

# KIDS WHO CARE

A BIMONTHLY ACTIVITY NEWSLETTER

MAY 2020 | VOLUME 1

## HELLO!

Welcome to our third edition of our activity newsletter!

This week's activity something I've seen in the media: it's a time capsule.

It's about focusing the positive of this time, but also a way to look back and capture a snapshot of our family.

I hope you enjoy it with your family.

Feel free to share your family's artwork with us on social media. We'd love to see it!

Warmly,

Jocelyn Chamra-Barrera



## FAMILY FUN ENGAGEMENT

### Materials:

- Pencils, pens, markers, crayons, colored pencils
- A container (1 for each child or 1 for the family)
- Photos, art work, mementos

### A few things to remember:

Kids attention spans are short.

Grief comes in spurts. Some kids may not want to share their grief at a certain time.

Be gentle with yourself. This is a difficult and uncertain time. Not all our plans will happen and that's OK!





## TIME CAPSULE ACTIVITY

### **Set up:**

- Think about making one family container or one for each member
- Print some handouts for ideas
- A place to store it after it is finished (buried in the backyard, in the attic, in a closet)

### **Activity:**

- Explain the activity to your family:
  - Participation is encouraged but optional
  - We are all living through this time and this can be a positive way of looking back of what we did independently and as a family
  - We can make artwork, fill out handouts, newspaper clippings, photos, whatever you'd like

### **Suggested Guidelines:**

- Sit as a family and discuss the activity
- Plan by when you'd like to store it
- Discuss where you'd like to store it and when you'd like to open it
- Think about what may come up for your children; happy, sad, angry feelings may come up and that's OK. It may be hard to have a positive spin during this time. Allow your children to express all of their emotions in this activity.

### **Topic Ideas to Get You Started:**

- Photos from this time
- A journal entry
- Artwork created
- Family/pet pictures
- Special memories
- Visit: <https://letsembark.ca/time-capsule> for more ideas!