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COVID-19

Everyday Time Capsule

Behind the Scenes at
York Museums Trust

COVID-19 Everyday Time Capsule

In March 2020 social distancing regulations were brought in to force across the UK to manage the spread of the virus COVID-19. These measures have had a profound impact on the way we live our lives.

York Castle Museum is the home of the National Collection of Everyday Life. Today we are inviting you to work with us to enrich our collection by capturing your experiences of living through the COVID-19 pandemic.

We want you to share the highs, the lows, the memorable and the mundane of your everyday personal experience of and reactions to the COVID-19 lockdown by creating your own personal **time capsule**.

This project is for everyone. You can create an individual time capsule, a household one, or one with your class at school or nursery.

How will it work?

You can choose how you create your time capsule, which activities you complete and how you complete them. YMT would like to capture a digital version of your time capsule. All of the activities can be completed using a smart phone or a computer and we ask you to upload your completed activities.

Alternatively, you are welcome to create a physical Time Capsule instead and bring it along to a special sharing event at York Castle Museum once we reopen.

To sign up, email behindthescenes@ymt.org.uk and you will receive a link via email, to your individual time capsule folder where you can upload your time capsule content.

You can select whether your time capsule remains anonymous, but by uploading your content you agree to YMT using the content that you have provided.

If you do not have an email address, please call 01904 687687 and we can post a copy of the project to you.

Check out some of our other *Behind the scenes at the Museum* projects that you can get involved in such as Letters in Lockdown or Museum Gardens at Home.

Instructions: How to Create your Time Capsule

There are two ways to create a Time Capsule.

Option One: Digital

Create all of your activities digitally by either completing them on a computer or other digital device (writing word documents, using apps, your camera phone etc.) Or you can create your activities physically (hand draw and write, for example) and then photograph or scan your creations. When you have created your digital files, email behindthescenes@ymt.org.uk

We will then set you up with your own Time Capsule folder that you can upload your digital files to. You will be prompted to give permission for us to use your creations in the future, but you will be able to select whether you wish for your creations to remain anonymous.

Option Two: Physical

You can complete your activities by hand drawing / writing / making each of your activities without using a computer or digital device.

When the museum reopens, we invite you to bring your physical Time Capsule to York Castle Museum where we will be happy to receive it. Please ensure you make a copy of your Time Capsule activities as we cannot guarantee that we will be able to return your Time Capsule to you.

Task 1

Dream Conversation

Task

Create an imaginary conversation you would like to have with someone you are missing during lockdown - perhaps a school friend, colleague, family member or someone you love.

Instructions

1. Decide which format you would like your conversation to take – perhaps an audio recording (you can download free recording apps to your phone if you have one), you might film yourself, you might role play with a member of your household and record your conversation, you could write and set it out like a script, or you could draw a cartoon strip.
2. Decide who you would like your dream conversation to be with – it should be someone you have not seen in person since lockdown – perhaps a friend or family member, or it could be someone famous – a politician, a nurse or a shop worker, for example.
3. Think about what you would tell them – would you tell them a secret? Perhaps something that you have been thinking about a lot during lockdown? Perhaps you would describe your day to them? Or maybe it's something you've always wanted to tell them but never had the chance. What do you think they would say to you?
4. Create your conversation using your preferred method.

Dream

Task 2

A letter to your younger self

Task

Write a letter or film yourself talking to your younger self – specifically 6 months younger.

Instructions

1. Get yourself a pen and a piece of paper OR open a document that you can type in on your computer.
2. Put the date at the top, and your address if you want as well. Address the letter to yourself.
3. Think about what you would tell yourself about what you have been through? What would you tell them to expect? Think about things that are different under lock down – what seems normal now that would have seemed unthinkable before the pandemic?
4. Write yourself a letter – it can be as long or as short as you like.

Write

Task 3

Documenting the change: Before and After

Task	Instructions
Document something that has changed during lockdown.	<ol style="list-style-type: none">1. Think about what has changed during lockdown – perhaps your hair growing, a plant growing, DIY you've done in your home, a skill you have developed in lockdown, or the dust growing in an area of your house you have not cleaned!2. Choose your preferred medium – it might be selecting an existing photograph and taking a more recent photograph of the same thing, or it might be a series of photographs documenting how something is changing. It might be choosing a newspaper headline before the pandemic, and selecting a more recent one to show an element of change. It's up to you what you document, but the key to the activity is to demonstrate how something has changed during the course of the pandemic.

Snap

Create

Task 4

Picture Perfect

Task	Instructions
Create a picture or visual image that reflects your response to the experience.	<ol style="list-style-type: none">1. Think about your preferred medium, do you like to draw? Or perhaps create a montage? Or perhaps sew something?2. Chose what you want to depict; it could be your emotional reaction to the pandemic, or it could be one small activity that you do now that you did not do previously.

Task 5

One object

Task

Choose one object that represents the pandemic for you.

Instructions

1. Choose your object, thinking about why this represents your experience of the pandemic. It could be one aspect of the pandemic, such as something from your lockdown experience, or it could be something that represents the concept of a pandemic.
2. Write an object label of no more than 100 words that describes what the object is, why you have chosen it and what it represents for you.
3. Take a photograph of the object if you have a camera.
4. Decide whether it is an object you would be prepared to either donate, or lend to the Castle Museum for display.
5. Submit the photograph of the object and the object label to your Time capsule folder, or bring a description / photograph of the object and the object label in to the museum when you re-open.
6. Please do not bring the actual object into the museum unless the Castle Museum contact you and ask you to do so.

Focus

Task 6

Life in the Day diary

Task

Journaling – write a diary extract of everything that you did today. Record the mundane!

Instructions

1. Decide your format, either handwritten or typed on the computer.
2. Decide how often you want to record your daily activity, perhaps every 15 minutes, every hour, or three entries of morning, afternoon and evening.
3. Start your journal with the days date.
4. Record your activities and thoughts throughout the day, perhaps noting how they differ from your daily routine prior to lockdown. Note down anything you particularly enjoy doing, or anything you really are not enjoying.

Journal

Task 7

Soundscape

Task

Record a sound or tell us about your experience with audible noises that has changed.

Instructions

1. Think about the sounds you hear now on a daily basis, are there any that are perhaps new as a result of lockdown, or something you had not noticed before? Are there any you particularly enjoy, or any you find scary or annoying? Perhaps it's birdsong, your neighbours being home more, the sound of sirens in the street or people clapping for carers.
2. If you have an audio recording device or app on your phone, record the sound. Alternatively, you could recreate the sound using things from around your home.
3. If you do not have an audio recording device, describe the sounds you hear – write them down and imagine someone else had to recreate the sound themselves.
4. Write an object label of no more than 50 words to describe what the sound is and why you have chosen it.

Record

Task 8

Something old, something new

Task

Choose an imaginative way to share with us something new that you have tried or something old that you have reconnected with.

Instructions

1. Think about something you have done during lockdown that you are proud of, or have felt a sense of wellbeing or accomplishment for having done. Has this experience allowed you to re-ignite an old passion, hobby or friendship? Have you tried something new or been practicing something that you have improved on, like playing an instrument, knitting, or becoming a digital wizz?
2. Think about how you would depict this new connection – could you photograph it, draw it or write about it?
3. Write a label of no more than 100 words to describe what the activity is, why you have developed it and why you are proud to have achieved it.

Connect

Impart

Task 9

Front Page News!

Task	Instructions
COVID-19 has dominated the news for several months. Become a journalist or cartoonist and create your own press response to the crisis.	<p>There are three ways that you can complete this task:</p> <ol style="list-style-type: none">1. Write a newspaper article that summarises the development of the crisis and how it has unfolded – chose a suitable / catchy headline. Think about which newspaper the article would be printed in, and who the readership would be.2. Write a series of newspaper headlines, perhaps one per week from February to May 2020, that describes how the crisis has unfolded. These could be witty, shocking, serious or a combination.3. Draw a newspaper cartoon strip that depicts the development of the crisis.

Reflect

Task 10

Reflections letter

Task	Instructions
Create a message for your future self, about anything you think we should learn from the future about the current situation.	<ol style="list-style-type: none">1. Decide the format for your message – perhaps a news broadcast that you film of yourself, a cartoon or a letter.2. Think about what you have learned, enjoyed, disliked; found hard, easy, fun or scary during this period. What have you particularly valued, or missed? What have you learned? What, if anything, will you do differently as a result of your experience?3. Create your message, thinking about what you think the most important thing you think your future self should know, or what important reminder you would like them to reflect back on when they receive your message in the future.