

How to Make a Great Kids Vision Board



1. First, gather your supplies. Collect glue, scissors, stickers, magazines, photos and a poster board for each child. You can start to get your kids excited about the activity by talking about what a vision board is!
2. It's a good idea to set up a loose structure for the board, so that your child can think about goals for different areas of their lives. For example: home, school, short term, long term. Ask them to think about a one or two SMART goals for each area. These are goals that are Specific, Measurable, Achievable, Results-focused and Time bound in each area.
3. Teaching your children how to set goals is an important life skill and providing timelines so that they can see results will help lead to success. Building momentum with simple and short term goals to start with will help build self-confidence and creates a strong foundation and greater desire to work towards longer term goals.
4. Once you have a set of goals, ask your child to write their goals on their board along with a short list of steps that will help them achieve that goal.
5. Now, the fun begins! Give your kids a stack of magazines. Ask them to find pictures that represent each of their goals and let them cut them out and stick them around the board alongside each goal. These images will help them visualize what they are aiming for.
6. Hang the boards where your children will see them regularly, in their bedroom or on the fridge. Use stickers when a goal or a step towards that goal has been achieved. Celebrate successes and share any areas of concern with your child to help them stay on track and not get frustrated.