Our Vision Board

Taking time to reflect on your accomplishments and set goals for the future can give you a boost of confidence. Children and grown-ups can use the words and pictures on these pages, along with other craft supplies, and lots of creativity to make a vision board together.

How to make a vision board:

1. Gather supplies. Magazines, greeting cards, construction paper, stickers, scissors, glue, and markers will help you add personality to your project. And of course, you’ll need a board—a piece of paper, cardboard, or poster board.

2. Reflect on your previous accomplishments. You might ask: What’s something that made you feel proud? What are my strengths and skills?

3. Set goals. Talk about and write down a few goals for the future. Consider setting a goal for different aspects of life, such as school, family, skills to learn, things to try, friendships, self-care, and just for fun!

4. Make it! Now it’s time to explore your supplies to find anything that can be a visual reminder of your goals. Grown-ups can help children cut, arrange, and glue.

5. Display it and check in. Hang your vision board in a special place where you’ll see it often. Then, check in with each other. Ask, “Are you getting closer to reaching your goals? How can I help?”
My Vision Board

Strong

I am proud.

I am calm

Brave!

Smart!

What If...

My Goals

Unity

Hope

Kind

Resilient

I am confident!