

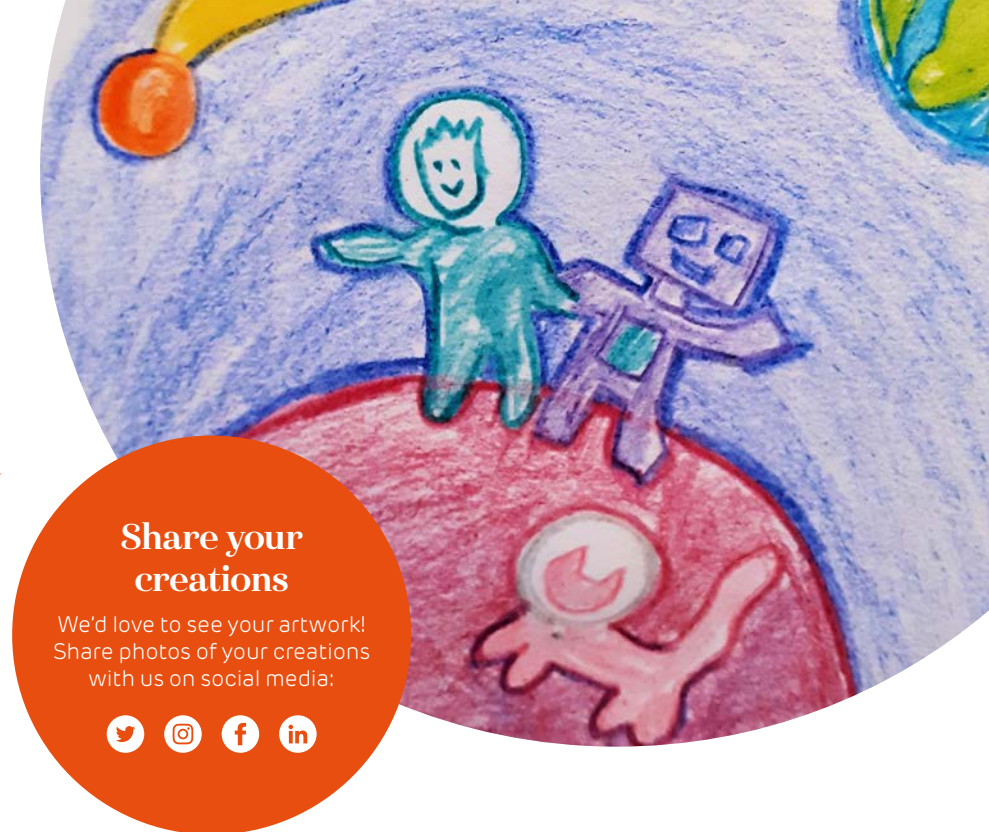


Space: Navigating friendships

Wellbeing Activity from The Art Room

Space: Navigating friendships

Outer space can help us wonder about how connected we are as people in the universe we share. The Space Project looks closely at this idea of connection through the theme of friendship and belonging. It helps with launching new friendships as well as strengthening the gravitational pull of established ones. Through the different activities, there will be opportunities to make art with others to focus on the collaborative aspect of friendship.



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Activity One

Draw or build a spaceship by yourself, or with friends.

The spaceship is a safe and comfortable place to welcome friends and set off into the unknown with them.

Activity Two

Create a new space friend to meet while exploring the universe.

This activity helps children think about different friendships, and what is valued in a friend despite differences.

Activity Three

Make an imaginary universe to enjoy exploring with friends.


Through an imaginary universe, personal interests and needs can be discovered along with those of others.

Activities

This project includes three separate art activities. You can choose to make as many as you like, in any order.

Inspiration

Each activity starts with a story or video as inspiration for making art.

You are welcome to [listen to our 'Space: Navigating Friendships' playlist](#)  on Spotify while making art.

Materials

- paper or card
- paint, crayons, pens, or pencils
- recycled items
- scissors
- string, glue, or tape

Activity 1:

Create a spaceship



Imagine

Watch: 'If I Were an Astronaut'
by Eric Brown [🔗](#)

Activity aims

- Discover ways of working together with friends by drawing or building a spaceship.
- Explore what would make the spaceship a comfortable and enjoyable place to be with friends.
- Think about what could be learned from spending time with friends in the spaceship.

Create

You will need:

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

Optional:

- recycled magazines/ newspapers / coloured paper
- glue and/or tape
- scissors

Creative activity steps:

1. Draw or build a spaceship using your choice of materials.
2. Think about what your spaceship can do and what you would like it to have on the inside and outside.
3. Add these to the main body of your spaceship by tearing, cutting or folding. Use scissors, tape or glue if you have them.
4. Decorate your spaceship with any extra bits and bobs (e.g: bottle tops, or images from newspapers or magazines). You can also draw or paint features onto your spaceship.

Follow these steps if you choose to build a spaceship from recycled objects:

1. Find a box or carton for the main part of your spaceship.
2. Collect smaller containers (e.g: an egg-box can be made into a

control panel with buttons, bottles can be used for steering, and toilet roll tubes stuffed with paper can be attached as jet streams).

Explore

- What can you add to your spaceship to make it a place you and your friend/s would feel safe and comfortable travelling in?
- Imagine taking off in your spaceship! What is it like to leave Earth and travel far away with a friend/s?
- On a spaceship everything floats around. The astronaut reading the story explains how they do things together as a team, despite this challenge. Which activities would you explore with your friend/s and how might you go about them in space?

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Activity 2:

Space Friend



Share your creations

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Imagine

Watch: 'The Way Back Home'
by Oliver Jeffers [🔗](#)

Activity aims

- Explore what it is like to make new friends.
- Learn what is most important to you in a friend, considering differences and similarities
- Think about different types of friendships, and how your old friends might get along with new ones.

Create

You will need:

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

Optional:

- recycled magazines/ newspapers / coloured paper
- glue and/or tape
- scissors

Creative activity steps:

1. Think about who you can become friends with on your journey, such as a space-robot, alien, or invented person.
2. Draw an imaginary space friend or put one together from your choice of recycled materials.
3. Think about what your space friend looks like, their personality, and any special characteristics they have.

Follow these steps if you choose to build a space friend from recycled objects:

1. Find something that would make a good body (e.g: a small box or a tin can). Foil can be covered around objects to make them look like metal.
2. Add various parts such as the eyes, nose, ears, arms, legs, and shoes using different bits and bobs such as toilet roll tubes, bottle tops, or recycled paper/ card.
3. Paper springs or pipe cleaners can be fun additions to join different parts together. [Click here to see how to make paper springs](#) [🔗](#)

Explore

- In the story, the child and the alien and the alien meet each other because their spaceships broke down. Imagine how you would meet your space friend- what brings you together?
- How would the friends you are travelling with get along with your new space friend? What could help everyone get along if there were any struggles?
- What makes your space friend a good travel buddy to have in your friendship group?



'3,2,1... Blast off!




End of project reflection

- What is important to you in a friendship?
- What will you remember most from your imagined journey in space with your friend/s?
- Did you learn anything new from your friend/s? Did they learn anything from you?

More from The Art Room

Have you seen our other Activities from the Art Room for families and teachers?

[Visit the Activities from The Art Room website](#) 

Projects explore different wellbeing themes, including Weather: Noticing Feelings, Portals: Exploring Changes, Calm and Growth. They are free to download and can be done at home or in the classroom!

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

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