



I Am Festival 2026

11 March - 13 March

I Am Resource

Journeys!

**A NEW
DIRECTION**

We create opportunity

I Am Festival

2026

This year, the I Am Festival is happening between 11th March and 13th March in collaboration with Tate Modern, exploring the theme 'Journeys'.

Activity is taking place in schools and cultural venues across London with opportunities to learn skills and share practice, all in celebration of the creative talent of D/deaf, disabled and neurodivergent young people.

Along with a schedule of events for students, teachers and the cultural sector, we are extending an invitation to all schools to take part in self-directed activities. Our network and festival are open to all specialist settings and SENDCOs and we support collaborations of all kinds: school visits, workshops, showcases and online sharing.

Our theme is Journeys! What does this mean to you? Is it about exploring pathways for SEND Learners? creative growth and exploration? or your journeys around the I Am festival spaces?

This resource offers some ideas - developed and tested by our network - for you to try in the classroom and share beyond it in whatever way you like. They are budget-friendly, using the ideas, skills and materials you already have!

Have fun with them and share your creations in image or sound.

We'd love to showcase some of the highlights of I Am Festival 2026 on our online platform. If you would like to have any artwork or images (excluding photos where children or young people are identified) then please send it over to comms@anewdirection.org.uk via WeTransfer and include your school name in the subject line of the email.

VOOT Collective

Flash Mob!

VOOT Collective would love your help with the flashmob at the I Am Festival!

These instructions will help familiarise your students with the activities and movements involved in the Mini Mobs and Flash Mob!



Mini Mob Making - Wednesday 11th March and Thursday 12th March

Flash Mob! Interactive Performance - Friday 13th March

The flashmob starts with lots of suitcases being moved and passed around

Please can you discover and rehearse some exciting ways to carry and pass suitcases



Some activities to get you started...

PARTNER PASS

Work with a partner. Pass a suitcase back and forth between you. How many different ways can you pass it? Can you use different heights or speeds? What shapes can you make with your body? Can you pretend to be a character?

After working with your partner join another pair and pass the suitcases between 4 of you.



SUITCASE CATWALK

Set up a catwalk with chairs along either side. Play some music and choose someone to move down the catwalk carrying a suitcase. What different ways can you move or dance with your suitcase? Pass the suitcase to another person who then takes to the catwalk.



SUITCASE SEQUENCES

With a partner or in a small group make up 4 moves you all do at the same time. Have one suitcase each. For example:

1. Wave to a friend.
2. Pick up your suitcases
3. Move them from side to side
4. Tap your suitcases like a drum

Add more moves if you want to or try your moves to music.



SUITCASE IN THE MIRROR

Work with a partner. Either stand or sit facing each other like you are looking in a mirror. Have one suitcase each. Decide who is the first leader. As slow music plays the leader moves their suitcase in front of them (staying in one spot). Their partner must copy their moves as closely as they can with their suitcase just like they are a mirror. Swap over so the other person is the leader.



Mini Mob Making and the Flash Mob!

You are invited to design your own sensory suitcases, using textured materials and fabrics.

We will use these objects to explore movement exercises and go on a mini mob journey into the turbine hall with VOOT Collective.



VOOT Collective have co-created movement and repetitive call and response actions with **Queen Elizabeth II Jubilee school**. We invite all schools to join in with VOOT Collective on a mini mob journey at the Tate Modern!

Inside each suitcase contains sensory materials exploring different worlds that you can interact with, wear and use as props to perform with.

CROWD PASS & RECEIVE

Everyone has a suitcase. Move around the room with your suitcases. Say “hello” to people as you pass them. Whenever you want you can pass your suitcase on to someone else. Only pass to someone with a free hand to take your case! This means you may have 1, 2 or no suitcase as you move around. See if you can be reunited with your original suitcase.



Shermaine Slocombe

The Flying Zone/ Soaring Journeys

Create a bird puppet and explore movement, journeys and storytelling.

Inspired by Richard Long.

About the Artist: Richard Long

Richard Long makes art by walking through landscapes. He leaves paths, lines and traces behind him.

In this activity, pupils explore their own journeys using colour, texture, symbols and movement.



You can visit the Richard Long Artist Room at Tate Modern (Blavatnik, Level 4)

What Pupils Will Do:

- Collage a bird puppet using pre-cut paper feathers (paper, maps, cellophane, acetate, textured papers) words and symbols
- Use the bird as a movement tool for following, leading and storytelling
- Explore ideas of journeys, different perspectives, change and connection

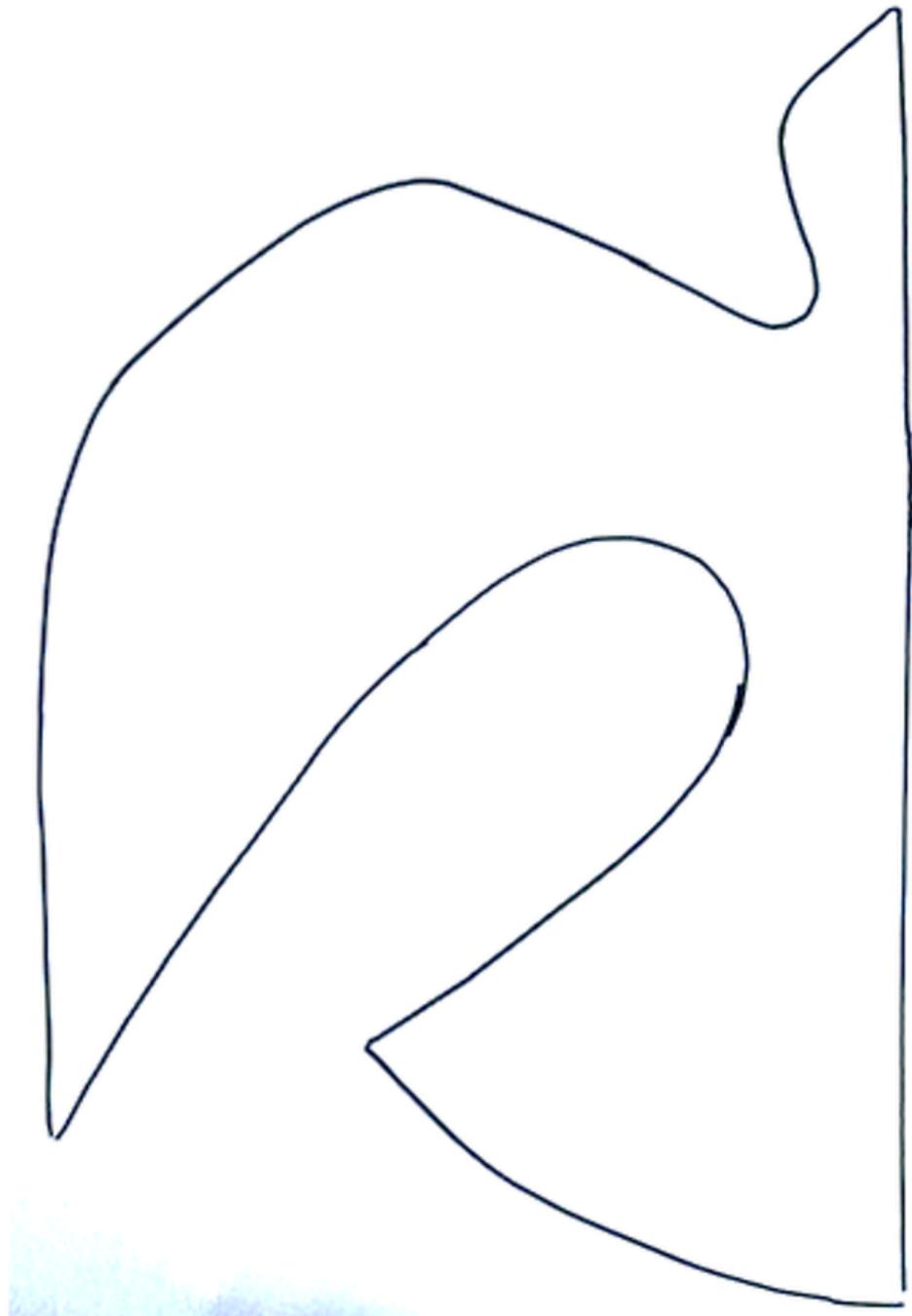
What You Will Need:

- Pre-cut bird puppets
- Pre-cut feathers (paper, maps, cellophane, acetate, tracing paper, textured papers)
- Glue sticks
- Word cards (verbs)
- Symbol prompt sheet
- Pens / markers
- Scissors (if cutting)

Soaring Journeys: Bird Template

Top tip: Fold your piece of card in half. Place the template along the fold and draw around it (half a bird). Cut it out, then open it up - ta-dah! - you'll have a perfectly even bird.

- Onefold, one cut, beautiful bird!
- Try enlarging this template on the photocopier as much as you like, but make sure your paper is double the width of the template so the whole bird fits when opened.



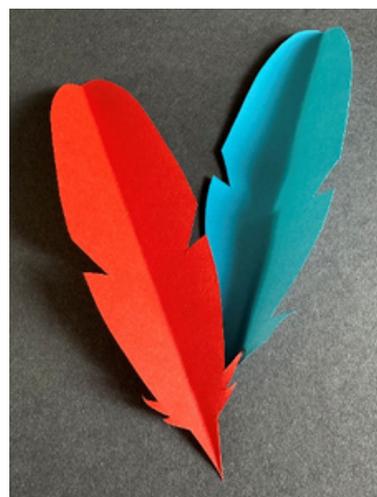
Soaring Journeys: Feather Template

Fold your piece of paper or card in half.

Place the feather template along the fold and draw around it.

Cut it out to create a symmetrical feather.

You can usually get 4- 5 feathers from one sheet of A4.

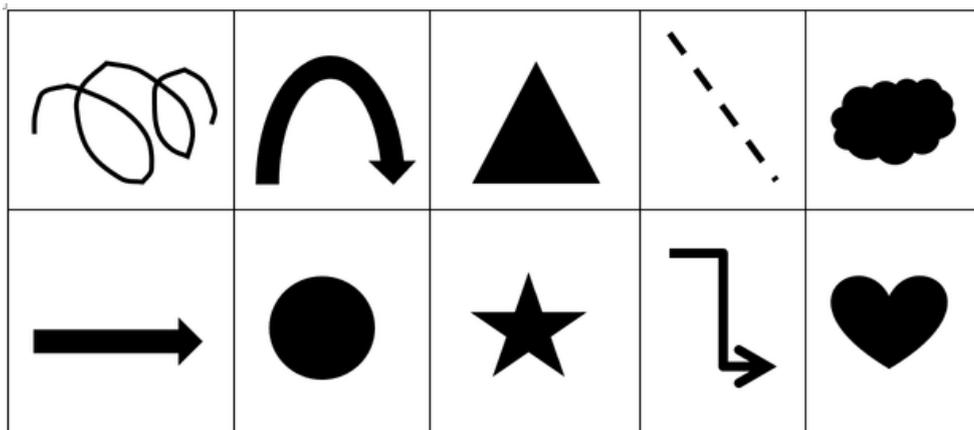


Soaring Journeys: Feather Template

Verb Ideas:

fly	soar	rest	dip
turn	rise	drift	glide
hover	perch	swoop	trace
follow	explore	twist	pause

Print, photocopy and cut. Alternatively, pupils could trace symbols and/or design their own:



Shape	Shape	Possible meaning	Movement ideas
Spiral		Growth, change	Turning, unfolding
Arrow		Direction	Forward, reaching
Wave		Emotion, rhythm	Flowing, rising, falling
Circle		Connection	Returning, togetherness
Triangle		Strength	Stability, reaching up
Star		Hope, energy	Spark, shine
Path/Line		Journey	Walking, exploring
Zigzag		Change, challenge	Change direction
Cloud		Thinking, wondering	Floating, gliding
Heart		Care, belonging	Holding, sharing

Soaring Journeys: Step -by-Step

Step 1: Choose your bird

- Lay it out flat on the table

Step 2: Add feathers

- Choose feathers
- Glue them onto the wings or body
- Each feather can represent a:
place · memory · feeling · part of a journey



Step 3: Add words (optional)

- Choose a word card or write your own
- Words describe how your bird moves or feels
- Write on tracing paper or acetate/cellophane feathers if you like

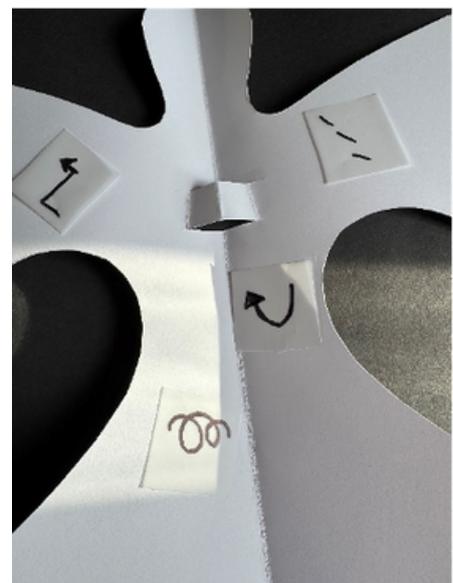
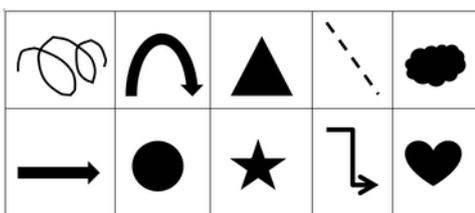


Verb Ideas

fly · soar · rest · dip · turn · twist · glide · land · rise · drift

Step 4: Add symbols underneath/the other side of your bird

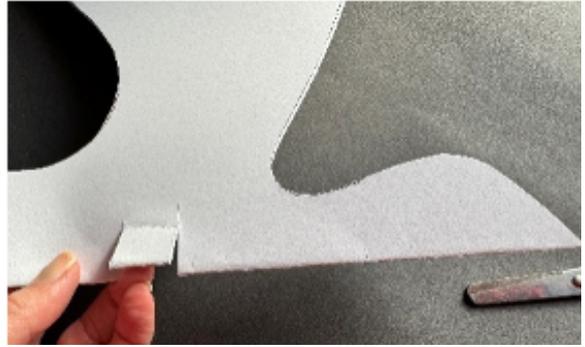
- Draw or collage simple shapes or symbols
- These symbols can show ideas or feelings from your journey
- Use widgets /communication aids if needed, to support young people in choosing and expressing ideas



Soaring Journeys: Step -by-Step

Step 5: Let your bird fly!

- Cut out a slot for your finger to enable pupils to easily hold them on their finger
- Move through the space transforming them into a tool for physical expression
- Try different movements: glide, dip, turn, soar etc.



Group Movement (optional extension) Flocking and Journeys

In pairs:

- One leads, one follows, swap roles

As a group:

- Move together like a flock
- Change speed, direction or mood



Movement Prompts

- Show your bird exploring a new place
- How does your bird move when it's calm? Excited?

Extra Creative Option

- Photograph or film the shadows of the bird puppets on walls
- This echoes Richard Long's idea of leaving traces through movement

Touretteshero

Journey to a Better World

Disabled people have been navigating uncertainty for years, together we can set a course for a better world.

Get on board the Starship Biscuit - a playful, sensory space - to imagine inclusive futures together. Look forward to some interactive storytelling and arts activities, exploring the kind of world you want to live in, and how we might get there together.



CAPTAIN'S LOG

JOURNEY TO A BETTER WORLD

- Planet You: design your own planet using a colourful paper lantern that represents what feels safe, joyful, hopeful, or important to you.
- Control Panel Making: make your own spaceship control panel. You can choose buttons - a ramp button, a love button, a cat button – or other elements to make the journey better.

These resources can be printed and used during the workshop, afterwards, or as introductory material in advance.

Video One > [Heros of the Imagination](#)

This is from a project we run called Heroes of the Imagination. It's a different project to the one we're bringing to the I Am Festival, but the first minute introduces Jess's character, Touretteshero, who will be part of the workshop.

Video Two > [Journey to a Better World at the Liberty Festival](#)

This is a BBC News report from when we took a broader version of Journey to a Better World to Liberty Festival. It may be useful if teachers would like a bit more context around the broader ideas behind the project.



DRAW



WRITE



IMAGINE

WHERE HAVE YOU BEEN?

WHERE ARE YOU NOW?

WHERE NEXT?

DEAR FELLOW SPACE TRAVELLER,

IMAGINING MY HOME AS A SPACESHIP AND MY FRIENDS AND FAMILY AS THE CREW HELPED ME NAVIGATE THE COVID-19 PANDEMIC.

WE ARE ALL ON UNPREDICTABLE JOURNEYS THROUGH TIME AND SPACE. THIS BOOKLET IS FOR YOU TO DRAW, WRITE AND IMAGINE YOUR JOURNEY TO A BETTER WORLD.

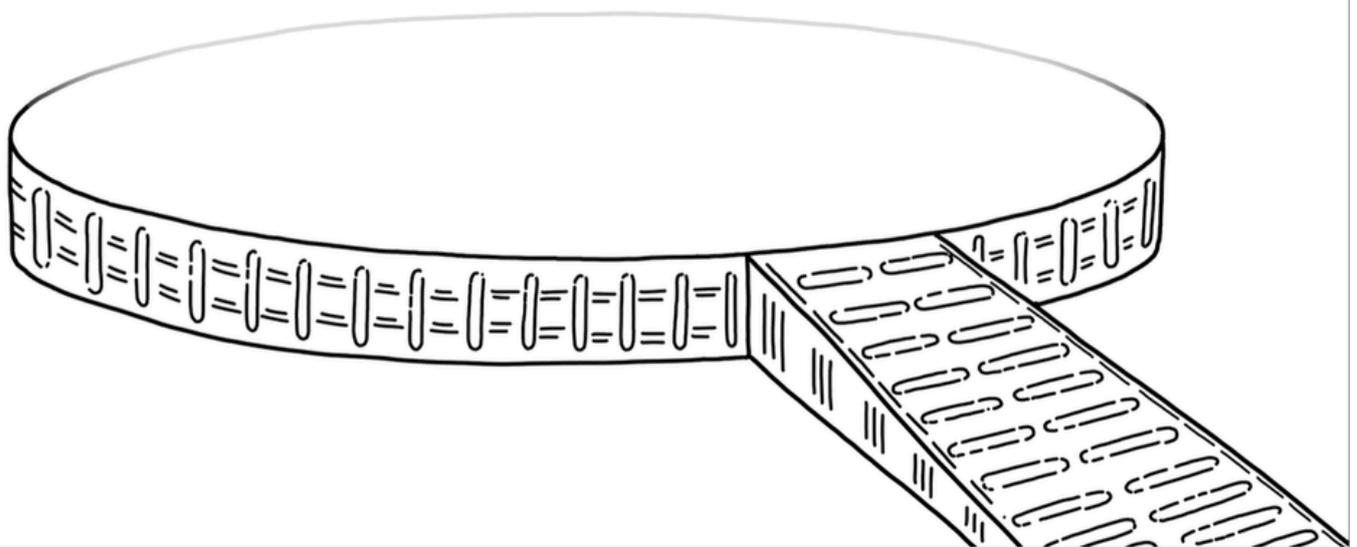
PLEASE FILL IT IN HOWEVER YOU LIKE.

GOOD LUCK ON YOUR TRAVELS.

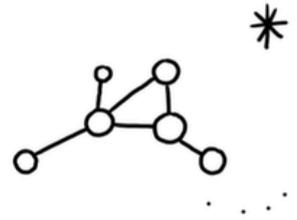
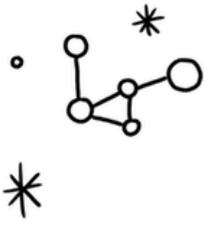
TOURETTESHERO,
CAPTAIN OF THE STARSHIP BISCUIT



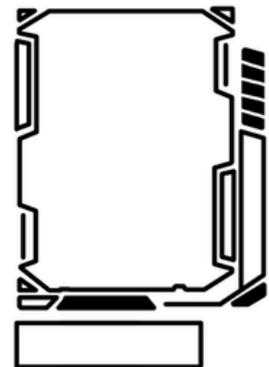
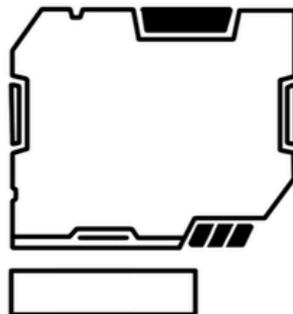
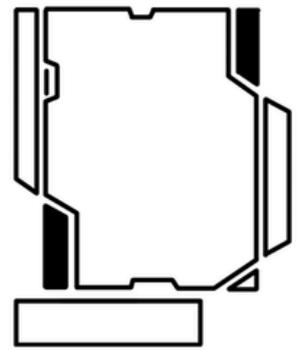
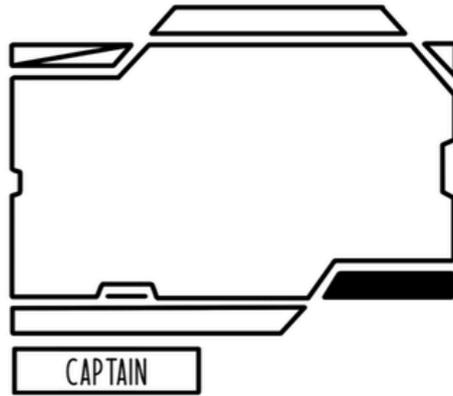
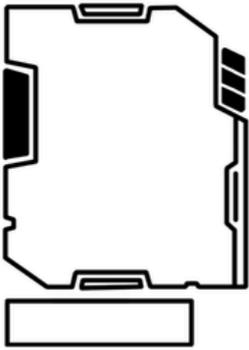
YOUR HOME AS A SPACESHIP

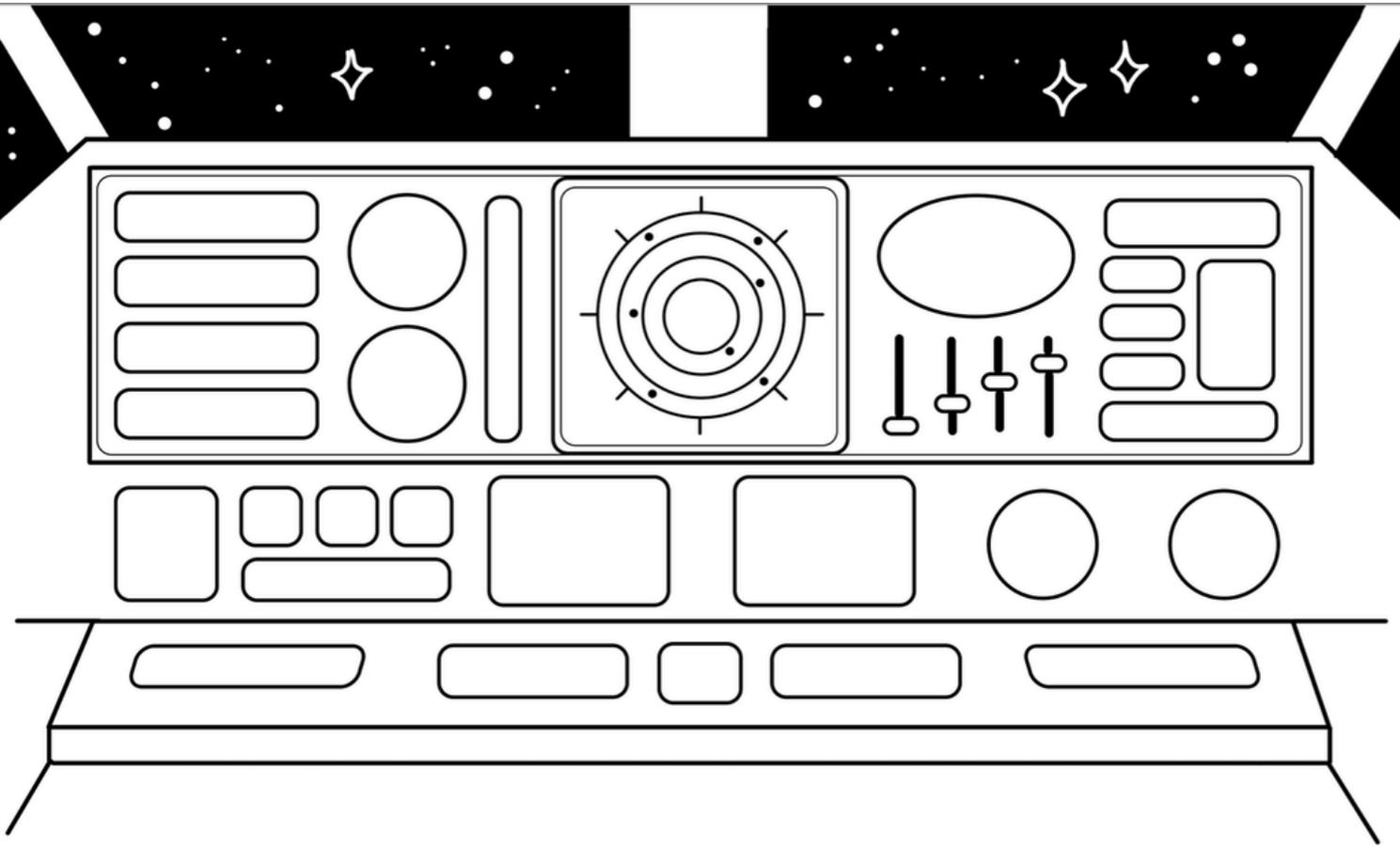


YOUR JOURNEY SO FAR



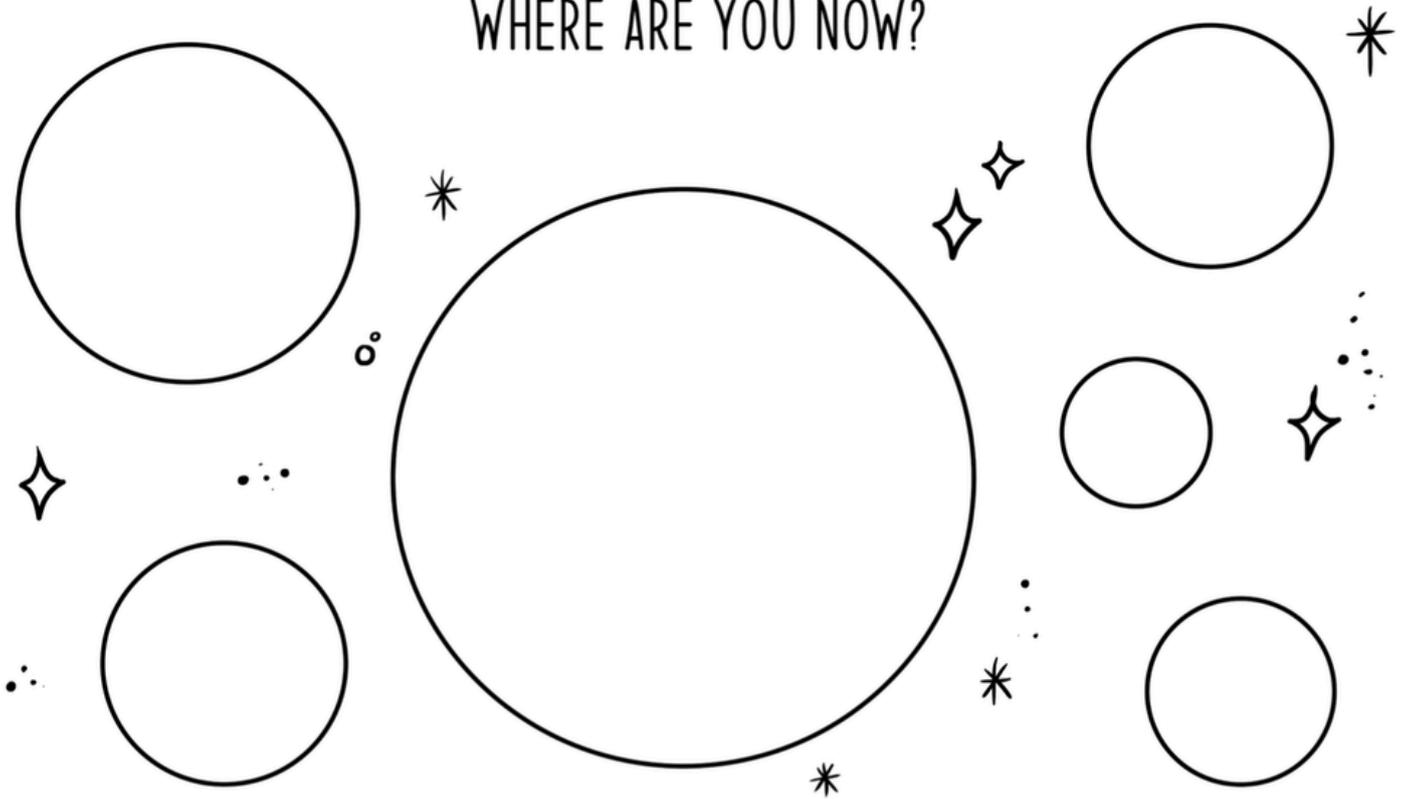
WHO'S ON YOUR JOURNEY WITH YOU?





WHAT BUTTONS ARE ON YOUR CONTROL PANEL?

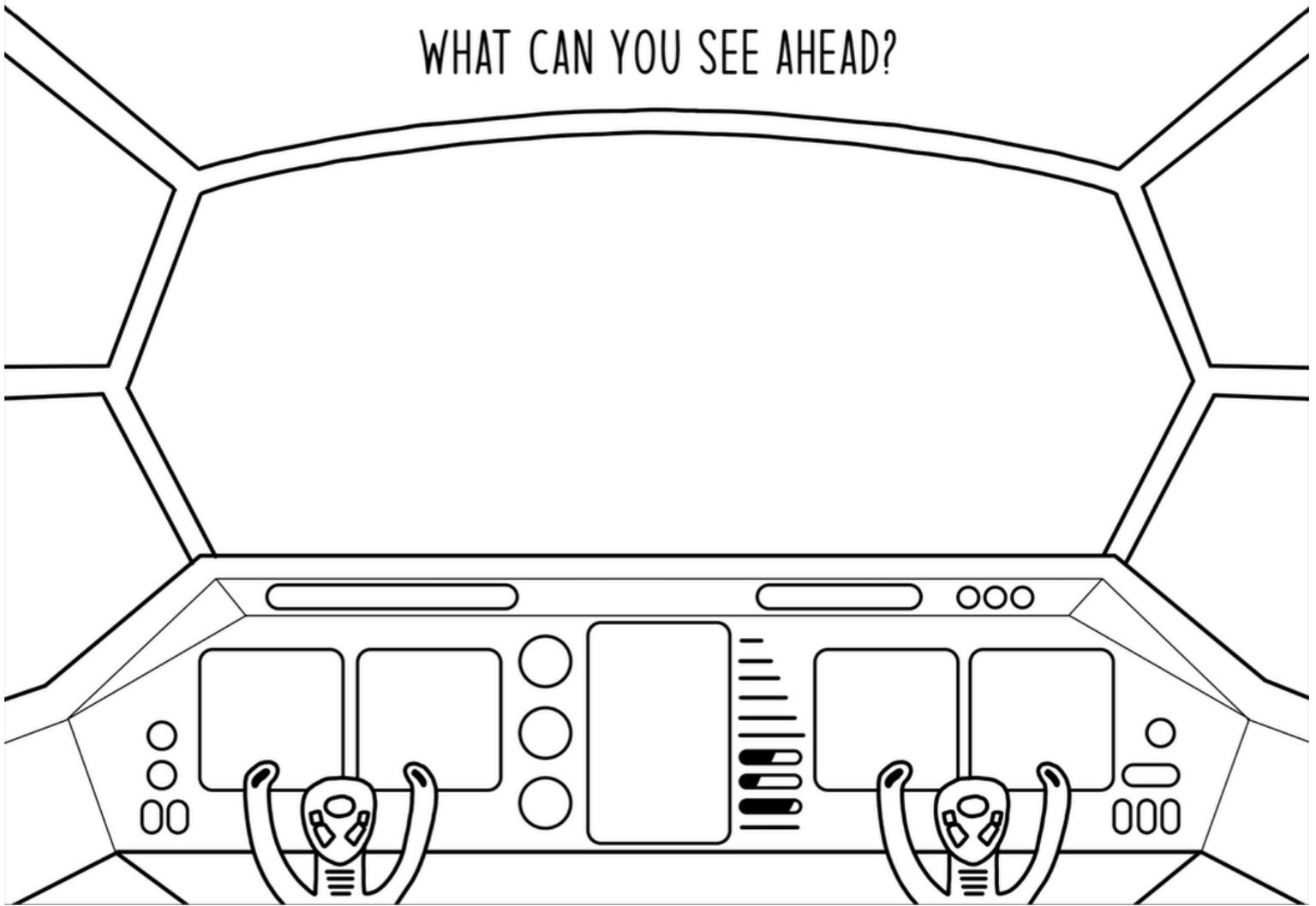
WHERE ARE YOU NOW?



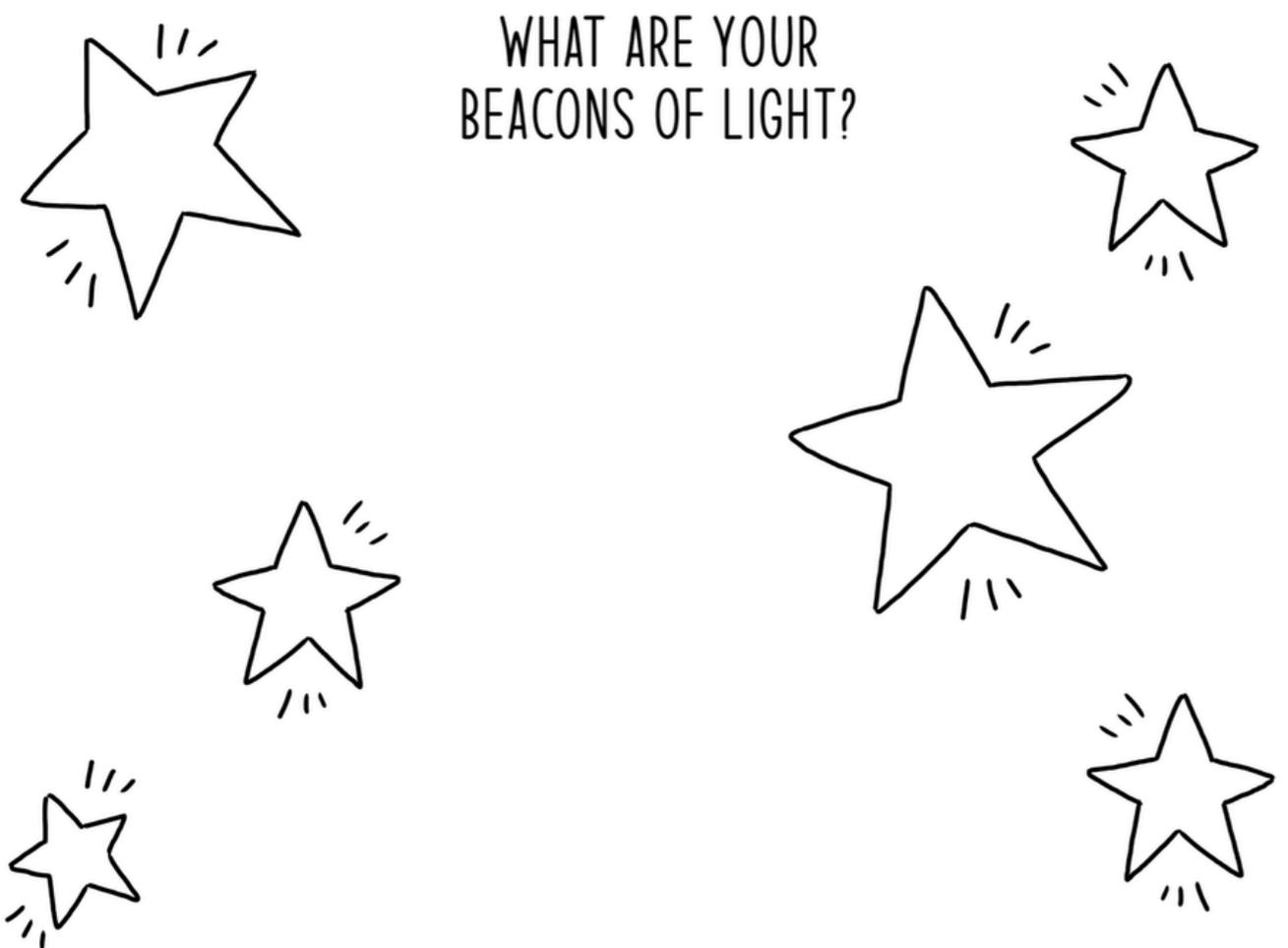
WHAT CAN YOU



WHAT CAN YOU SEE AHEAD?



WHAT ARE YOUR
BEACONS OF LIGHT?



ALL THE FEELINGS

Tate Schools

Immerse yourselves in the multiple sensory possibilities of everyday materials



ALL THE FEELINGS is a video artwork made by artist India Harvey in collaboration with students and teachers at Ickburgh School designed to encourage a playful, exploratory and immersive encounter with artmaking.

This resource is designed to build and inspire confidence with material exploration and experimentation. It is adaptable and can be used in many ways.

[Watch: ALL THE FEELINGS](#)

Inspiration

Watch to inspire your planning and delivery and to build your own and colleagues confidence and enjoyment in working with everyday materials



Experience / Relaxation

Dim the lights, or project the film, and enjoy the immersive sounds and visuals as a collective experience



ALL THE FEELINGS

Make-along

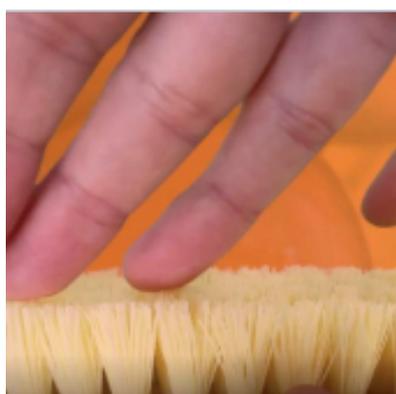
Gather your own materials to play and experiment as you watch

Repeat

Designed for repeat engagement, the videos gentle, rhythmic soundtrack, and evolving visuals build familiarity and confidence each time

Materials

India has created a 'recipe' to help you select and choose your everyday materials to work with, and some ideas to get you started.



CRUNCHY

WET AND DRY

SCRATCHY

HEAVY

SQUISHY

ROUGH AND SMOOTH

CONTRASTING TEXTURES

FAMILIAR AND NEW

STICKY AND CRUMBLY

FLOATY

Bring ALL THE FEELINGS up on the whiteboard for all the class to watch, project it for a more immersive experience, watch in small groups on a laptop or invite students to watch individually on a tablet.

The ALL THE FEELINGS film will be shown at the I Am Festival and you can explore sensory objects with artists India Harvey and Rose Ridgeway, [Heart n Soul](#) and the Feel Good Designers.

[ALL THE FEELINGS, Tate Schools](#)

Lightbox

Tate Schools



A sensory invitation to play and explore materials, this inclusive, interactive tool turns any device into a lightbox

Bring LIGHTBOX up on the whiteboard for all the class to play with, work in small groups on a laptop or invite students to work individually on a tablet.

LIGHTBOX has been developed using an SEND-first approach. This approach is about making innovative digital resources that work for all students but that have inclusion and inclusive practice at their core. All resources in this series are developed in conversation with SEND teachers and in collaboration with young sensory learners with PMLD (Profound and Multiple Learning Disabilities).

LIGHTBOX was made in collaboration with students and staff from Willow Dene School.

Richard Long

ART MADE BY WALKING IN LANDSCAPES

These activities revolve around the natural world. They're inspired by the artist Richard Long, who often uses nature as the subject and as the material when he makes art. His fascinating creations take on many different forms, including photographs, maps, pieces of writing, sculptures, walks, and mud-patterns.



Small White Pebble Circles, Richard Long

Spiral

Inspired by the spiral shape of Richard Long's artwork, can you think of three spirals you might find in the natural world? How about a shell, a ram's horn, or a whirlpool? Can you find any circular or spiral shapes in and around your school?

For this activity we want you to create your own spiral using things you find outside or around your school. You could leave your spiral for others to find!



Boyhood Line, Richard Long

Art Made by Walking

- 'Boyhood Line' speaks to the origins of Long's art and life - He created a line using white limestones to map out the area he grew up in as a boy.
- 'Red Walk' (1986) for this piece the artist embarked on a walk from Bristol to Dawlish and made note of everything red that crossed his path.

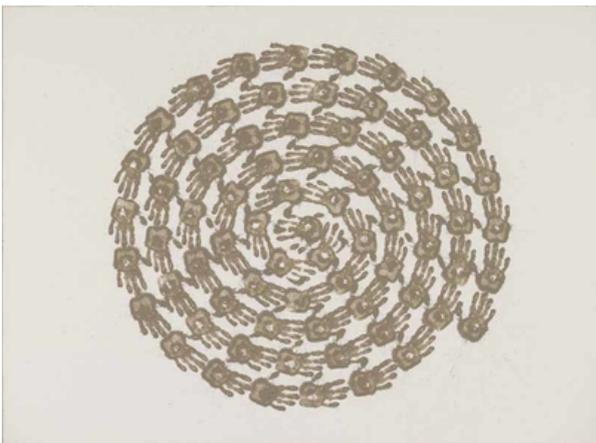
[Art Outside - The Park, Tate Kids](#)

[Art Around You - Richard Long, National Gallery](#)

Document your Journey!

- **Go on a journey** around your school, what trail can you make to document your journey? is it a line? a circle? can you make a trail for someone else to follow?
- **Natural Sculpture** - Go outside and collect materials found on the ground (leaves, pebbles, acorns). Arrange these items in a circle, line, or spiral
- **Mindful Marks** - Explore mark-making with your body, what shapes can you make?
- Illustrate a **sensory journey** using the natural materials you find, what will you see? hear? feel?

Mud Hand Spiral



River Avon Mud Hand Spiral, Richard Long

The hand print is a method of picture-making that most of us embrace enthusiastically as children, but leave hastily behind us in the rush to master more sophisticated techniques.

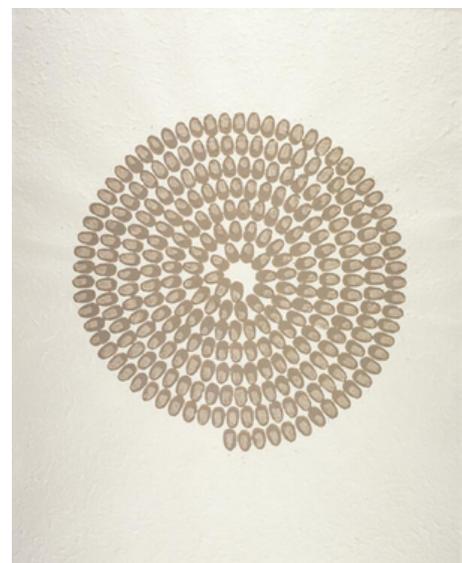
In River Avon Mud Hand Spiral, Long creates a striking image using the most elemental of means; his own body and mud gathered from the Avon, a river that has inspired him since childhood.

River Avon Mud Fingerprints Spiral

Richard Long collected mud from the River Avon in England and made a spiral using his own fingerprints.

What patterns can you make using fingers and hand painting with mud (or paint)?

You could do this collaboratively as a group or individually using your hands!



River Avon Mud Fingerprints Spiral, Richard Long

10-minute Challenge

Collecting Colour

GET INTO COLOUR!

Go on a colour trail around your classroom, school or playground. You decide whether you stay in one place or move around together. Think of it like a treasure hunt, where the treasure is colour.



Laylah Amarchih Collecting Colours 2025

Look for things in every colour of the rainbow, one by one. Decide how many things you want to find in each colour. You could collect the objects together, draw them, photograph them or simply point them out.

At other times of the year this activity might look quite different, so try it again next term – what new colours do you discover?

Take turns talking about the colours and objects you found.

SHARE YOUR COLOURS

- How do the colours make you feel?
- Explore one colour in detail or describe how your feelings about a colour change depending on the object
- Which is your favourite colour, and which don't you like?
- What image jumps into your mind when you see a particular colour?

Together, make a treasure chest filled with your colourful objects!

[10-minute Challenge Collecting Colour, Tate Kids](#)

[Go on a Colour Walk, Tate Kids](#)

Make a Connection

Tate Kids Resource

Simon Patterson is an artist who is fascinated with information, words and directions. He creates maps like *The Great Bear* where he put the names of writers, singers, footballers and politicians onto the station stops of a London Underground tube map.



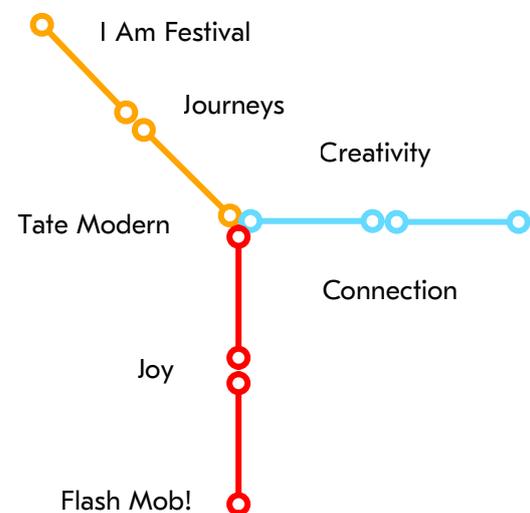
Simon Patterson *The Great Bear* 1992

You are going to make one using lines and stations (stops) to show connections between people or things.

Your map can look like Simon Patterson's underground map or you might want to invent your own patterns and ways of linking up your stations.

What will you choose to make a map of?

- Think carefully about who or what your map will be about. It could be a group of people like your friends, the children in your class or club. It could be your family, your teachers or your pets. You might prefer to make a map of creepy crawlies or wild animals, pop stars or TV programmes.
- You could make a map to help someone remember things they need to do. That would probably be a smaller map. You could also make a massive map for fun all around your bedroom.



A Door to Your Future

Self

Tate Kids Resource

We are all made of stories
– from the past, from
right now and those that
are yet to come.

What stories do you
dream for your future self?

Prompts

- Where do you live?
- What do you want to do?
- Where have you been?
- What have you seen?



Laylah Amarchih A Door To Your Future Self 2025

Now think about places you can't imagine being.

What doors would you like to open?

A dream job, going to another planet, making a new discovery, writing a book or learning a new language?

Take a few minutes to open these dream doorways in your mind.

Imagine BIG!

WAKE UP YOUR FUTURE SELF!

Gather into groups of 3 and take turns to be the door or the dreamer.

- Two of you can create a doorway using your bodies and the 3rd person can walk through the doorway.
- Be playful and fun by using movement, acting, words and sounds to explore your future self.
- When you are the doorway, listen carefully to each other's dreams!

Make a Journey Stick

Journey Sticks are a tactile way of recording a journey and remembering it later on. You can personalise your stick with special decorations, and add to it each time you go on a walk. Or, you could have a new stick for each journey you go on.

Once you've finished you can use your stick as a prop to help you tell stories about your journey and ask your family and friends to do the same.



How to Make a Journey Stick

1. Use paints to decorate and personalise a stick of your choice.
2. Once dry, coat with a mix of PVA glue and water to seal the paint.
3. Go on a walk, and take your stick with you.
4. Find natural items such as leaves, feathers, small stones and seeds, and attach them to the stick using glue, tape and/or string. You could collect the items and attach them once you're home if this is easier. Remember to only collect fallen items.
5. Extend the activity by using your stick to share your story. You could add drawings and even write your story down.
6. Add a performance and speaking and listening opportunity, by asking each family member to perform their stories.
7. This activity is available in [easy read format](#) in the downloadable pdf.

5 more things you can do in the I Am Festival week

1. **On your journey to the I Am Festival...**

Can you go on a colour walk from your school to the festival and document all the colours you find along the way?

Can you draw your journey. How will you travel there and what will you see?

2. Pick a few artworks from the **Tate Modern** galleries

Can you make some dance movements inspired by the works of art?

Watch Coreli's video [Dancing to Art](#) and see how they respond to art through dance and go on a journey around the Tate!

3. **Create a zine** about a journey you have been on!

It could be about something you have learnt, an adventure or a journey of self-discovery! Share your zines with another school at the festival!

Follow this [resource by the Southbank Centre on zine making](#)

4. Exchange

Send letters or small items to another school and get some back!

Make them multi-sensory and fun. Create a journey for someone else to go on, set them on a mission!

Ask a question, send a message. Share the love!

5. Send us some **online content**.

Photos, songs, pictures, films; we want to showcase your ideas.

If you come across anything you'd like us to signpost, let us know

Links to Journey Resources

Click on the links below to access additional resources exploring journeys

1. [Tate Draw](#) - Make digital drawings using exciting tools and challenges
2. [Art Makes: Hew Locke](#), Tate Schools - Make your own painting that explores your stories of journey and movement
3. [Creative Challenge: Dance Mapping](#), Corali
4. Explore Tate's animated 'Becoming an Artist' resources, and see how migration is part of these artists stories:
[Yoko Ono](#) [Ethel Adnan](#) [Yinka Shonibare](#) [Charlie Philips](#) [Bhajan Hunjan](#)
5. [Learning Labyrinth](#), A Line Art
6. [Make a Natural Sculpture Inspired by Richard Long](#), Carnegie Museum
7. [Learning Resources: Richard Long](#), The Roche Court Educational Trust
8. [Andy Goldsworth and Land Art](#), Art UK
9. [Journey Mapping](#), Sensory Trust
10. Explore the [Barbican Play Packs](#) which are filled with creative activities and ideas you can experiment with in school, Barbican.