DAYS
- FAMILY / PET PICTURES
- LOCAL NEWSPAPER PAGES OR CLIPPING
- SPECIAL MEMORIES



 DRAW A PICTURE OF THE PEOPLE YOU ARE SOCIAL DISTANCING WITH HERE

♥♥ ALL ABOUT ME ♥♥

I AM _____
YEARS
OLD

I STAND _____
INCHES
TALL

I WEIGH _____
POUNDS

SHOE SIZE _____

MY FAVORITES

TOY: _____

COLOR: _____

ANIMAL: _____

FOOD: _____

SHOW: _____

MOVIE: _____

BOOK: _____

ACTIVITY: _____

PLACE: _____

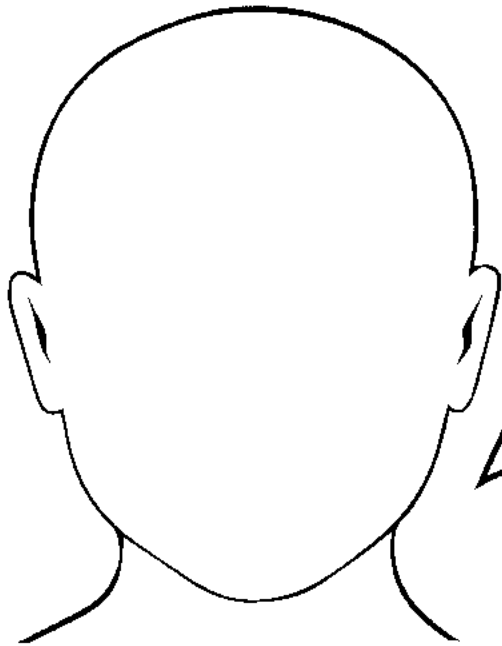
SONG: _____

MY BEST FRIEND/S:

WHEN I GROW UP I WANT TO BE:

DATE: _____

HOW I'M FEELING



HOW MY FACE LOOKS



WORDS TO DESCRIBE HOW I FEEL:

WHAT I HAVE LEARNED MOST FROM THIS EXPERIENCE:

I AM MOST THANKFUL FOR

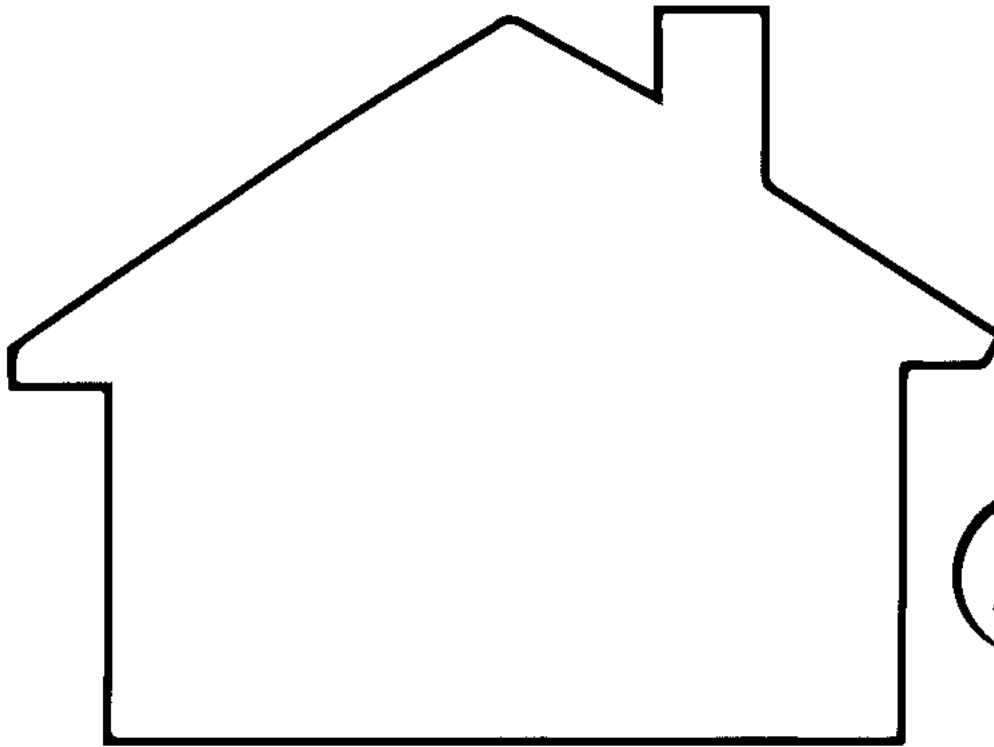
THE 3 THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER:

1

2

3

MY COMMUNITY



COLOR THIS HOUSE
TO LOOK LIKE YOURS

WHERE I AM LIVING DURING THIS TIME:



WHAT THINGS ARE YOU DOING TO HELP FEEL CONNECTED/HAVE FUN
OUTSIDE (e.g hearts in windows, chalk notes on sidewalk, etc)

HOW ARE YOU CONNECTING WITH OTHERS?



YOU ARE NOT STUCK AT HOME,
YOU ARE SAFE AT HOME!



WHAT I AM DOING
TO KEEP BUSY:

OUR HANDPRINTS



PRINT THE HANDS OF ALL THE PEOPLE LIVING IN YOUR HOME
(IN DIFFERENT COLORS) AND PLACE YOUR HANDS HERE



SPECIAL OCCASIONS

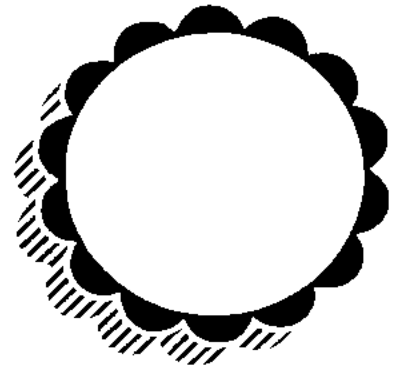
WHAT OCCASIONS DID YOU CELEBRATE DURING THIS TIME?
WRITE THE LIST DOWN HERE AND WHAT YOU DID TO CELEBRATE
(E.G. ST. PATRICK'S DAY, EASTER, BIRTHDAYS, ANNIVERSARIES)

| EVENT | DATE | HOW YOU CELEBRATED |
|-------|------|--------------------|
| | | |
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| | | |
| | | |
| | | |

INTERVIEW YOUR HOUSEHOLD

WHAT HAS BEEN THE BIGGEST CHANGE?

HOW ARE YOU FINDING HOMESCHOOLING?



DAYS SPENT INSIDE

HOW ARE YOU FEELING?

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE:

1. _____
2. _____
3. _____

WHAT ACTIVITIES/HOBBIES HAVE YOU MOST ENJOYED DOING?

WHAT ARE YOU MOST THANKFUL FOR?

WHAT TV SHOW YOU WATCHED : _____

GOAL/S FOR AFTER THIS:

YOUR NEW FOUND FAVORITE INSIDE HOUSEHOLD ACTIVITY:

FAVORITE FOOD TO BAKE: _____

FAVORITE TIME OF DAY: _____

