**Time Capture Sheet**

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| This morning, the first thing that came to my mind was… | When I go grocery shopping, I feel …. because…. | The music that I listen to on the way to Conversation Group this morning was….  |
| The food I ate last night and the food I ate this morning are… | One thing that I miss about my homeland the most is… | One struggle that I had in the past few days is… |
| I am wearing… (color of shirts, shorts, and style of clothes) | I feel happy when… | I get nervous when…. |
| One thing that I constantly worry about is… | The last time I called home (people back in my native country), I felt… | If I could have one wish that comes true, I wish….  |
| If I could have anything in the world (unlimited), I would choose to have… | The last time I felt like crying was when… | One thing that I want to do if I could do anything now is…. |

Tips:

Instructions are written in the guide. Make sure you model it first and give your students the flexibility to share as much or as little as they want in the conversation. I personally found that the deeper and more open you are with your students, the more open they will be with you and the rest of the peers.

Hope this helps! This could also be adapted into another form for Conversation Partners (you could also your student to write a note to himself/herself using these guiding questions). Fold the paper and tape/staple it so that you promise them you won’t read it and hold onto it for them for the semester and return it to the at the last session after they answer the same questions at the end of the semester. I did this activity before and it was insightful to see how I have changed in some aspects and how I have not changed at all (i.e. listening to the exact same song on the way to class etc).