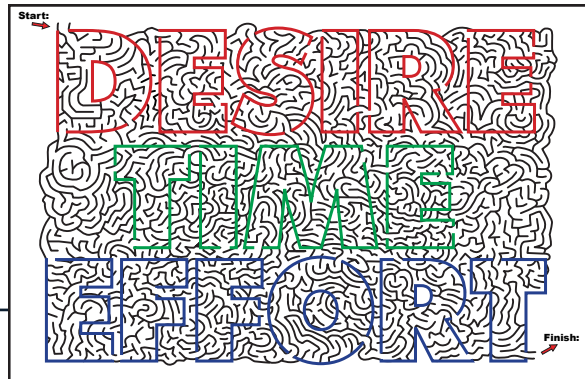


Hard Work & Determination
(Desire, Time, & Effort) Activity:






“Vision Board”



Introduction:

Students will create a collage that represents the different goals they have for themselves in various areas of their lives. The purpose is to help them develop a clear vision of their potential and the future they would like to work toward. Creating a vision board can also help students stay motivated and focused on the goals they want to achieve.

Details:

 Space: Moderate Space	 Activity Type: Art Activity	 Grades: K-12	 Group Size: Any	 Time: 20-40 minutes
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Materials:

- 1 board per student (this could be a piece of cardstock or poster board) This activity could also be completed using digital apps and art tools if those resources are available.
- Materials for creating the collage. These may vary depending on available resources and could include colored pencils, markers, paint, pictures, magazines, printed digital images, stickers, scrapbook materials, small objects, etc.

Activity Instructions:

The first step in creating a vision board is brainstorming the content. Provide prompts for students to consider. Students can write their ideas on sticky notes or in a journal to reference during the activity. Here are four example prompts that could help students develop ideas for their vision board:

- Something I want to accomplish in school
- Something I want to do when I’m older
- Something I want to get better at outside of school (a hobby or interest)
- Something I can do to be a better friend

Another option is to ask students to create a list of goals, desires, and dreams they have for themselves.

Activity Instructions (Continued):

During this step, it is helpful for you to have an example of your own vision board to share with the class. Allow students to brainstorm for a few minutes first before showing your example. Then pause the class and briefly share your board.

Once students have had enough time to think about their ideas, explain that their vision board should be something they can hang up or place somewhere visible to remind them of their goals.

Explain what materials they will have available and how much time they will have to work. Then begin the activity.

As students work, move around the room and interact with them. You may need to help them generate ideas, think about how to represent those ideas visually, or encourage them to put enough effort into the project. Playing music in the background can help create a calm and creative atmosphere.

Some students may finish much earlier than others. One strategy is to let students know they will be sharing or presenting their vision boards. Fast finishers could also write a short description explaining the meaning behind their board.

When the boards are finished, give students an opportunity to share their work. One option is a silent museum walk, where students display their boards and spend five minutes walking around quietly looking at each other's work. Afterward, facilitate a discussion where students can comment on what they noticed or ask questions.

Another option is sharing in small groups or partnerships, which can also help develop presentation and communication skills.

At the end of the activity, use the following questions to process the experience.

Processing the Experience:

- How do you think it will feel when you accomplish the goals you set for yourself?
- How can you avoid getting distracted from accomplishing your goals?
- What can we do to make sure we stay focused on our goals (the finish line)?