

The Compact Coronavirus Time Capsule

A short project for schools and other groups,
created by Company Three with the support of
the Anna Freud Centre for Children and Families.

The Compact Coronavirus Time Capsule is a set of 25 video-making challenges to help young people stay connected, build resilience and express themselves during lockdown.

It is part of an international project created by Company Three, recording the experience of thousands of teenagers during the Coronavirus pandemic.

It can be used with any group of young people aged 11+. It can be adapted for different time-frames, subjects, ability levels and purposes.

For more information go to www.companythree.co.uk/compact

The Coronavirus Time Capsule helps to build resilience, wellbeing and social capital. It helps young people organise themselves, reinforces a sense of belonging and promotes self-esteem.

It gives voice to young people's experience in a way that will inform and educate well beyond the limits of each group.

At a time when our individual worlds have been shrinking, Company Three have created an opportunity for young people to reach out and expand their social networks through a common purpose. This is prevention in action and will provide an invaluable record of lived experience.

Dr Roslyn Law

**Consultant Clinical Psychologist
The Anna Freud Centre for
Children and Families**

What is the Coronavirus Time Capsule?

The Coronavirus Time Capsule is a response to the coronavirus pandemic by teenagers everywhere. Since March 2020, thousands of teenagers have been creating weekly videos documenting their lives in lockdown. More than 200 youth theatres, school drama groups and community arts projects in 20 different countries are involved. This compact version is for schools who do not have the resources to create and edit a weekly time capsule, but who still want to get involved.

How does it work?

We've created 25 short, simple challenges to help young people creatively document their life in lockdown using the video cameras on their phones. Participants do not have to appear in their own videos if they do not want to and they (or you) can choose how many of the challenges to do. You can keep the videos private or, if you want, share them publicly.

What do I need?

- A group of young people. Any number, any age.
- A way of setting challenges for your group and a way for them to send videos back to you.

How long does it take?

You can do it in a day, in a week, or over a longer period of time. It's up to you.

- In a day: set 5 challenges in the morning to be completed by 5pm.
- In a week: everyone does one challenge a day.
- Longer: everyone does one or more challenge(s) a week for as many weeks as the project lasts.

How can I use it?

- As a drama, humanities, PSHE or learning-support project during lockdown.
- To support students who are about to leave lockdown and come back to school.
- To support students who are quarantined.

What should I do with the videos after?

Once you have finished the project, we suggest editing all the videos together and sharing them with the participants either online (privately or publicly) or in a screening when you are all back together again. Editing can be done by you, a colleague or one of the students.

Help and support

You can find safeguarding templates, curriculum links, online drama workshop plans, links to editing software, sample videos and more resources at www.companythree.co.uk/compact.

How to make great videos

Put your phone onto airplane mode in case someone calls.

Film in landscape, not portrait.

Make sure the light (the sun or room light) is behind the camera.

Leave 5 seconds before and after you film (to help with editing).

Experiment with unusual angles, close-ups and effects.

Video challenges 1: The Beginning

You can choose to complete as many challenges as you want from each category. You can also make up your own. Each challenge is designed so you can do it quite quickly, or you can choose to spend a lot of time on it.

Introducing the Time Capsule

Read this introduction directly to the camera. Choose a location or a series of locations which feels important to your time in lockdown. You could also do it as a voiceover if you would prefer not to appear on camera - think carefully about what to film as you speak.

Vital statistics

Introduce yourself using facts and figures. You can speak directly to the camera or film the information written down or represented by objects. Include the following information:

- Your first name.
- Your exact age, to the day.
- The number of days you've spent in lockdown.
- Any other statistics that you think are important.

Objects

Create an exhibition of eight objects that sum up your life in lockdown. Write a label, like in a museum or art gallery, for each one describing why it's important. Film them in close-up, moving slowly from one to the next.

Measure yourself

Measure your current height only using objects you can find in your home (e.g. by stacking toilet rolls). You might need to pile things up or lie down next to them. Film it as a record and so you can check back later to see if you've grown.

Lockdown hair

Film your hair in close-up and describe your current lockdown style and hair care routine. Or (even better), film yourself cutting your own hair.

Hello. It's [today's date].

This is a time capsule.

It is a record of who I am right now.

It's a record of a time when the Coronavirus came and all the schools shut down and everyone got told to stay inside.

This is a record of what happened. Of what I did and didn't do.

Because this has never happened before.

And it might never happen again.

Video challenges 2: Home

You can choose to complete as many challenges as you want from each category. You can also make up your own. Each challenge is designed so you can do it quite quickly, or you can choose to spend a lot of time on it.

Time lapse

Set your phone camera up to film an hour of your life in lockdown using the 'time lapse' feature. It doesn't matter if you do a lot or don't do much in that time, just do something normal.

Wildlife documentary

Film your bedroom as if you are a wildlife documentary maker who has discovered the den of a rare animal. Commentate like David Attenborough on the things you see and speculate what kind of creature lives here.

Lockdown companions

Choose a selection of objects (soft toys, jars, whatever you can find) to represent all the people you are in lockdown with. Film them like they are puppets - introduce them or make them re-enact a normal lockdown scene in your home. Or, if you can, make an animation with them in.

Family interview

Film and interview a family member (or someone you live with) about their life in lockdown - what it's like for them, the things they're missing, the best things and the challenges. If they do not want to be filmed, focus on their hands as they speak.

Fashion show

Create a fashion show of your most-worn lockdown items. You can wear the clothes yourself (and pose) or use things in your home (chairs, soft toys, family members or pets) as mannequins.

Video challenges 3: School

You can choose to complete as many challenges as you want from each category. You can also make up your own. Each challenge is designed so you can do it quite quickly, or you can choose to spend a lot of time on it.

Home-school dictionary

Make five-second films demonstrating what each of these school phrases look like when you're studying at home.

A love letter to school

Write a letter to your school as if you were writing a letter in a romance novel, saying what you miss and don't miss about them. Film yourself as if you're writing it live or record it as a voice-over as you film your school books or uniform.

Lockdown skills

Teach us how to do something that you've learnt in lockdown that you'd have never learnt at school (e.g. making bread, learning Korean, a new football trick, a dance move). Break the steps down so that anyone could learn it from your video.

What I'm really doing

Recreate the 'What I'm Really Doing' meme. Film yourself in four different positions:

- What my teachers think I'm doing.
- What my parent(s) think I'm doing.
- What the prime minister thinks I'm doing.
- What I'm really doing.

School hacks

Write a list of the ways you can make home school easier - your tricks and cheats (e.g. how to hand your work in late and not get in trouble). Present them as a tutorial.

- Journey to school
- Registration
- Homework
- Teacher
- Lunch break
- Detention
- Exam
- PE
- (or add your own)

Video challenges 4: Everyday Life

You can choose to complete as many challenges as you want from each category. You can also make up your own. Each challenge is designed so you can do it quite quickly, or you can choose to spend a lot of time on it.

Activity chart

Film yourself drawing a pie-chart showing the different activities you do during a normal day in lockdown (e.g. sleeping, eating, school, gaming, social media). Talk about each thing as you add it to the chart.

Food

Position your camera so it looks down on your work surface/table and film yourself cooking the meal you've eaten most in lockdown or film yourself putting it all onto a plate ready to eat (e.g. put the bread on, butter it, pour beans over the top, add cheese).

Friends

Use the 'screen-record' function on your phone to record you writing a long message (on text, iMessage, SnapChat) to your friend you haven't seen in a long time. Tell them something you miss about them, or remind them of a time when you did something in person together.

Letting off steam

Find a way to let off steam. This could involve exercise, a daily walk, dancing, shouting, snapping pencils, making a mess, doing yoga or running. Try filming the same activity from multiple angles (and editing them together, if you can).

Positives

What have you been able to do in lockdown that has had a positive impact on your mental health? Think about three things that have made you feel positive and find a way to capture each one on video - you might just film it, or you might speak about it, or write a poem or song about it.

Video challenges 5: The Future

You can choose to complete as many challenges as you want from each category. You can also make up your own. Each challenge is designed so you can do it quite quickly, or you can choose to spend a lot of time on it.

Things I have lost

Write a description of things you have lost in lockdown. These could be opportunities, or events, or people. Edit them into a poem or lyrics and read or sing them.

When this is over

Write a manifesto of 5 demands you want to be different in the world when lockdown is over. Make them into a poster and film yourself writing it or sticking it up on your wall or a window.

First day back

If you are going back to school, film yourself (or what you see) for five seconds at five different points of your first day back: Getting ready, leaving your home, travelling to school, outside school and walking through the door.

Timeline

Draw a timeline of your life with the lockdown marked in. Add in events that happened before the lockdown and make up some events that you'd like to happen in the future. Film the timeline with a music track of your choice.

A letter to the future

Write a letter to your grandchild, or to children in 50 years time, telling them about the time when the Coronavirus came. Film the words on the letter as you read it out loud.

Optional extras

This is a list of things you might do to add to your time capsule.

None of them are essential, but they are here in case you have an interest in a particular area or want to try one out.

A piece of music

Write or play a song or piece of music that expresses something you feel about lockdown.

Titles

Use a computer programme or paper and art materials to design the titles for each of the challenges you complete. (e.g. 'A letter to the future').

A poem or lyrics

Write a poem or lyrics that express something about lockdown. If you want you could voice-record this to be edited over another challenge.

Editing

Use editing software to edit all your videos together.

Set new challenges

Set new challenges for yourself or those you are making the time capsule with. Be inventive and have fun - find a way to express and save the things that feel important to you.

Connecting with the Coronavirus Time Capsule

This project and all its resources are free.

All we ask is that you sign up before you start, so we know who's doing it and so we can send you updates and support (we won't send any other emails). Sign up at www.companythree.co.uk/compact

Many schools and groups are sharing their completed time capsules publicly. If you are able to do this, please email us links to your videos, tag us on social media and use the project hashtag **#CoronavirusTimeCapsule**.

Twitter: [@company_three](https://twitter.com/company_three)

Instagram: [@companythree](https://www.instagram.com/companythree)

Facebook: [Company Three](https://www.facebook.com/CompanyThree)

Email: hello@companythree.co.uk

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