



Kids



From River to Sea
Wellbeing Activity from
The Art Room

From River to Sea

This project is for pupils in their final year of primary education who are getting ready to transition to secondary school.*

The journey from primary school to secondary school can be imagined like a boat on a river on its way to the sea. This project is a chance for children to think about their time at primary school and the changes ahead as they sail into secondary school.

This creative activity provides a supportive space to think about and explore children's feelings. It invites

them to acknowledge and normalise the mixture of feelings related to the transition they are experiencing, and offers an opportunity to think about what they might need through it. The River to Sea project will take children on a journey, where they imagine how to navigate this transition while reflecting on their past, present, and future.

Materials

- Paper or card
- Paint, crayons, pens or pencils
- Recycled items
- Scissors
- String, glue or Sellotape

Activities

There is one art activity, and 2 films you can watch as accompanying inspiration recommended by BAFTA Kids.

BAFTA Kids

BAFTA Kids helps young children explore the world of film, television and games providing content, information and experiences across many platforms. The Art Room has teamed up with BAFTA Kids to launch the 'River To Sea Project'.

Check out how these BAFTA Kids ambassadors have made their own versions of this project: [Nikki Lilly, Rhys Stephenson & Gracie Gosling on Secondary School | BAFTA Kids at Home with Place2Be](#) [🔗](#)



Share your creations

We'd love to see your artwork!
Share photos of your creations
with us on social media:



ACTIVITY:

From River to Sea



Imagine

Read this story, 'A River' by Marc Martin

It is on YouTube to read or watch [🔗](#)

While making your art you can listen to our River to Sea Project Playlist on Spotify [🔗](#)

Activity aims

- Create your boat
- Make a river and sea for it to sail on
- Reflect on your time in primary school and think ahead to secondary school



Create

You will need:

- Paper or card
- Paint, crayons, pens or pencils
- Recycled items
- Scissors
- String, glue or tape

Creative activity steps:

1. Make a little boat that shows different things about you. Here are some ways to go about it:
 - Draw, paint or cut and paste bits from magazines and newspapers onto paper/flat surface.
 - Collect and combine different recycled materials. They need to be water resistant if you want your boat to float. Glue and tape will loosen in water, so tie with string instead.
2. Create a background of a river flowing to the sea. Primary school memories can be drawn or written around your river. Any hopes and thoughts about secondary school can be added to your sea. Your boat and background can be on the same page or separate ones. You can float your boat on water if possible!
3. Now add any words, images, or small trinkets to your boat that would be helpful on your journey to secondary school.



Explore

- What do you think it was like for the girl in the story to go along the river and out to sea in her boat?
- Is there anything about yourself that is reflected in the boat you created? How could these things about yourself be helpful when starting secondary school?
- What will you remember from your journey through primary school?
- Are there any thoughts, things or people you want in your boat as you ride the high winds and waves? How would you like them to help, comfort or encourage you.



Films for creative ideas

BAFTA Kids have partnered with us for this project. Why not watch a film to get some creative ideas?

- Moana – BAFTA Nominated in 2017 for Children's Feature Film and Animated Film
- Whale Rider – won a BAFTA for Children's Feature Film in 2003

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Now you are sailing the open sea.... Ahoy!



End of project reflection

- The weather at sea can change, you may sail through calm waters and choppy waves. What might your sea be like?
- Think about the African proverb 'smooth seas don't make skillful sailors'. Your journey to secondary school may not all be smooth sailing, but what might you be able to learn and gain from it?
- If you could describe your boat ride from river to sea in three words, what would they be?

More from The Art Room

Looking for more creative projects? [Visit our website for more activities from The Art Room](#) to see our other projects for families and teachers, including projects on Growth, Superheroes, Calm, Colour, Animal Homes, Space and Seasons. They are free to download and can be done at home or in the classroom!

More from BAFTA Kids

A series of free virtual sessions led by experts and familiar faces across acting, art, content creation, dance and writing. [Watch here](#)

Events

Find out about our upcoming events by [clicking here](#)

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Place2Be is a national charity working in England, Scotland and Wales.

Place2Be, 175 St John Street, Clerkenwell, London EC1V 4LW, Phone: 0207 923 5500

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