HOOKED ON SCHOOL DAYS

ACTIVITY SHEET



VISUALIZING SUCCESS

with a Vision Board

Target audience: elementary cycle 3, high school, post-secondary



The **VISION BOARD** is a powerful motivational tool that helps people identify their values, set priorities, and visualize their goals. By creating their own vision board, young people equip themselves with a means to stay focused on persevering while exploring their creative and artistic sides.

Vision boards come in many shapes and sizes—giant posters, pocket sized, cork bulletin board, online Pinterest-style board, or even an entire wall.

This activity is for a typical poster-sized vision board.

Materials required:

Poster-sized paperboard

Scissors

Glue

Writing implements (permanent markers or coloured pencils)

Printed images: *magazines, photos, stickers, HSD letters and graphical elements, HSD quotes, etc.*

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INSTRUCTIONS FOR CREATING A VISION BOARD

1

Identify and prioritize your goals.

Have students write out a goal or objective they want to achieve by the end of the school year. This might be an academic goal, or something related to their social or family life. Here are some examples: persevere in an athletic endeavour, hand in your homework on time, read for 15 minutes a day, improve your math grade, finish the school year with a feeling of pride, and so on.

2

Share ideas to clarify your thoughts.

Give students some time to talk with classmates and share their aspirations and challenges with each other. It's not always easy to set a concrete objective. Other people's ideas might inspire them and lead them elsewhere in their thinking. Then have them reflect on the kinds of images that will inspire them to achieve their goal.

3

Find and cut out images and words related to your objective.

Have students collect images that illustrate the steps toward achieving their goal.

What does success look like? Perhaps the picture of a famous person, an inspiring quote, a meaningful object, or an atmospheric photo to make them dream. Magazines, Pinterest, and Google are replete with all kinds of images. They shouldn't limit or censor themselves at this stage. The idea is to find images that immediately speak to them.

4

Sort, group, and assemble your images on a piece of paperboard.

Before gluing them onto the board, have the students select the images that best represent their goal, group them by theme (e.g., school, family, friends, or sports), and arrange them artistically on the poster.

5

Glue!

Once the vision board is arranged to their satisfaction, have them glue the graphical elements onto the posterboard.

6

Add a personal touch.

Have them put the finishing touches on their vision board by adding stickers, drawings, words, and personal notes. Be creative!

7

Bring it to life.

Display the students' vision boards and discuss how they approached making them. Then have the students take their board home and put it up in a place where they can see it several times a day—in their bedroom or in the family room, and so on. They could even take a picture of it and set it as their phone wallpaper.

ENJOY!



Take a picture of your students' vision boards and share them on social media using the hashtag

#JPS2027