

# My Astronaut Journey Poster

# WRITTEN

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

I can remember the planets we visited and the life skills we learned:

This builds memory and reflection.

I can draw my astronaut journey in a creative and meaningful way:

This encourages self-expression and storytelling.

I can share what I'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.



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## 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



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## 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.

## 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.

