

Time Capsule Instructions

To celebrate America's 250th birthday, your family can make its own time capsule—a treasure box of memories and items showing what this moment in American history means to you.

Step 01

Pick Your Treasures

Choose 3–5 special items that show what it's like to be an American today. Consider photos, newspaper headlines, favorite books, recipes, and more!

Step 02

Write a “Letter to the Future”

Each family member can write their own letter, or you can create one together. Consider:

- What do you hope your future self will remember about today?
- What does freedom mean to you?
- What are your hopes for America over the next 250 years?

Step 03

Pack and Seal Your Capsule

Place your items in a box and label it with:

- Your family name
- Today's date
- “Open on (future year of your choice)”

Decorate and hide it somewhere safe or bury it with help from an adult—just don't forget to remember where you put it!

Step 04

Find More Ways for Your Family to Engage

Visit the Constitution Center's website to find more America 250-inspired activities.

constitutioncenter.org/america-at-250



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