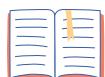


My Astronaut Journey Poster - Levels F-3

CREATIVE



To create a visual timeline of the nine-week astronaut journey by drawing all nine planets and illustrating what was learned at each one. This allows students to express their learning artistically while reflecting on their personal growth.



Learning Intentions



Students will learn to remember the planets they visited and the life skills they explored. This builds memory and reflection.

Students will practise drawing their astronaut journey in a creative and meaningful way. This encourages self-expression and storytelling.

Students will learn to share what they've learned with others through pictures. This supports communication and a sense of pride.



Success Criteria

I can name all nine planets we explored.
This shows recall of key concepts.



I can match each planet with the life skill we learned there.
This demonstrates understanding and integration.

I can describe one thing I enjoyed learning or doing on our journey.
This promotes thoughtful reflection and confidence.



My Astronaut Journey Poster – Levels F-3

CREATIVE

Objective:

To create a visual timeline of the nine-week astronaut journey by drawing all nine planets and illustrating what was learned at each one. This allows students to express their learning artistically while reflecting on their personal growth.

Players:

Individual activity, followed by group sharing

Materials:

- A3 or large A4 paper
- Coloured pencils
- Optional: stickers, glitter, cut-out stars and planets

Time Required:

15–25 minutes

Setup:

Begin by rereading the nine planet names together and reviewing the life skills:

1. **Earth** – Kindness
2. **Mercury** – Conflict
3. **Venus** – Vulnerability
4. **Mars** – Play
5. **Jupiter** – Confidence
6. **Saturn** – Gratitude
7. **Uranus** – Resilience
8. **Neptune** – Empathy
9. **Pluto** – Adaptability

Display these on the board or wall for reference.

Activity Steps:

Step 1 – Map the Planets:

Each student receives a large sheet of paper to create their *Astronaut Journey Poster*.

Encourage them to:

- Draw the sun and the nine planets (in any creative order; this is their journey!)
- Label each planet with its name



My Astronaut Journey Poster – Levels F-3

CREATIVE

Step 2 – Match the Skills:

Next to each planet, students draw a symbol or scene that represents the life skill they learned there. For example:

- A heart for kindness
- A helping hand for conflict
- A mirror for vulnerability
- A ball or smile for play
- A torch for confidence
- A gift or thank-you note for gratitude
- A bouncy spring for resilience
- A pair of shoes for empathy
- A spiral for adaptability

Step 3 – Decorate and Share:

Let students colour and personalise their posters with stars, comets, and even mini astronauts. Once finished, they can share their journey with the class or a buddy.

Winning the Game:

Every student wins by creating a personal masterpiece that celebrates their space adventure and reminds them of the powerful life skills they carry inside.

Variations:

Galactic Collage:

Combine all student posters into one giant class mural showing all planets connected by stars.

Add a title banner: “Our Playful Astronaut Journey.”

Space Story Extension:

Have students write a short story or caption describing their journey:
“When I landed on Jupiter, I learned how to be brave.”

Planet Presentation:

Students work in small groups, each taking one planet to explain its life skill to the class, using drawings or props from their posters.

Digital Orbit:

If tablets are available, students can create digital versions using drawing apps or slideshow tools.

Add sound effects, animations, or recorded reflections.



My Astronaut Journey Poster - Levels F-3

CREATIVE

Family Connection:

Send posters home as part of a *Family Space Journal*.

Encourage families to discuss which life skills they notice most at home.

For Wheelchair Users / Accessibility:

- Ensure tables are at accessible height and provide lap desks or clipboards for flexible workspaces.
- Offer pre-drawn templates or sticker symbols for students who may struggle with fine motor tasks.
- Use tactile materials (foam stars, textured paper, raised outlines) for sensory inclusion.
- Allow students to describe their ideas verbally while a peer or adult assists with drawing.
- Encourage digital alternatives (using iPad drawing tools or speech-to-text captions).

Notes for Inclusion:

- Emphasise that every astronaut's journey is unique, there's no "right" way for a poster to look.
- Pair students who enjoy helping with those who may need extra support.
- Offer calming music or a quiet zone for students who prefer reflective work.
- Acknowledge cultural and neurodiverse differences in how students interpret life skills.
- End the activity with a shared affirmation:
- "Our class crew has travelled far. We've learned, laughed, and grown together, and our journey doesn't end here!"

Additional Notes:

My Astronaut Journey Poster is a powerful reflection tool disguised as a creative art project. It helps students internalise their learning while celebrating the full orbit of their space-themed well-being adventure.



PLANET VISUALS

