



Photo by Suzy Hazelwood on Pexels

Family Time Capsule

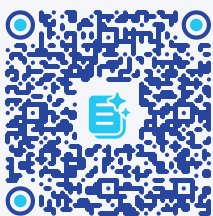
 Life Skills •  30 min •  Ages all • Grade mixed

This lesson challenges your family to design and create a special time capsule. You'll work together to choose meaningful items that capture who you are right now, learning about history, self-reflection, and collaboration along the way.

Our goal is for your child to collaborate to select meaningful objects that represent a specific time period, design and assemble a durable container for preserving artifacts, and reflect on personal and family experiences to create a historical record.

What You Need

Container • Paper • Writing Tools • Chosen Treasures • Small Items



Scan To Personalize

Every child learns differently, and this is just the baseline.

Scan to jump into the app and easily personalize this Spark to match your child's exact learning level and see how Mai will guide this lesson.



Questions or ideas? We'd love to hear from you at mai@mai.school

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Learning Guide

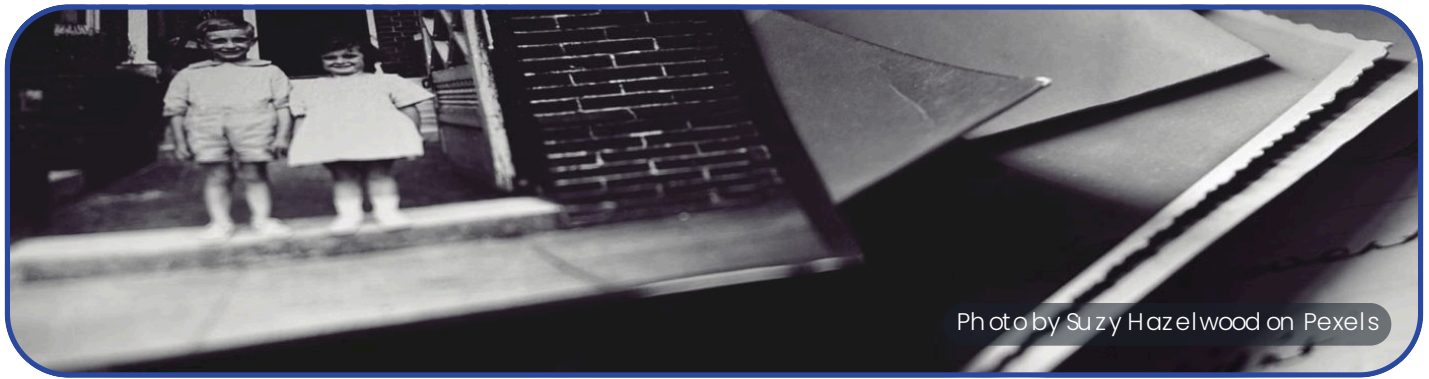
A simple guide to lead you through the kickoff, the core challenge, and everything in between.

Mai's Tips

1. Encourage your child to choose items that are small, durable, and truly reflect their current interests, not just what's easiest to grab.
 2. Help them think about the future audience – if someone who didn't know them opened it, would the items give a good sense of who they were at this moment?
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Prep Before Session

- Gather the materials and choose a safe, comfortable place for the activity.
- Read through the lesson once so you know where the child will make predictions, test ideas, and reflect.



1 Introduction 5 Min

- Start by sparking curiosity about how things change over time. Explain that today you'll create something special to capture memories from right now.
- Ask: "Have you ever wondered what life was like a long time ago, or even what you were like a few years ago?"
- Ask: "We're going to make something called a 'time capsule' today. Just from its name, what do you think a 'time capsule' might be?"
- Encourage all their ideas, even silly ones. A time capsule is like a special container filled with treasures from today, that you hide away to open much later. It helps us remember who we are right now and what's happening in the world.

 **Done when:** Student shares their initial ideas about a time capsule.

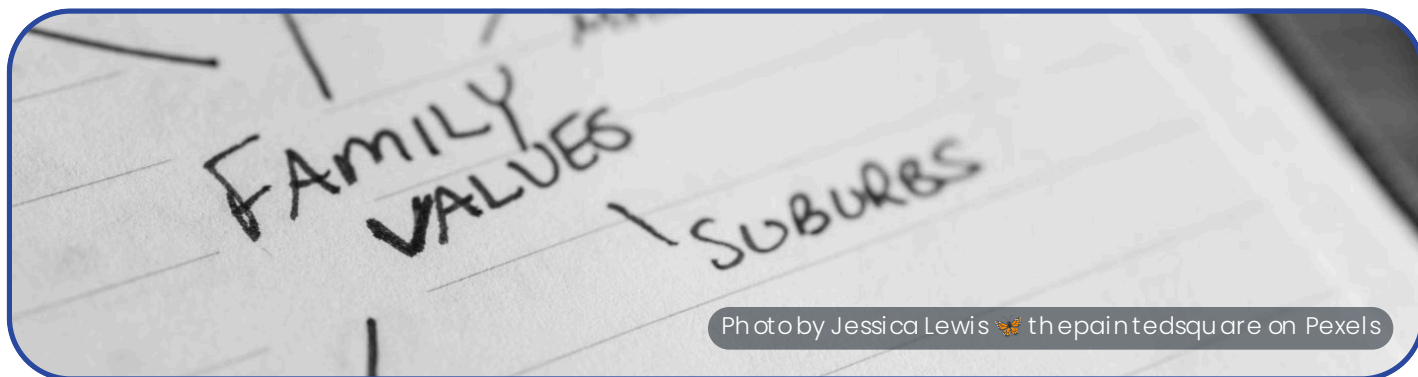


2 Explore & Plan 8 Min

- Build on their previous ideas. Explain that the time capsule will hold treasures from **right now** for **future** discovery.
- Ask: "What kind of things would be important to put inside our time capsule to show what your life, or our family's life, is like right now?"
- Ask: "What items reflect what you love to do, what's happening in the world, or what your favorites are?"
- Brainstorm a list together, thinking about small, durable items like drawings, photos, small toys, letters, or news clippings.
- Next, consider the container.
- Ask: "How will we make sure our capsule keeps these treasures safe for a long, long time?"
- Discuss choosing a sturdy container (like a plastic bin, glass jar, or shoe box) and how to protect the items inside from damage.



Done when: Family has a list of potential items and a basic idea for their capsule container.



3 Discussion 6 Min

- Reflect on the brainstorming process.
- Ask: "Why do you think people create time capsules in the first place?"
- Ask: "What kind of messages do you think they hope to send to people in the future?"
- Ask: "What challenges might there be in making sure our items last a long time inside the capsule?"
- Discuss the idea of a "historical record" – it's like a special collection of information or objects that helps people in the future understand what life was like in the past. Your time capsule is creating your own family's historical record! Consider durability and sealing the container.



Done when: Student can articulate the purpose of a time capsule and some considerations for its creation.



4 **Activity** 9 Min

- It's time for the hands-on creation! Gather all the chosen treasures and the container. Provide paper and writing tools for creating messages or drawings.
- Guide them in writing notes, drawing pictures, or even decorating the container itself. Work together to carefully place all the items inside the container. Make sure everything fits well and isn't squashed. Remind them to handle their chosen treasures with care, as they are making their own historical artifacts. Ensure the container is securely sealed to protect its contents for the future.

 **Done when:** The time capsule is assembled, sealed, and ready.



Photo by Magda Ehlers on Pexels

5 Summary 2 Min

- Celebrate their success! They've just created a piece of family history.
- Ask: "How does it feel to know you've just preserved a snapshot of today for the future?"
- Ask: "What was the most surprising thing you learned or thought about while making your time capsule?"
- Talk about where you might store the time capsule to keep it safe, and when it would be a good time to open it in the future.

 **Done when:** Student shares one key takeaway.

Beyond The Spark

Fuel their curiosity beyond the Spark with bonus extras.

Table Talk



Historians and archaeologists use artifacts, much like the items in a time capsule, to understand past civilizations.

Did You Know?



Everyday objects can reveal surprising science when we slow down and observe them.

Challenge



Create a 'future prediction' sheet to include in your capsule, where everyone writes down what they think the world, or they themselves, will be like when the capsule is opened.

★ Quick Recap Quiz 4 Min

Customize this quiz, add questions, or follow your child's lead! Each question has a 'Parent Tip' to help them find the answer without giving it away.

1. What Is The Main Purpose Of A Time Capsule?

- ☐ To store old broken toys.
- ☒ To preserve memories for the future.

 Hint for parent if child gets it wrong: Think about why we took special care of the things we put inside.

2. What Kind Of Items Are Best For A Time Capsule?

- ☐ Things that can easily rot or break.
- ☒ Small, durable items that show what life is like now.

 Hint for parent: Remember our discussion about making items last for a long time.

3. When Should A Time Capsule Ideally Be Opened?

- ☐ As soon as it's finished.
- ☒ Many years later, for future discovery.

 Hint for parent: What's the point of preserving something if we don't wait for it?

4. How Does Making A Time Capsule Help Us Understand History?

- ✗ It helps us clean our rooms.
- ✓ It's like creating our own historical artifacts for future discovery.



Hint for parent: Think about what historians do with old objects they find.



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