

I Was Here: The Family Time Capsule

Part 1: The Inspiration Board

Every big adventure starts with a spark of imagination. Here's a menu of ideas—take what excites you!



Creativity & Imagination

- Build an epic living room blanket fort and sleep in it overnight
- Create a family comic book where everyone is a superhero
- Paint a giant canvas using only your hands and feet
- Put on a talent show or play for the grandparents
- Bury a time capsule in the yard with a letter to your future self



Backyard & Beyond Adventures

- Camp in the backyard and try to spot constellations
- Go on a nature scavenger hunt to find 10 different types of leaves or bugs
- Have a "Yes Day" where the kids make all the rules (safely!)
- Visit a fire station or police station to meet local heroes
- Take a train ride to a town you've never been to, just for ice cream



Growing & Learning

- Grow a vegetable from a tiny seed and eat it for dinner
- Learn to say "Hello" and "Thank you" in five different languages
- Master a new physical skill (riding a bike, doing a cartwheel, skipping rocks)
- Cook a whole dinner together where the kids are the Head Chefs



Helping Hands

- Bake cookies and deliver them to a neighbor just to make them smile
- Go through old toys together and donate them to a family in need
- Pick up litter at your favourite local park or beach
- Make handmade "Get Well" cards for kids in the local children's hospital

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THE NOW

Kids grow fast. The magic happens in the little moments we create right now. List 10 fun, messy, or exciting things we are going to do together this year.

	Our Family Adventure
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Families who plan adventures together are 3x more likely to actually do them. 🥳

THE NEXT (Before I Turn)

Pick a milestone age: 10, 13, or 18. These are our big family adventures! They take saving, a little planning, and a lot of excitement. List 5 major experiences or trips we want to check off as a family:

	Our Big Family Dream	First Step to Make It Happen
1		
2		
3		
4		
5		

Writing down a goal makes you 42% more likely to achieve it. These aren't just dreams - they're plans! ✨

THE DREAM (When I Grow Up)

Fast forward to when you are big. This isn't just about what job you want — it's about who you want to be.

I want to be the kind of person who...

The thing I want to be known for is...

The adventure I MUST have before I grow up is...