Make a time capsule!

One of the traditional names of Rosh Hashanah is Yom HaZikaron, the Day of Remembrance. As we begin a new year, we invite you to use these questions to think back on the year that is ending, and look ahead to the year that is beginning. You can do this on your own or as a family, and you can save your time capsule to open together next year for Rosh Hashanah 5783.
Questions for kids:

1. How old are you today?
2. What makes you special?
3. What are five things you are thankful for?
4. If you could have any superpower, what would it be and how would you use it?
5. What is a mitzvah you are proud of doing this year?
6. When were you brave this year?
7. What is something you want to learn next year?
8. What is something you want to get better at next year?
9. What do you want to be when you grow up?
10. If you could change one thing about the world, what would it be?

Questions for adults:

1. Where were you last Rosh Hashanah? How will this one be the same or different?
2. What inspired you this year?
3. What are ten things you are thankful for?
4. What are two accomplishments you are proud of from this past year?
5. What is something you want to let go of from this year?
6. Where is a place you hope to visit next year?
7. What is the most important lesson you learned this year?
8. What are three ways you would like to grow and improve yourself this coming year?
9. What relationship do you want to strengthen this year?
10. If you could change one thing about the world, what would it be?