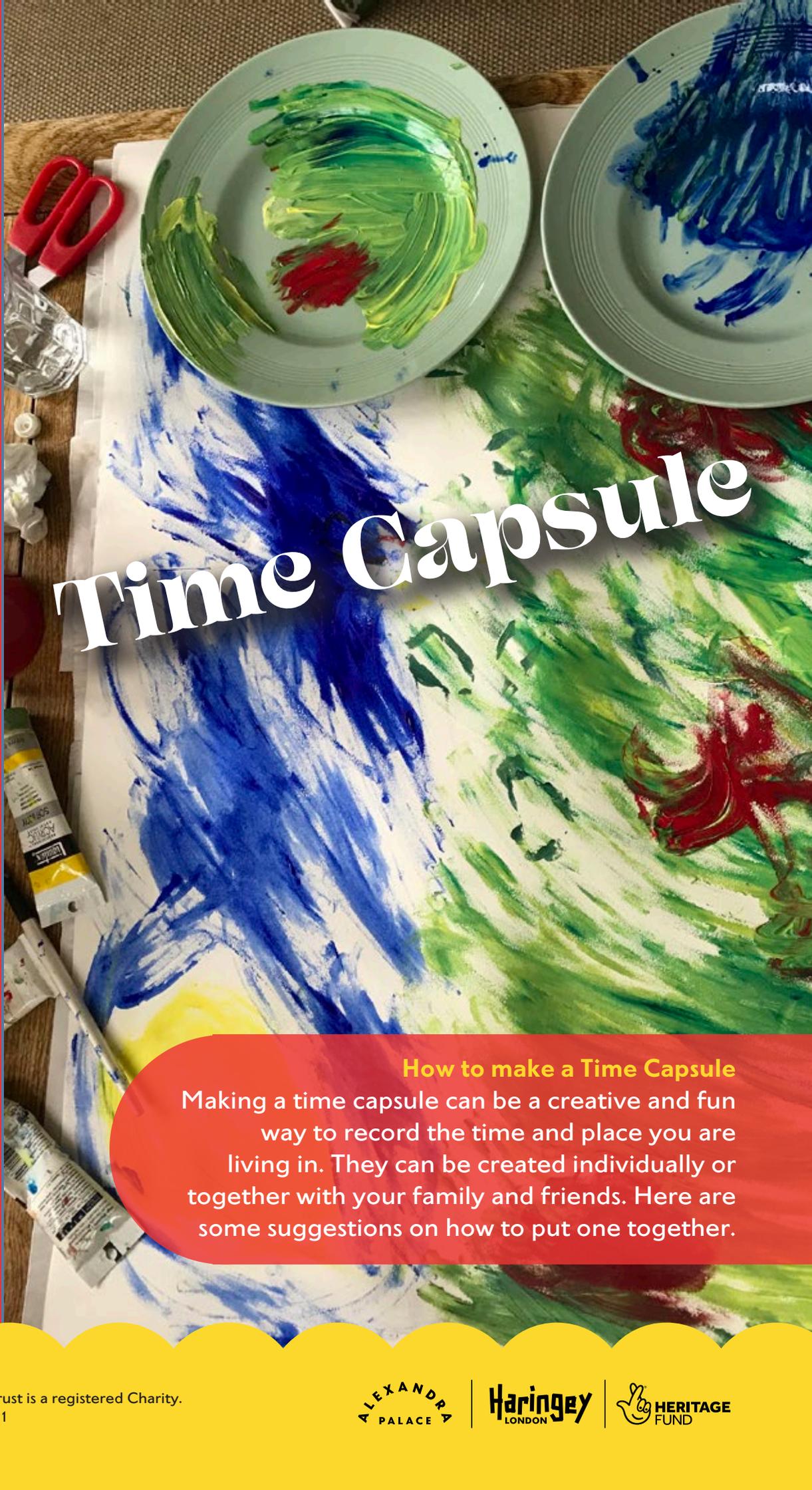


LOCAL HISTORY PROJECT



Time Capsule

How to make a Time Capsule

Making a time capsule can be a creative and fun way to record the time and place you are living in. They can be created individually or together with your family and friends. Here are some suggestions on how to put one together.

WRITTEN BY

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Sally is a painter and maker and writes poetry too.

She has a degree in Fine Art, is a qualified art teacher and has many years' experience in working with children and young people using art and play in schools, art clubs and adventure playgrounds.

During the past 12 years she has been working in schools and centres in London, Essex and Kent in her role as a BACP accredited and registered counsellor using art materials, play and nature.



What is a time capsule?

Writer Joan Acocella recently claimed that the artist Andy Warhol's life may be better documented than that of any other artist in the history of the world. A big claim you say - but here's why. Every few days or so, Mr Warhol (Andy to his friends) would sweep all the stuff off his desk and into a storage box, date and label it "TC" (short for "time capsule") and then store it along with other time capsules in his studio. As a result, Art Historians have his movie-ticket stubs, his newspaper clippings, his cowboy boots, his wigs, his collection of dental molds (yuk!), countless Polaroids he took of people. In one box, there is even a slice of cake - on a plate! But I wouldn't recommend eating it. A staggering six hundred and ten, time capsules are now stored in a museum dedicated to his life and work in his hometown of Pittsburgh in America.

So as you can see, time capsules are a treasure trove of information about people and what they thought was important enough to keep.

Curators and archaeologists use these treasures as clues together with contextual evidence to build up a picture of what a person's life was like, by studying their possessions, clothing, jewellery, writing, photographs - in ancient history even trying to find out from their grave goods or skeleton how they lived, loved, worked, and died.

How to make a Time Capsule

Making a time capsule can be a creative and fun way to record the time and place you are living in. They can be created individually or together with your family and friends. Here are some suggestions on how to put one together.

You will need . . .

a box – i.e. a shoebox
paper – coloured if possible
paints, felt pens, pencils
old magazines, newspapers
scissors, paintbrushes
glue – i.e. pva, pritt stick
imagination, playfulness

Time Capsule Contents

map of the day under lockdown
portraits of everyone in your household
favorite meal
family and friends tree
collage of self and family
postcard to self in the future
hope and wishes and resolutions for the future
decorating your box/capsule



A Map of your World



Start to sketch out where you live and walk. Your map can be as accurate as you want it to be. For me it was important to get the feel and shape of where I live.

I chose blue for the roads I walk, I've also marked in my home, the post box, supermarket and corner shop.



The red arrows show where I walk or shop. As you can see I've clearly marked the parks I go to!

A Portrait of Everyone in your Household



Paint or draw everyone in your home including your pets, favourite cuddly toy and you!



I used paint and brushes for most of these but I also used my fingers too.



This is my dog, I drew him quickly, while he was asleep, using mostly charcoal.



I think the main thing here is to enjoy the feel of putting something down on paper.

Make a Collage/Drawing/Painting of one of your Favourite Meals

[I chose fish and chips!]



On a sheet of paper, draw a circle freehand or draw around a plate. Cut out and stick onto coloured paper or card.



On another sheet of paper, paint or draw the food that makes up your favourite meal.



Cut and tear out the food shapes and paint and colour as you like and glue onto your plate.



Here's my meal, ready for salt, vinegar & tomato sauce! Yum!

Family and Friends Tree

Using a symbolic tree, illustrate the number of people in your life. You could include ancestors and loved ones, no longer alive.



Draw a leafless tree, making sure it is well rooted into the earth! Leaving plenty of space around its branches for leaves.



Paint or colour in your tree. When it is dry, cut out and glue onto coloured paper or card, carefully choosing your coloured background. I eventually decided to go for a vivid blue sky for my tree.



Cut out leaves to represent the people you want to include. The leaves can be individualised by their shapes and colours.

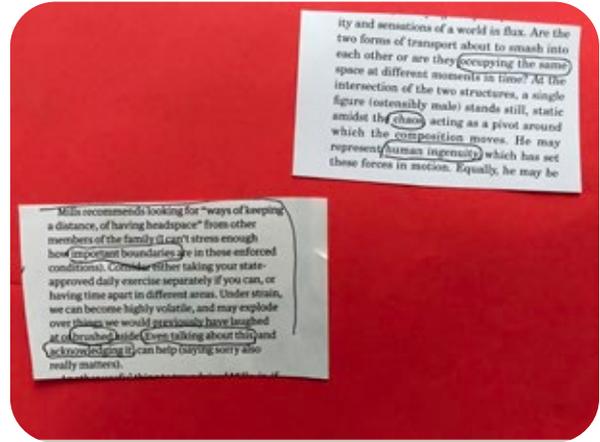


When ready, carefully glue and place each leaf onto or near a branch. You could write each person's name or initials on their leaf.

A Collage Of Your Family And How You Are All Feeling at the time.



Make a cartoon type drawing of yourself and your family. Cut out, glue and place onto a sheet of coloured paper.



Cut out randomly chosen paragraphs from magazines or newspapers, encircling groups of words that catch your eye. I painted over the words I didn't want to use in white.



Carefully glue in place the paragraphs and wording that resonate with you, alongside your family figures.



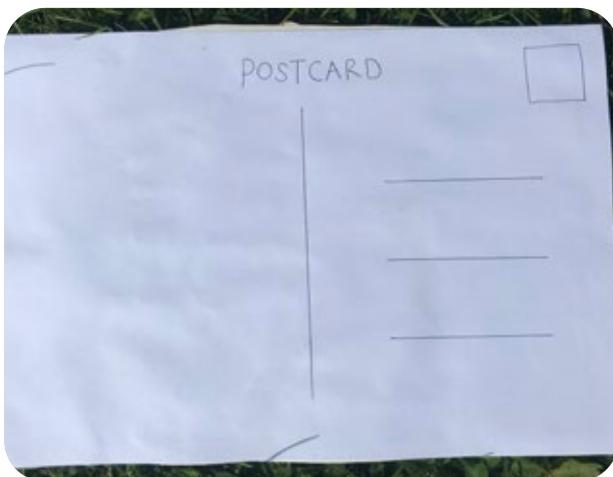
My finished piece includes my dog and a wild fox that strayed into the picture!

Make and Write a Postcard to your Future Self



On as large as possible sheet of paper, using your fingers, paint how you are feeling. Let your fingers do the walking and the talking. (Mine took me to the park, sunny day, and blue sky.)

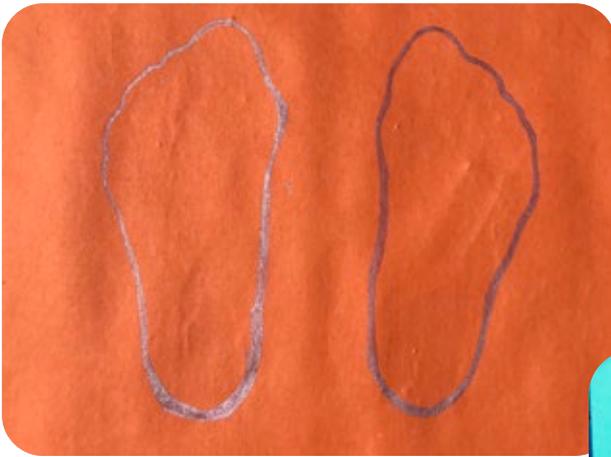
Looking at my painting the next day, it didn't feel right to me so I turned it upside down and continued to paint using a sponge. Continue work on yours until you find some satisfaction. When dry, choose an area that stands out for you and cut out a large postcard shape from your painting. I cut out the sun from mine which symbolised for me warmth and happiness.



On the back of your postcard write something you would like to express to yourself in the future, i.e. describing how it is for you right now. You could write about the good things and the not so good?

Your Hopes, Wishes and/or Resolutions for the Future

This is about stepping into the future with some resolve.



Draw around your feet (you might need some help!) on a sheet of coloured paper or card.

Cut out the foot shapes and glue onto contrasting paper (so they stand out!).



Cut out words from magazines or write your own to make a collage of words that express your hopes for the future. It can be something simple or more complex and wordy. You can use colour, scribble, shapes, symbol etc if you don't want to use words.

Decorate your Box/ Capsule



I chose for my capsule a shoebox that I'd saved previously for storing things.



How will you decorate your box or container? I covered mine with brightly coloured paper.



I drew around 3 leaves, which I'd collected on my walk, on some vivid blue paper I found in a magazine. I cut them out and glued them onto the top of my capsule.



Your capsule can be added to over this period i.e. poetry, art work and 3 dimensional objects.

Once you have completed all the above tasks, you must place all the things in the shoebox and store in a secret place till the end of time!! (Or at least until you get too curious and need to take a sneaky peak sometime in the future, but the longer you leave it the more surprising the experience of opening the time capsule will be).

Good luck, and remember – keep creating!