

MindUp Challenge

Just like yourselves, I am nervous but excited about embracing my new class on the next school year. Endings and new beginnings can be emotionally challenging for everyone. That is why I like to spend some time exploring my thoughts and feelings about any changes that may be coming up. I think about what I might need during periods of change, and imagine myself stepping into my future. This then always encourages me to have more confidence and resilience in the changing process.

Miss Shah



This month your challenge is to create a portal thinking about what it might look like and where it might lead to. This project will help you with your experience of going through changes in your lives, big or small. It is the perfect activity to do right now as you will be transitioning from one school year to the next.

To create your portal, you will need:

Paper/Card

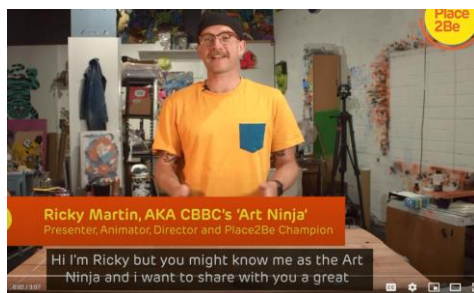
A recycled box

Coloured pens/ Pencils

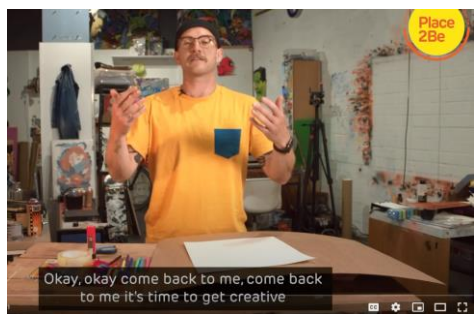
Paint/ Crayons/ Pastels

Watch The videos below to take you through your creation of your portal.

First [Portals: Exploring Changes | Imagine - YouTube](#)



Second [Portals: Exploring Changes | Create - YouTube](#)



Third [Portals: Exploring Changes | Reflect - YouTube](#)



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?