



Vision Boards

HomeWork in **ACT**ion

ACT —Activities Completed Together

Description

A Vision Board is a collage, presentation, collection of pictures, drawings, images, affirmations reflective of a goal, objective or aim that one wishes to attain. It provides a visual resource, reminder, presentation, inspiration, and motivation for reaching it. This activity allows parents and children to develop their personal vision boards and one together as a family. These vision boards will have an exclusive focus —'**HOPE.**'

Explanation/Rationale

Hope is a powerful expectation. It can inspire one to do the impossible, can help encourage one to continue to believe in goals and remain encouraged while seeking to attain them during difficult times, circumstances, conditions.

"Learn from yesterday, live for today, hope for tomorrow."
—Albert Einstein

"We must accept finite disappointment, but never lose infinite hope."
—Martin Luther King, Jr.

"All kids need is a little help, a little hope and somebody who believes in them."
—Magic Johnson

The focus on HOPE as an ongoing ACT for parents and children will allow them to develop their individual goals and present them, contribute to them, refer to them, and communicate with each other regularly. The development of a Family HOPE Board will allow parents and children to visually create, contribute to and support attainment of a shared HOPE for the family together. Creating the **ACT of HOPE** Vision Board is a continuing parent and family activity that can become a tradition and a legacy.

Directions for ACT of HOPE Vision Board

1. Materials

- Sturdy poster board or any sturdy board sized: 16x24" for the parent/child(ren) boards; the larger @18x36" family board
- Colored construction paper
- Glue/paste
- Permanent markers
- Magazines, photographs, etc.

Reference: *The Complete Guide to Vision Boar* (free e-book).

<https://christinekane.com/yours-for-free-the-complete-guide-to-vision-boards-and-other-gifts-too/> and <https://christinekane.com/visionboard-ck> and <https://christinekane.com/how-to-make-a-vision-board/>

- f. Scissors
- g. **Optional items:** small mirror, identified symbols, replicas, memorabilia that can fit on/adhere to the board.

2. Method

- a. Parent, child(ren) discuss the idea, concept of a vision board—what is it, why make it, how to make/gather materials needed.
- b. Identify visuals, pictures of vision boards (examples from books, websites, etc.).
- c. Discuss the focus and rationale of the ACT of HOPE Vision Board(s):
 - Emphasize what is wanted, desired, what can be
 - Allow parents and children to identify individual goals (long, short term)
 - Encourage collaboration, common goal setting, increased communication for Family HOPE Vision Boards; demonstrating shared decision making

3. Display

- a. Parent, Child(ren) identify specific location, area for displaying their respective Vision Boards.
- b. Parents and child(ren) select place, location to display the Family Vision Board together.

4. Samples, ideas of HOPE as a focus of parent, child(ren), and family Vision Boards

- a. Regarding parents
 - HOPE to graduate from _____
 - HOPE to buy a house; buy a vehicle; buy a _____
- b. Regarding child(ren)
 - HOPE to pass to grade ____ ;
 - graduate from ____ ;
 - go to ____
 - HOPE to play (sport) ____;
 - to join (club, group) ____;
 - to learn (skill, activity) ____
 - HOPE to (solicit personal goals, plans, ideas) _____
- c. Regarding family
 - HOPE to _____

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