



BAFTA



River Journey:

moving up to secondary
or high school

Wellbeing activity from The Art Room

River Journey: moving up to secondary or high school

This project is for young people in their final year of primary education who are getting ready to transition to secondary or high school.

The journey from primary school to secondary or high 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 / high school.

This creative activity provides a supportive space to think about and

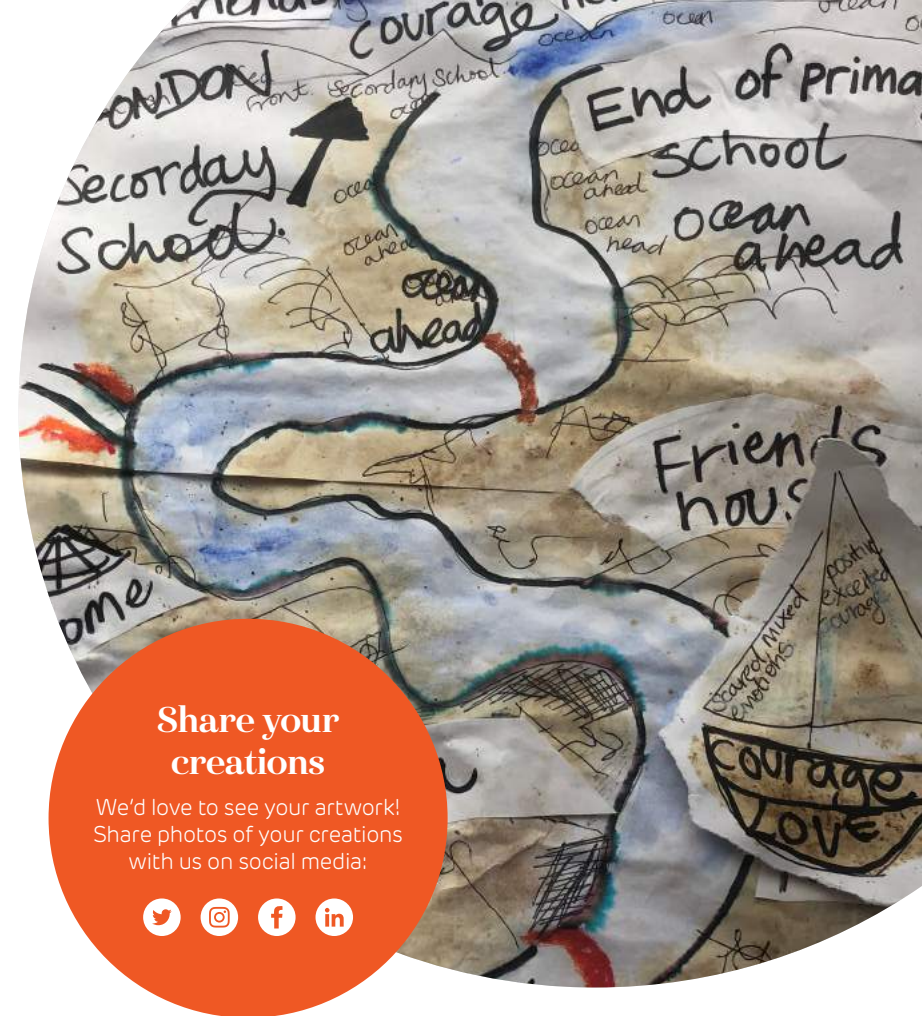
explore children's feelings. It invites them to acknowledge and normalise the mixture of feelings related to the transition they are experiencing, and offers an opportunity to think about what they might need through it. The River Journey project will take children on a journey, where they imagine how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

Activities

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

Young BAFTA

Young BAFTA 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 Young BAFTA to launch the 'River Journey: moving up to secondary or high school' project.



Inspiration

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 Journey: Transition to Secondary School [Playlist on Spotify](#) [🔗](#)

Art Activity



Imagine

Check out how these Young BAFTA and Place2Be ambassadors have made their own versions of this project: [‘Rhys Stephenson, Elsie Adams & Kia Pegg on moving up to secondary or high school’](#)

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 / high school



Create

You will need:

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

Creative activity steps:

1. Watch the video in the Imagine section
2. 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.
3. 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!
4. Now add any words, images, or small trinkets to your boat that would be helpful on your journey to secondary / high school.



Films for creative ideas

Young BAFTA 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

Share your creations

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



Now you are sailing into secondary or high school



End of project reflection

- Is there anything about yourself that is reflected in the boat you created? How could these things be helpful when starting secondary / high school?
- Think about the African proverb 'smooth seas don't make skillful sailors'. Your journey to secondary / high 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 in three words, what would they be?

More from The Art Room

Looking for more creative projects? [Why not try one of our other Art Room projects](#) on themes including exploring feelings, soothing worries, and nurturing self-belief. They are free to download and can be done at home or in the classroom!



More from Young BAFTA

A series of free virtual sessions from Children's Mental Health Week 2021 led by experts and familiar faces across acting, art, content creation, dance and writing. [Watch here](#)

There are more Children's Mental Health Week films available on [Young BAFTA YouTube](#).

Events

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

Royal Patron HRH The Princess of Wales

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

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