TELUS Wise

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 Digita 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
   - A colouring of your favourite emojis
   - Favourite photos
   - A USB key with your favourite digital things saved on it, like your favourite song, a screenshot of your social media profile or Bitmoji, or a screenshot of a conversation between you and a friend

   The items and momentos 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 2021

App: _____   YouTuber: _____

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 of you online? Which ones and how do you feel about it? _____

_____

Did you experience virtual school this year? If yes, what did you like about it? Did you miss anything about physically going to school? _____

_____

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 YouTube video? Why? _____

_____

Draw your favourite emoji.