

## My digital life time capsule

A time capsule is a container filled with drawings, photos, letters, notes or special objects that is sealed and stored in a safe place for you to open in the future. It's a fun way to preserve memories from a certain point in time and then later, when you open it, you can reflect on how things have changed. This capsule focuses on your digital habits, likes and activities.

To create your time capsule, you'll need:

- Drawing or colouring materials
- Paper
- Access to a computer
- Optional: USB or printer
- A container with a lid, like a clean jar, shoe box or even an empty yogurt container
- Things that are important or meaningful to you, such as drawings, photos or small objects. Remember, these items will be sealed inside your time capsule until you open it in the future!

### Instructions:

1. Fill in your answers to the questions on the **My digital life time capsule** worksheet.
2. In addition to your completed worksheet, decide what other things related to your digital life you want to put in your time capsule. For example, you can include:
  - A printout of your favourite memes
  - A letter to your future self about how to be the best version of yourself online and offline
  - A colouring of your favourite emojis
  - Favourite photos
  - A USB drive or QR code linking to a cloud storage folder with your favourite digital things saved on it, like links to your favourite TikTok or YouTube videos (Take a screenshot too! Sometimes links can change over time), your favourite song, a screenshot of your social media profile, or a screenshot of a conversation between you and a friend

The items and mementos you choose to put in your time capsule are up to you. Use your imagination to add things that are important or meaningful to you.
3. Put everything you've collected in a clean container with a lid.
4. Create a label for your capsule, indicating your name and the date that you plan to open your time capsule. Glue or tape the label to your container.
5. Store your time capsule in a safe place, such as in your closet or under your bed.
6. One year from now, open your time capsule to revisit your memories and see how much you've grown and what you've achieved!

# My digital life time capsule

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Age: \_\_\_\_\_

## My digital favourites in 2024

App: \_\_\_\_\_

Online personality: \_\_\_\_\_

Meme: \_\_\_\_\_

Emoji: \_\_\_\_\_

Game: \_\_\_\_\_

Device: \_\_\_\_\_

What apps or devices are you using to stay connected with your family and friends? \_\_\_\_\_

How do you feel about how much time you, your friends and family spend using devices? Is there anything you would change? \_\_\_\_\_

What are some of your favourite tech-free activities? \_\_\_\_\_

Have your friends, parents or other family members shared any photos or videos of you online? Which ones and how do you feel about it? \_\_\_\_\_

Which websites or online tools did you use this year to help you with your schoolwork? What was your favourite and why? \_\_\_\_\_

Have you participated in any digital challenges with your friends or family? What was it? Was it fun? Safe? Why or why not? \_\_\_\_\_

What's your favourite video? Why? \_\_\_\_\_

What do you think about Artificial Intelligence? Can it help us? How can we stay safe while using it? \_\_\_\_\_

If you were to create an app or a website, what would it be? Why? \_\_\_\_\_