**7th Grade Time Capsule**

**You will need the following materials:** string, scissors, blank white paper, lined paper, markers or colored pencils, and a questionnaire

Follow the instructions below to create your 7th Grade Time Capsule:

1. Trace **your hand** on one side of the blank white paper.

2. Trace **your shoe** on the backside of the white paper you traced your hand on.

3. Color both your hand and shoe with a cool design!

4. Cut a **length of string equal to your height**. You may have a partner help you.

5. Fill in your answers to the **questionnaire**.

6. Write a **letter** to yourself answering the following questions. Answers for each question should be one paragraph long. For a total of 6 paragraphs. (You will be the only person to read this letter. I will save the time capsule for you to open at the end of 8th grade.)

*1. What have you improved on in your 7th grade year?*

*2. What have you done this year you are most proud of? Why?*

*3. What have you been introduced to this year that will impact your future? What will you continue in 8th grade?*

*4. What STRIKE guiding principles have helped you the most this year? Which have you made the most growth in?*

*5. What is one of your most memorable moments this year?*

*6. Include any other information to yourself that you would like to remember about 7th grade.*

7. Decorate the outside of your envelope and put any of your belongings inside that you want to keep…you can draw a picture to yourself…this will be your time capsule!