

Mail a Hug



Here are your directions:

1. Spread out a long sheet of butcher paper.
2. Trace the child's head, arms, and upper torso onto the paper.
3. You can either cut it out now or decorate first and then cut. We used paint but markers or crayons would work just fine!
4. Print or write out the message below to accompany the hug.
5. Fold it all up, put in an envelope and mail!

Here's the message we use:

*"I miss you when you're far away.
I'd love to see you every day.
But since I can't come over to play,
I'm mailing you a hug today.*

*So, although it might be quite a sight,
wrap my arms around you tight.
Repeat daily to keep your smile bright,
until we get to reunite!"*

Make a Family Time Capsule



STEP 1: CHOOSE WHERE YOU'LL HIDE YOUR TIME CAPSULE

Time capsules come in many different forms and can be hidden away in different ways. You can choose to create a traditional “buried” time capsule (placing items in a glass jar) or simply store your items in a sealed container or box and hide it somewhere in your house.

STEP 2: DECIDE WHAT TO PLACE IN THE CONTAINER

Family Time Capsule Ideas

- photos of your family
- a letter to the finders of the capsule, whether you plan for it to be YOU or someone else
- a list of your favorite places to visit
- a list of prices of things like gas, milk, bread, etc.
- a local + a national newspaper
- the cars your family are driving
- a list of the technology your family is using i.e., cell phones, google, Alexa etc.....

- favorite tv shows and movies
- family time capsule questionnaire – i.e., ask everyone in the family what they think the future will be like in 5, 10, 50 years

STEP 3: SET A TIME FRAME

Choose a date that you and your family will open the capsule and cherish the memories!