



## Chicago Children's Theatre & Girl Scouts of Greater Chicago and Northwest Indiana

### Let's Build a Time Capsule: YOU ARE A HERO

**The project:** The Girl Scouts in Greater Chicago and Northwest Indiana have an important story to tell about the years 2020 and 2021. Through Once Upon Our Time Capsule, we are listening to what they found cool and special, what they found weird and difficult, and most importantly, how they were brave. Chicago Children's Theatre is working hard to bring programming to every child, ages 5-12, across all 77+ neighborhoods in Chicago. Learn more at [www.ourtimecapsule.org](http://www.ourtimecapsule.org).



**Grade Levels:** K-5, adaptable for older learners

**Amount of time:** 60-90 minutes

#### Objectives:

- Students will create a puppet of themselves as a superhero and a time capsule to reflect on their bravery this past year.

#### Important Note for the Parent/Leader/Guardian:

Time capsules can be collected in several ways:

- Attend our [S'Mores Day event](#) on August 7 at Camp Greene Wood where we'll be collecting time capsules to be opened in 5 years!
- Live in the city of Chicago and want to donate your Time Capsule? Learn more [here!](#)
- Want to keep your time capsule? Take a photo and share online at [www.ourtimecapsule.org](http://www.ourtimecapsule.org) or [hello@ourtimecapsule.org](mailto:hello@ourtimecapsule.org) so we can make sure their work is included in the citywide time capsule exhibition.

#### Arts Standards Alignment:

Anchor Standard #10: Synthesize and relate knowledge and personal experiences to make art  
Anchor Standard 11: Relate artistic ideas and works with societal, cultural, and historical context to deepen understanding.

**Literacy Alignment:** Common Core Aligned to Reading: Literature, Writing, and Speaking and Listening standards, see applicable standards listed in appendix. *Notable alignment:* describe character, setting, and relate personal experience in narrative.

#### Materials Needed:

- Materials for superheroes:
  - markers
  - construction paper/printer paper
  - kid scissors

- popsicle sticks
  - glue sticks
  - tissue paper
  - pipe cleaners
  - stickers and glitter glue and stuff (or other fun craft supplies)
- Materials for time capsule:
    - any sort of container (shoebox, water bottle, paper towel roll, envelope)

*Patches:* Once you're done with your time capsules, your patches can be purchased on our [retail site](#). We also have a fun [time capsule kit](#) you could use!



### **INTRO- 5 minutes**

Do you know how every fairy tale begins? With what magic words?  
(waits)

You got it! Once Upon a Time...

In these stories, there is a character who starts one way and changes by going through hard things and good things.

We have all gone through changes this year. We all had to wear masks, and stay 6 feet away from other people, see our friends less, and go to online school. Each of us also had our own journey, a specific journey happening inside of us and in our families and lives during this time.

I'm going to read a fairy tale about a really brave person living through a crazy time, kind of like COVID. I wonder if you can hear anything in the story that you relate to. I want you to especially focus on what kind of person this character is.

Get relaxed and comfy. Here we go.

### **WARM UP STORY- 5 minutes**

**Read Story** (Option to watch the video of this story on [OurTimeCapsule.org](http://OurTimeCapsule.org))

Once upon a time, there was a very brave person. Their life had lots of things in it: friends, school, playing outside, playing inside. Then one day, really strong winds started outside. The winds changed everything.

It wasn't safe to do a lot of the things this brave person used to do. The wind made the person stay inside and see less of their friends. There was lots on the news. One thing is for sure: while the wind was there, the brave person had a lot of time to think about who they were. A lot of time to think about the world: the parts they missed and the parts they didn't.

Sometimes, the person thought they wouldn't be able to take another day! They felt fear. They knew people who were getting blown around by the wind. Maybe they even lost someone they loved. But always, even when things looked so dark around them, they made it.

Sometimes, they felt joy. There were new traditions, yummy foods, new games, time with family.

All the while, this brave person was becoming braver every day. Through the fear and the joy, the person found a new way to look at the world. This person became someone different: a hero. This brave person was so proud of who they became.

One day it seemed like things were going to change again! The winds were getting less intense. The hero started thinking about what they wanted the world to look like once the winds were safe again.

They decided to make time capsules so they would never forget their strength and courage and their vision for the future that came from living with the crazy winds. They kept those special memories sealed up for five years while the world changed. At the end of the five years, other kids opened the time capsules up and learned all about the brave person and how the world used to be. The whole city was amazed at how much the world had changed. They knew they were living in a world full of heroes.

### **REFLECT- 10 minutes**

#### **Let's reflect on this story together.**

What do you think the winds were?

*(some additional prompting may be necessary here. Ex: Do you think Corona was kind of like the winds? Is there anything similar? I see that the winds made the character stay inside, kind of like the pandemic, etc. For some kids, the winds may represent a loss of someone, or the movements for justice and Black Lives Matter. There isn't a "right answer," we just want to start building connections here.)*

How was the character at the beginning? What was the setting like?

*Take responses, affirm.*

What happened to the character in the middle? What were some ways that they felt? Do you ever feel like that?

*Take responses, affirm.*

What happened at the end? What did the character decide to do? Why?

*Take responses, affirm.*

That's like what we are going to do! We are going to make our very own Time Capsules so kids in 5 years can open them and see what this year was like.

What was the character like?

*Take responses, affirm.*

How do you know?

*Take responses, affirm.*

The character went through some big changes when the wind started. It wasn't all good or all bad, but the character was brave the whole time.

Today, we are going to think about the main character of our Time Capsule Fairy Tales. Someone really brave and incredible. Someone who lived through a whole year in Corona.

Do you know anyone like that?

Do you know who I'm thinking is the main character of your Time Capsule Fairy Tale?

YOU!

### **EXPLORE- 10 minutes**

**We're going to play a game to develop our hero main characters. Remember, you are the hero of your story. First, we are going to use our imaginations to make ourselves into superheroes.**

#### **Superhero**

Imagine yourself as the bravest, most fantastic superhero in the world.

Strike your pose on the count of three- one, two, three!

Now move around like your superhero. How do they move, do they fly? Leap? Glide?

Come up with your superhero's catchphrase! What do they say when they are afraid? What motion do they make? What do they say when they are happy? What motion do they make? Pick your catchphrase and motion.

Now, when I say POSE, you make your superhero pose! When I say MOVE you do your superhero movement, when I say CATCHPHRASE, you say your catchphrase in your superhero voice! Let's play!

**Okay, now we are going to remember how brave you were.**

Imagine a really tough day you had during COVID. What happened? How did it feel? Make your body into a snapshot of how that felt. Maybe you were stressed out or sad or heard something scary on the news or wanted to play with your friends but couldn't. Maybe someone you loved was affected. 6-5-4-3-2-1- Freeze.

You were so brave even when you felt those tough things. When I say "change", we are going to change back into our superheroes being so so brave. Okay, 3-2-1- Change.

## **CREATE- 15 minutes**

### **Superhero Puppets:**

Now we have each realized how much of a hero we have been, we are going to make special puppets of us as heroes that will go inside of our Time Capsules.

**Materials:** markers + construction paper/printer paper, kid scissors, popsicle sticks, glue sticks, tissue paper + pipe cleaners (pre-cut), stickers and glitter glue and stuff (or other fun craft supplies)

1. Each kid uses markers and construction paper to draw themselves as a superhero.
2. Cut out superhero drawings and paste onto popsicle sticks
3. Have precut squares of tissue paper for capes and little sections of pipe cleaners. kids attach tissue paper to their popsicle stick using a pipe cleaner.
4. Decorate with other craft supplies.
5. If you want to add a story part to your superhero, you can write some sentences on a piece of paper about how you were brave during Corona.

### **DRAWING ALTERNATIVE TO PUPPETS**

Instructions for Drawing instead of Puppets:

#### *Drawing 1:*

Now that we have our hero character ready to go, we are going to draw a picture of that hero.

Make a special costume, use special colors, and draw that hero first.

Draw a speech bubble and write that hero's catchphrase. Incredible.

At the top you can write: I am so brave.

#### *Drawing 2:*

We also reflected on a difficult moment you went through during Corona. You are going to draw a picture of that hard moment. Draw yourself as the hero in that picture. That hero doesn't have to be doing something special like saving a city, that hero can be dealing with hard feelings or hard changes. That hero could be going to school online or could be worried about someone or something.

Draw that hero in a difficult moment. Show how they are dealing with it.

You can add a speech bubble and show what the character is saying. You can add a thought bubble and show what the character is thinking. You can draw a big heart and show what the character is feeling.

Add a few sentences to your picture to tell somebody else what that hero is going through. This will help kids in the future know what it was like this year.

### **SPECIAL OBJECTS & SEALING- 10 minutes**

We are going to put these puppets into time capsules so they can see what a hero you were this year.

You can also make any special little paper objects to include in your time capsule. You can make a little puppet of your favorite food or your computer or your pet or someone you spent a lot of time with or write a little note to the kid that will find this.

- Kids can use paper, markers, tape/glue, scissors to create additional little objects that they want to put into their tubes. They can make origami pets, color, and cut out an image of their favorite food or their computer or a person they spent a lot of time with this year. They can write a little description on the back.

You can find a special container and decorate it so that when another kid finds it, they will know inside is a very special story.

### **CLOSE OUT- 2 minutes**

Incredible work reflecting and starting your story telling today.

These superhero puppets will help kids who open your time capsule know how brave you were this year.

I am proud of you and you should be proud of yourselves. Let's end again by putting our hands on our hearts and everybody gets to say, "I am soooo proud of me."

1-2-3 Let's all say it together.

Okay, now make big muscles like a superhero and say, "I am a hero!"

3-2-1 Let's all say it together.

Beautiful work.

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