

Vision Board Activity

A joint art activity that promotes mental health, self-awareness, and personal growth.

Materials Needed:

- Large poster board or canvas
- Magazines, newspapers, or printed images
- Scissors
- Glue
- Markers, pens, or coloured pencils
- Stickers or decorative items (optional)



Steps:

1. **Set Intentions:** Begin by discussing what each of you wants to achieve or focus on in the coming months or year. This could include personal goals, dreams, positive affirmations or activities you'd like to do.
2. **Collect Images and Words:** Look through magazines, newspapers, photos, or online printouts to find images and words that resonate with your intentions. Cut them out and set them aside.
3. **Arrange and Glue:** Arrange the cut-out images and words on the paper, cardboard or canvas. Once you're happy with the layout, glue them down.
4. **Add Personal Touches:** Use markers, pens, or coloured pencils to add drawings, doodles, or notes. You could also add stickers or other decorative items.
5. **Reflect and Share:** Once the vision board is complete, take some time to reflect on what you've created. Share your thoughts and feelings about the images and words you've chosen and discuss how they represent your goals and aspirations.
6. **Display:** Hang the vision board in a place where you can see it daily. This will serve as a constant reminder of your goals and positive intentions.

Benefits:

- **Promotes Self-Expression:** Allows both carer and child to express their hopes, dreams, and values creatively.
- **Encourages Positive Thinking:** Focusing on positive goals and affirmations can boost mental wellbeing.
- **Strengthens Bond:** Working together on a shared project fosters connection and communication.
- **Enhances Self-Awareness:** Reflecting on personal goals and aspirations helps in understanding yourself better.