



# Portals: Exploring Changes

Wellbeing Activity from The Art Room

# Portals

## Exploring Changes

This project supports children to reflect on their experience of going through changes in their lives. It can be used specifically with children who are transitioning from one school year to the next.

The creative activity offers children space to explore their thoughts and feelings about change, and aims to encourage their sense of confidence and resilience in the process.

Creating a portal can help us understand what it is like to go through change and step into a place that is unknown to us. Leaving something old and entering something new, such as moving into the next year at school, can often leave us with a mixture of different thoughts and feelings. Sometimes

going through changes can be difficult and worrying. It can also be exciting and a chance to look forward to something new.

This activity guides children through a creative process where they move through a time of change and explore their feelings as part of this. It offers space to think about what they might need during periods of change, and to imagine themselves stepping into their future with confidence.



### Share your creations

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



### Materials

- A background: paper, card, a recycled box, or any surface to work on
- Ways to make marks or add colour: coloured pens, pencils, paint, crayons, and/or pastels

### Optional

- Recycled magazines/ newspapers / coloured paper
- Glue and/or tape
- Scissors

### Activities

This project includes videos by Place2Be Champion, Ricky Martin (aka CBBC's Art Ninja). Watch as Ricky guides you through a warm-up activity, and shows you how to create your portal.

The project has one art activity with a warm-up activity that helps you imagine what you can create.

### Inspiration

While you make your art, you might like to listen to some of the music in our 'Portals: Exploring Changes' Playlist on Spotify.

<https://spoti.fi/3vjc077>



ACTIVITY:

# Portals: Exploring Changes



## Imagine

Get inspired by watching this warm-up activity with Place2Be Champion, Ricky Martin (aka CBBC's Art Ninja).

You can [watch it on YouTube](#).

While making your art you can listen to our Portals: Exploring Changes [Playlist on Spotify](#)

### Activity aims

- Imagine your journey through your portal in the warm-up
- Create the front of your portal, what you found in your pocket, and the place your portal leads to
- Explore what it is like to go through a change



## Create

### You will need:

- Piece of paper, card, a recycled box or any surface to work on
- Coloured pens, pencils, paint, crayons, and/ or pastels

### If you've got them, you could also use:

- Recycled magazines/ newspapers or coloured paper to cut and paste with (for collaging)
- Glue and/or tape
- Scissors

But don't worry if you don't have these!

### Creative activity steps:

To make our portal and the imagined place it leads to, we need to divide our paper, card or recycled box into three sections. This can be done by folding or drawing lines for each of the sections for:

- the front of your portal
- what you found in your pocket
- the imagined place your portal leads to

We're going to add something to each section step by step. You can draw, paint, cut and paste or add words, patterns or symbols.

**1.** Let's start with your first section. Here we're going to create the front of your portal. What does it look like?

**2.** Now let's make something for the second section. Think back to what you found in your pocket and add this here. It can be something to help you in your imagined world, or something to open your portal. This could be special keys, objects, letters, words, numbers, or a code, knock, sound or movement.

**3.** In our third section, we're going to create our imagined world. Pretend you have stepped through your portal. What do you see around you?



## Explore

- What things did you notice during the warm-up activity? Were there any colours, sounds or thoughts that came up?
- When might you use the things found in your pocket?
- What was it like in your imagined world?

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# Through Your Portal



## End of project reflection

- Pretend you are getting ready to go into the imagined world through your portal, what things might you want to leave behind or take with you?
- How did it feel to first step into the portal, before entering your imagined place?
- What are some new things you came across in your imagined world? Are there people, things or thoughts that would help you get used to being in your imagined world?
- Does your imagined world have a name?
- What stands out to you about your art, or when you did the warm-up activity?

## More from The Art Room

Have you seen our other Activities from The Art Room? Visit the [Activities from The Art Room](#) website 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 Ricky Martin (Art Ninja)

Presenter, Animator, Director and Place2Be Champion, Ricky, also features in the 2021 Schools Time Capsule, a project by Place2Be, BAFTA Kids and Oak National Academy. Learn more at [place2be.org.uk/timecapsule](https://place2be.org.uk/timecapsule).

You can watch more art videos and tips from Ricky on CBBC, [or here on YouTube](#). [🔗](#)

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

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