

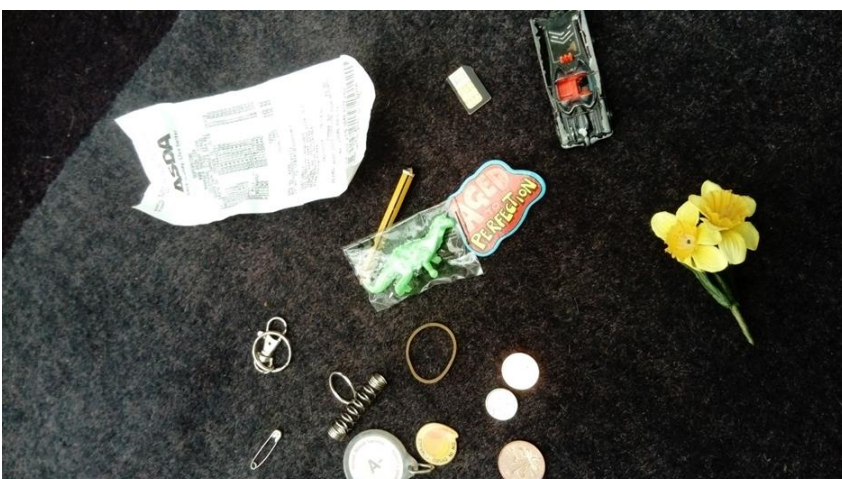


Ian Smith, senior curator modern industry at National Waterfront Museum, Swansea, will be showing you how to make a Time Capsule in 6 easy steps – it's really easy and anyone of any age can take part, leaving something for those in the future to find.

Step 1. For a Time Capsule, you'll need a container, like an empty coffee or jam jar with a screw lid. Go and raid your recycling and see what you can find. Make sure it's clean!



Step 2. Look around for things to put in your Time Capsule. Small examples from everyday life like today's pennies or a shop receipt to show how much things cost.



Among things in his Time Capsule Ian put a toy car, a plastic dinosaur, an elastic band, his Welsh learner's badge, a pencil and an old mobile phone sim card.

Step 3. Did you find enough things for your Time Capsule? Great. Now write a little note to go in your jar. Say something about your life now. Who do you live with? What do you like doing?

What about adding a picture of you for your Time Capsule? You could even draw a self-portrait, and tell people why you are burying your jar.



Step 4. Finished your note?? Right – now screw the lid of your Time Capsule on very tight. If you have some sticky tape, you could wrap this around the edge of the lid to make super sure it's safe.

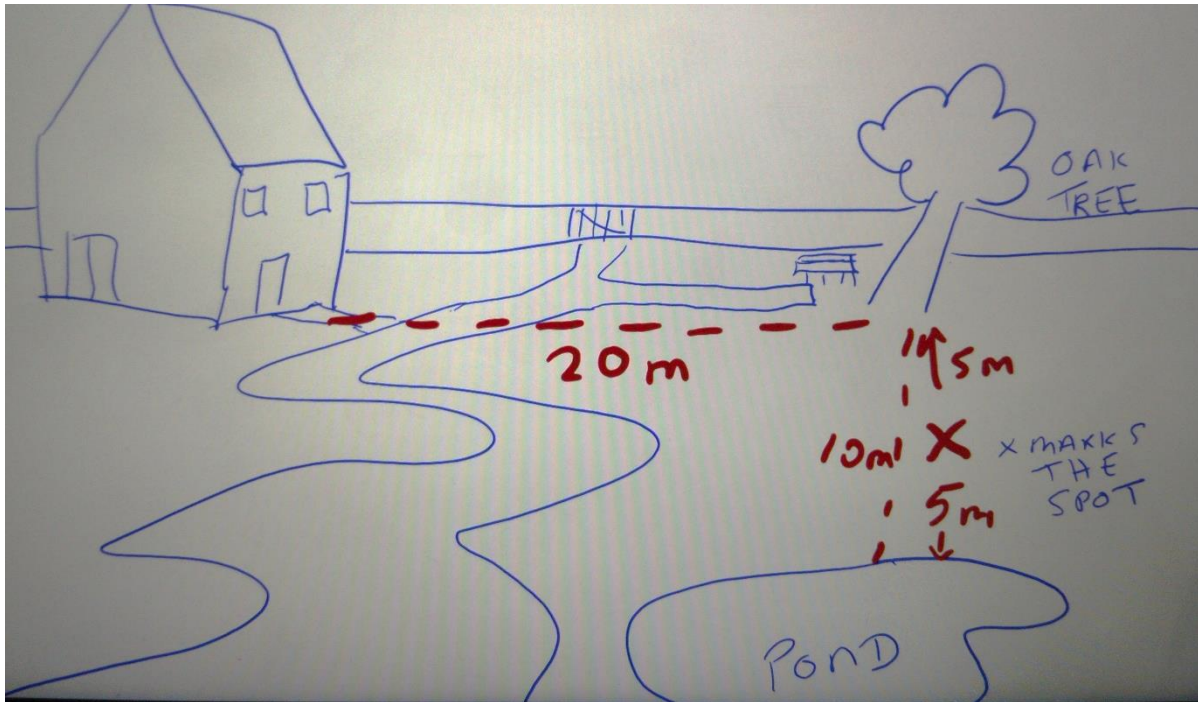


Step 5. Now its time to bury your Time Capsule. In the garden is good, but if you don't have a garden, you could put it in a corner of the attic where no-one goes!

Ian has even put time capsules inside walls in his previous life as a builder! (here he's burying one in the grounds of Penlan Community Centre in Swansea with local children.)



Step 6. Now draw a map of where you have hidden your Time Capsule. This is in case you want to do more than one and you'll have a way of knowing where they all are.



Finished? Congratulations on completing your Time Capsule. Remember what you've made today could last for many years – and someone may be digging it up in 2121 and thinking about you and what your life was like! You've made history!

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