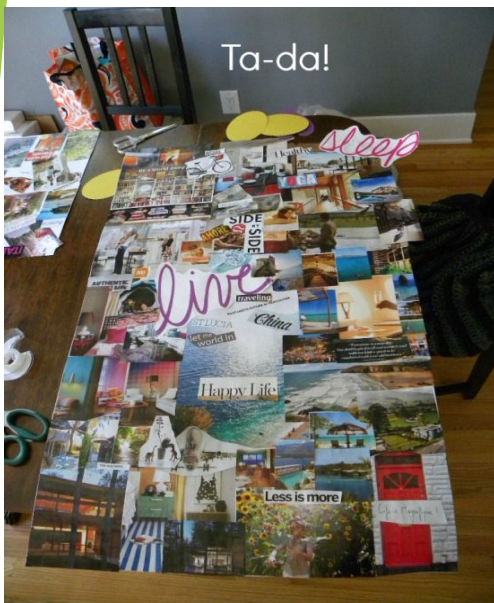


1 – 2 Hour
Activity
For
Any Age

Vision Board

It often feels like there is not enough time in our days to focus on each other, our collective goals and ourselves. While the root cause of this new found time is daunting, it can also be a gift. Here is an activity for you and your family to do at home, to help you focus on your collective goals throughout this important and valuable time together.

As you know, many ALIVE Outdoors programs include activities and workshops that help young people create and strengthen strategies for achieving their goals. From our experience working with youth, we have come to understand that it can often be challenging to stay motivated and focused on our goals, therefore visualizing can be a useful life skill to hone from a young age. Creating a vision board together will help to both grow these essential learnings and unify your shared goals.



Start by setting up a craft table by gathering markers, glue-sticks, pencil crayons, scissors, stickers, ribbons, etc. whatever you have at home. Collect and gather as many old magazines, newspapers, books, flyers, posters, etc. that you don't mind cutting up. Once you have gathered as many resources as possible, it's time to start visualizing. Discuss common goals that you share as a family, and talk about your individual goals as well. Once you have decided on your goals start looking through the old magazines, newspapers, etc. with these goals in mind. Every time that anyone finds something that may be helpful to achieving any of your goals, cut it out and add it to the collection pile. Once the collection pile has many different clippings, spread them out and work together to imagine how you want to display them. This is where you can get as creative as you want to, with whatever style or format you all wish to follow.

(photo from <https://www.developgoodhabits.com>)

Creating a vision board is a creative way for your brain to understand and recognize what steps and resources you will need to achieve your goals. The open platform of creating a vision board also fuels people's need to express themselves in a creative and unique way. Making intentional steps and creating something that is a physical reminder of your goals also promotes positive thinking which will provide direction. Visualizing isn't easy. It can take practice to develop the skill, but engaging in activities such as creating a family vision board helps to build and grow this tool for the whole family.

Materials needed:

- Pairs of Scissors, Glue Sticks, Markers, Beads, Ribbons, Pencil Crayons, Stickers, etc. whatever you have at home to decorate your vision board with.
- Old Magazines, newspapers, flyers, catalogues, posters, etc. anything you have lying around the house to cut up for vision board use. You will require one piece of Bristol board or piece of cardboard to glue everything on. If your family has lots of goals, you can each make your own!