

Create A Vision Board



Collages

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WHAT MAKES IT MEANINGFUL

Creating a vision board allows participants to express their goals, dreams, and personal interests visually. This activity promotes self-reflection, decision-making, and creativity while supporting fine motor skills through cutting, gluing, and arranging images. Sharing their vision boards fosters social interaction, confidence, and pride in expressing their identity. Vision boards can serve as a lasting reminder of aspirations and motivation, making the activity deeply personal and meaningful.

TIME

- 45–90 minutes

MATERIALS

- Poster board, cork board, or large paper
- Magazines, printed images, or clipart (Could be photos of themselves, family, or favourite places)
- Scissors (safety scissors if needed)
- Glue sticks or glue dots
- Markers, coloured pencils, or stickers



Activity Title

INSTRUCTIONS

1. Provide materials at a central table or individual stations.
2. Explain the purpose: to create a visual representation of goals, dreams, or things that inspire them.
3. Encourage participants to:
 - Choose or cut out images that represent their goals or interests
 - Arrange and glue images on their board
 - Add drawings, words, or decorations to personalize it
 - Share their vision boards with the group if they feel comfortable
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RESOURCES

- <https://www.betterup.com/blog/how-to-create-vision-board>

Activity Title

SUPPORTS NEEDED

- Assistance with cutting or gluing for participants with fine motor challenges
- Guidance or prompts to help choose images or themes
- Visual step-by-step instructions for layout and organization
- Encouragement and positive reinforcement to boost confidence
- Optional help with writing captions or words if participants prefer dictation

OTHER THINGS TO NOTE

- Can be adapted for individual or group projects.
- Themes can focus on personal goals, school, hobbies, or long-term dreams.
- Works well alongside discussions about aspirations and self-expression.
- Flexibility is key: some participants may prefer more creative decoration, others may focus on selecting meaningful images.
- Completed boards can serve as motivation or inspiration over time.