

Daily Mile Time Capsule

TEACHERS:

CAPTURE MEMORIES THAT STUDENTS WILL CHERISH FOREVER!

A class time capsule is a great way to celebrate the beginning and end of the school year. At the start of the school year, ask students to contribute one of the following to the time capsule:

1. A drawing of themselves doing The Daily Mile (see page 2)
2. A letter to their future self about their Daily Mile goals (see page 3)
3. A photograph of themselves doing The Daily Mile

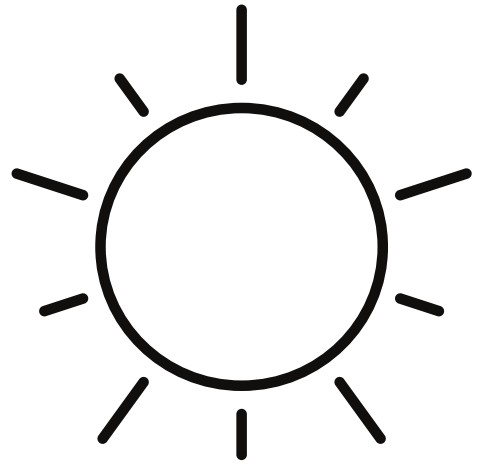
At the end of the school year, open the time capsule and allow students to think about how they have changed. Have fun!





MY DAILY MILE TIME CAPSULE PICTURE

NAME: _____ DATE: _____





A NOTE TO ME, FROM ME

Name:

Date:

Handwriting practice lines consisting of alternating blue and pink horizontal lines.

