



## KH Time Capsule – Senior

Help to record your experience of this major event in history by making either



- a video of 30 seconds (or less) of your reflections on the crisis

OR

- a slide/image of how you are experiencing the current situation.

Please feel free to approach this task by presenting an open letter, a poem, a song, a work of art or even a dance.

A selection of these may feature in *The Blue Coat*. All will be kept in the archives to be revealed at a later date. 100 word limit (on average, 150 words = 1 minute of speech)

Deadline: 31<sup>st</sup> May 2020

Submit to [SeniorTimeCapsule@thekingshospital.ie](mailto:SeniorTimeCapsule@thekingshospital.ie) as attachment or on Google Drive.