

**Lesson:
Vision Boards**

**Length of lesson:
45 minutes**

Materials:

- **Colorful Poster Boards**
- **Markers**
- **Glitter**
- **Scissors**
- **Glue**
- **Scrapbook cut outs and borders**
- **Stickers**
- **Magazines**

Discussion Summary:

Vision boards are a creative way to illustrate your goals and a colorful reminder to stay focused on your goals. Vision boards are meant to be personal, unique and hung somewhere to be seen by the artist daily. Vision boards can include pictures and quotes used to inspire or drive you.

Discussion Questions:

- **What are quotes or images that inspire you?**
- **When you have a goal what methods do you use to stay focused?**

1. Explain that a vision board to be hung in your room is a constant reminder of your goals and aspirations. Vision boards are a colorful way to present your goals and plans.

2. Prepare your own vision board to show to the girls as an example. This can also be beneficial in planning to generate ideas of what to share with the girls about vision boards as you too illustrate your own goals and things that compel you. When sharing your personal vision board explain the quotes and pictures that you used.

3. Create a space that is conducive to group work, allowing the girls to be independent in making their own vision boards while sharing ideas and materials. It's helpful to organize the materials in small trays or pencil boxes to be shared within the small groups. You may play music while the girls are working.

4. After the girls have completed their vision boards, allow volunteers to explain and describe their goals and visions to the group.

5. Concluding the project, allow the girls to work together to clean up the materials as vision planning can get messy!

