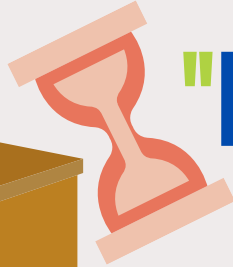
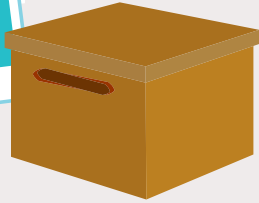
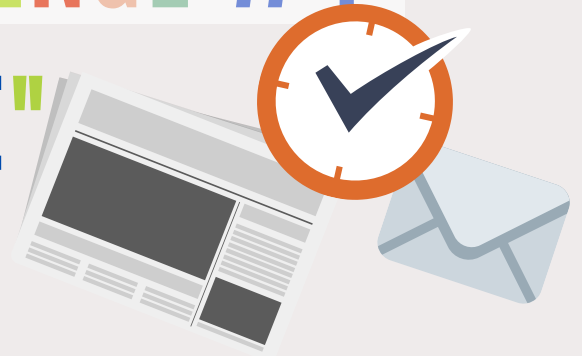


FAMILY FUN CHALLENGE #4



"MY TIME INSIDE" TIME CAPSULE



**Inspired by graphic designer and mother Natalie Long's recent Facebook Post:
Create a time capsule with your child documenting what they are feeling and experiencing during this pandemic.**

Whether it's a shoe box filled with treasures to remind them of their time inside or a daily diary of their experiences, use this as a fun way to start a safe and open dialogue regarding any concerns or fears they might be having.

Be sure to make this creative time fun and exciting by focusing on the positives of their situation.

When you are all finished, hide your time capsule somewhere special to be revisited at a later date.

For ideas on what to include in your time capsule, visit Natalie's post by clicking the link attached.

Share this Challenge with your friends on Facebook!

Be sure to tag ECCPASA!