

for ages  
11+

START  
ONLINE



An arts and creativity programme for children and young people



# ST\*ART...Remembering

We all forget things. Be it a stranger's name or last week's dinner.

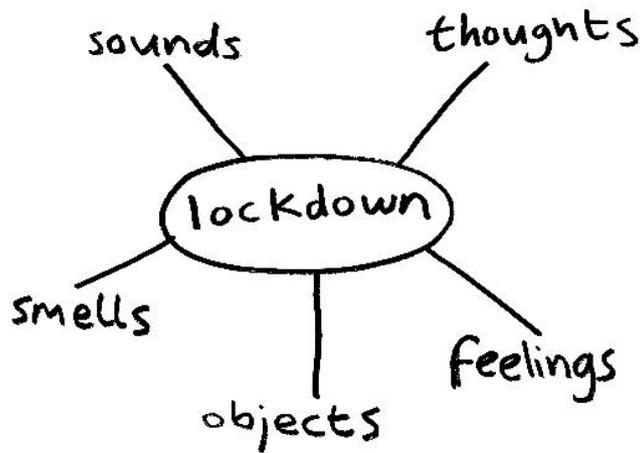
So, how do we remember? And will we remember Lockdown?

To help us, we are going to make a 'Time Capsule of 2020'; a record of life at home during these strange times.

Let's ST\*ART →

## 1. Prepare

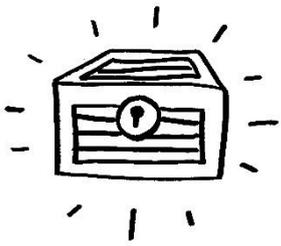
Use this handy 'mind map' to help you retrieve your Lockdown memories.



this painting helps us to remember how the Paston family lived.

← art helps us remember!

*Paston Treasure* (1665)  
Artist Unknown  
Norwich Castle Museum and Art Gallery



## 2. Capture



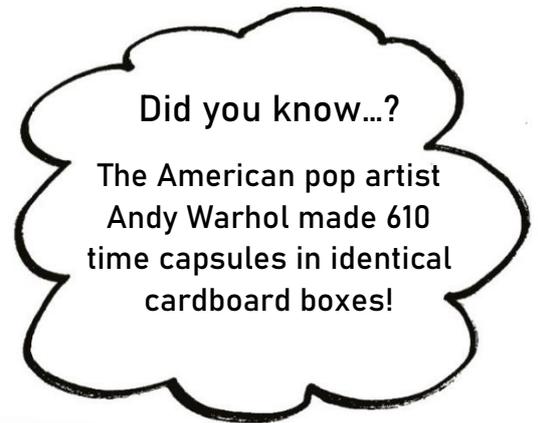
First, find a cardboard box or a sturdy container to store your memories in.

What ways can you find to preserve your memories?

They make take the form of ...

- A drawing of a friend you missed
- Lyrics to a song you played
- Your favourite crisp packet

And don't forget to decorate the box!



← Artists use  
photographs  
to remember

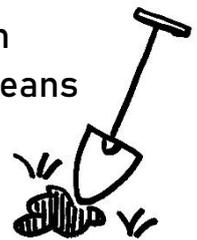
*Affirmation (Colin Self and David Hockney)*  
(1941)

Colin Self  
Norwich Castle Museum and Art Gallery

## 3. Finish Touches

Be a curator! Imagine a stranger will find your time capsule in years to come. Write labels to describe what each memory means to you and don't forget to date it!

Finally, can you find a secure place to store it for the future?



## Share

We would love to see pictures of your time capsule.

Head to the SHARE section on the website to find out how:

[www.museums.norfolk.gov.uk/startonline](http://www.museums.norfolk.gov.uk/startonline)