



of Greater Indianapolis

VISION BOARD

Ages:

9-11,12-14,15-18 years old

Activity Description

Creating a vision board helps you to sort through possible futures and make decisions about the ones that you want. This activity will help you begin a path to goal setting, but before we set those goals, we will need to first imagine the finished product. You will categorize your dreams and create a balanced vision board.

Time:

30-60 minutes

Materials Needed:

- Paper
- Writing Utensil

Extra Materials That Can Be Helpful:

- Poster Board/Cereal Box or Other Scrap Cardboard
- Magazines
- Markers
- Glue Stick or Tape
- Scissors
- Printed Pictures

Instructions :

Create a vision for each category. Use the examples below or create your own.

Possible options:

- Educational: high school graduation / college / grades
- Physical: hydrated / fresh / healthy
- Emotional: controlling anger / happy / peaceful
- Social: connected / positive relationships

Imagining what your future will look like:

- Are you strong, smart, and bold? What does that look like?
- What do you see around you?
- Are you in college far away?
- Are you kind to people and have friends around you?
- Are you in good shape and feeling healthy and confident in your own skin?

Inspiring all girls to be strong, smart, and bold

You have the power to make your life into whatever you want so design it! Use this board to have your visions close so that they are fresh on your brain:

- Gather photos out of magazines that represent your future
- Glue Those Items to the board
- Also fill the board up with inspirational art or words that bring you joy and give your board some personality.
- Display in a place you will see everyday
- Edit as visions change

ACTIVITY RECAP

Discovery Questions:

- Do you think it is important to visualize your dreams?
- How do you connect your dreams with goals?
- Do you think your dreams will change as you get older? Will any of your dreams stay the same?
- Do you think doing this activity with a friend would help you get to know them better?
- **Share your vision board to inspire others: Post to social medial, using the hashtag #girlsincindy!**

LINKS AND ONLINE RESOURCES

- Go to [youtube.com](https://www.youtube.com) to find videos and inspiration for vision boards
- Go to [canva.com](https://www.canva.com) or any other collage creator to make a virtual vision board and set as screen saver

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