

A Blast from the Past! Create Your Own Time Capsule Challenge

Save memories of what you do and say by creating a time capsule. A time capsule is a container filled with small but meaningful mementos. Time capsules are keepsakes that remind you of everyday life, especially “little things” that are easily forgotten. Your time capsule can be based on good deeds, thoughts, or the exciting moments you will create this summer. To create your time capsule, you will need the following materials:

- Recycled jar, oatmeal container, or any box with a lid
- Retrieval Date (a time when the capsule will be open)
- Location (place to store your time capsule)
- *Optional items to decorate your time capsule includes:
 - Crayons, Markers, Coloring Pencils
 - Construction Paper
 - Paint
 - Ziploc bags to preserve photos
 - Labels, Stickers, Stencils, other decorations



You can place several different items into your time capsule, including

- [The Girl Scouts Acts of Kindness Challenge](#)
- Items found on walks: rocks, leaves, flowers (remember to dry and press first)
- Family photos or a special drawing of your family
- A letter of promises to yourself
- Your favorite Girl Scouts SWAP or item
- A drawing or image of your handprints
- Other trinkets or items that you want to remember
- A written letter to someone in your troop to give at your next troop meeting

Once your container is filled, seal it and hide it away for a month, year, or however long you desire but don't forget about it! Leave yourself a note by your bed, notebook, diary, or phone to remind you when to reopen your time capsule.

Go a step further by enlisting family to contribute items and make it a yearly tradition where you collect and save moments together to place in a family time capsule.

Additional Links:

[End of Summer Time Capsule](#)

[Make a One Year Time Capsule for Good Luck](#)

[Start a Piggy Bank for a Cause](#)