

# TIME CAPSULE

This activity is to help you reflect on the positive things that have happened during your experience in lockdown.

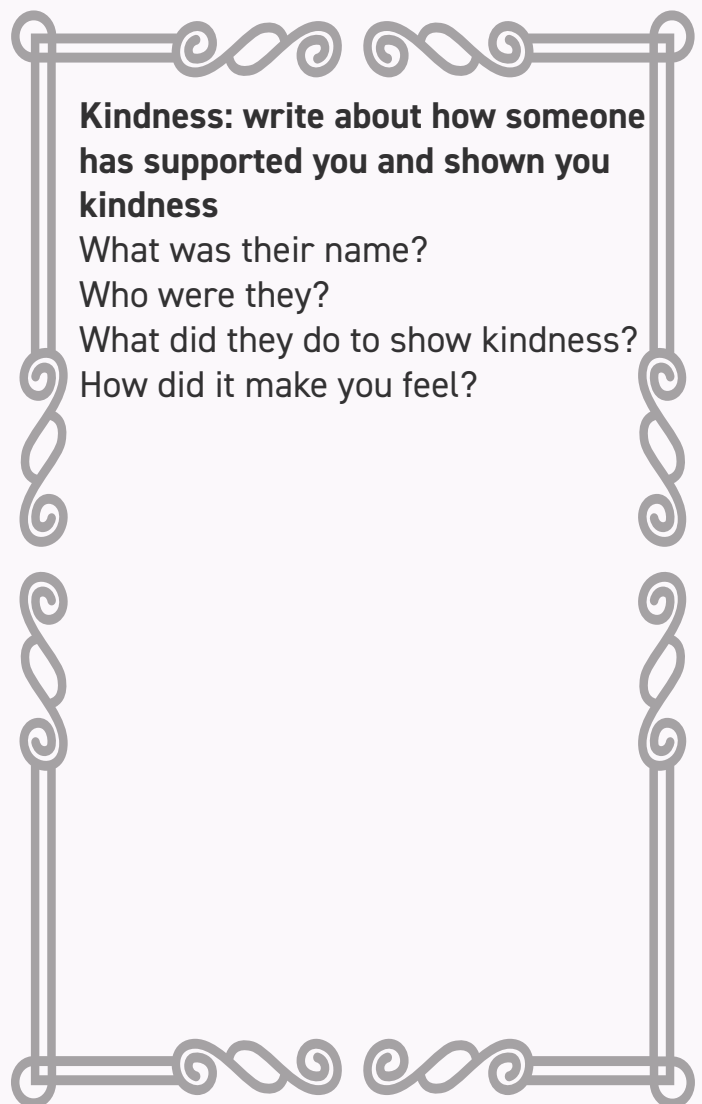
Although there's no doubt this has been a difficult time for everyone, it's important to notice the good things in the face of uncertainty.

**Date:**

**Week Number:**



**Whilst I've been safe at home,  
I've been keeping myself busy by:  
(5 things)**



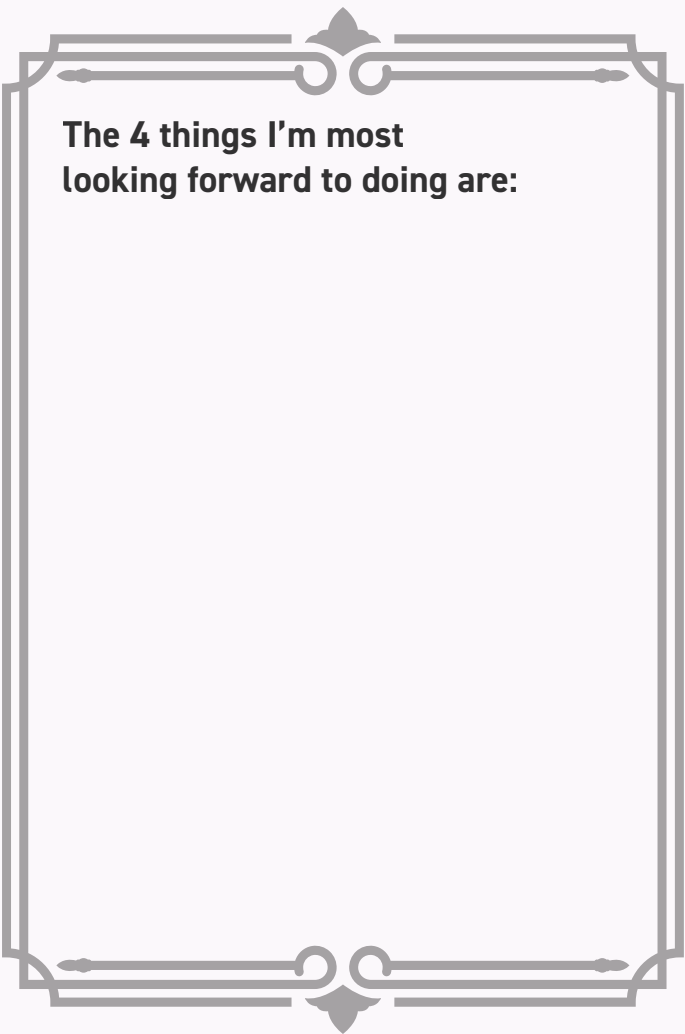
**Kindness: write about how someone  
has supported you and shown you  
kindness**  
What was their name?  
Who were they?  
What did they do to show kindness?  
How did it make you feel?

This idea has come from the Trafford Culture Champion programme which is based at Stretford Public Hall. If you are over 50 and would like to hear more about the Trafford Culture Champion programme please contact Jess on [jessica@stretfordpublichall.org.uk](mailto:jessica@stretfordpublichall.org.uk) or call on 07856489930



*Creative Care Kit: a GMCA project in collaboration with Greater Manchester's cultural and voluntary sectors*



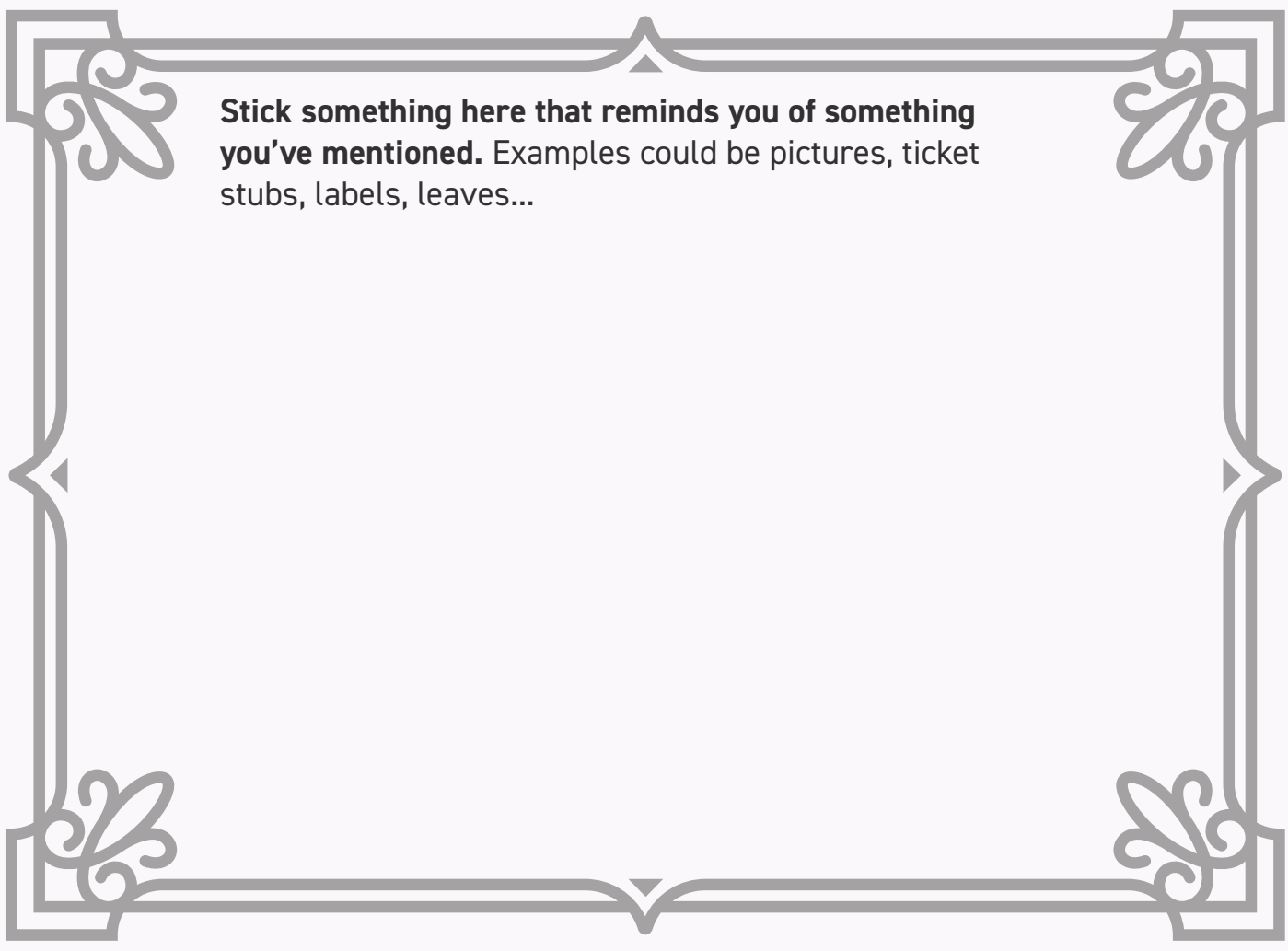


**The 4 things I'm most looking forward to doing are:**



**3 things I've learned**

This could be anything you didn't know before, a fun fact, a new skill or something you've learnt about yourself:



**Stick something here that reminds you of something you've mentioned.** Examples could be pictures, ticket stubs, labels, leaves...