



VISION BOARD PROJECT

A vision board is a physical representation of a goal or goals that you're aiming to achieve. It is a collage of items that are meant to kick start your imagination and help you visualize those goals with positive words and affirmations. Vision boards are very easy to create and require just a few inexpensive items, most of which you may already have at home.

1. GATHER THE MATERIALS NEEDED:

- Pencil and paper for brainstorming goals and words of affirmation before creating the boards
- Poster board (You can pick any color you want)
- Markers, crayons, colored pencils, chalk, glitter glue, stickers, etc., for decorating the board
- Magazines or junk mailers that are kid friendly
- Scissors
- Glue or glue sticks

2. PREPARE A WORKSPACE:

You will want room to spread out the supplies and for cutting magazines. May be a good idea to have a tablecloth or protective covering underneath as they will be coloring and gluing, etc.

3. DEVELOP THEIR VISION:

Ask your child to brainstorm some things they want to achieve. Have them write them down. Add in words of encouragement that they like to hear. It could be phrases - You got this, keep it up, shine bright, etc., or it can be words that they think describe them, for example, smart, strong, brave, accurate, etc.

Helpful tip: *If your child is having difficulty coming up with goals, prompt them by asking about some of their best memories or favorite moments from the past year. Or, if there is something they haven't tried that they would like to? Is there something they want to learn?*

4. FIND IMAGES:

Go through the magazines or pamphlets to find images and words to represent what they wrote down on the piece of paper. (You may even wish to print some images off the internet, if you can't seem to find anything.) Allow them to begin cutting out the images and words they find.

5. FILL UP THE BOARD:

After they have a handful of images and words, allow them to begin pasting. They can continue to flip through and find more filler images, if needed, or they can use the supplies (markers, colors, stickers, etc.) to fill the remaining space and personalize their board any way they want. This is the fun part, so let the creativity flow!

6. PRESENTATION:

Now that the board is completed, allow your child to present it to the family and find a great place to post their board, so they can view it every day.

