

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.

