This lesson will help students create a vision board that gets them thinking about what they want to accomplish academically or personally. Vision boards are an excellent way for students to visually represent their goals through a collage of pictures and words.

***New to using myBlueprint? Review our :*** [***Getting Started Guide for Teachers***](https://myblueprint.ca/support/resources/education-planner/vm7hvcquMoeYuWGAiSikA/)***!***

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| --- | --- | --- | --- | --- | --- |
| **Teacher Led** | **X** | **Requires Computer** | **X** | **Requires myBlueprint.ca** | **X** |

**LEARNING GOALS:**

*Students will create a Vision Board to:*

1. Reflect on what they want to accomplish in their personal and academic lives

2. Think critically about what they envision for themselves

3. Create a visual representation of their goals through pictures

4. Reflect on their goals

**MATERIALS:**

● Computers, tablets, myBlueprint

● **Presentation [A] – power point presentation slides**

* **Handout [A] - Student Reflection**
* **Handout [B] - Portfolio How-to Guide**

**INSTRUCTIONS:**

1. Open the Vision Board Powerpoint slides lesson and follow the steps to help your students understand everything they need to know to create a meaningful Vision Board

2. Minds on: Guided Visualization Exercise (you can play the video or read yourself) <https://youtu.be/ZspQFm2Jr70>

***\*Script is also included on page 2 for those who prefer reading the meditation to their class***

3. Introduce the steps required to make a Vision Board (slide 5)

4. Give students **Handout [A]: Student Reflection** and have them take time to answer the questions and reflect on elements that they will include in the vision board

5. Give students time to search for images and save them in a Vision Board folder on their computer

6. Give students **Handout [B]: Portfolio How-to Guide** to put all their pictures in a Vision Board portfolio in their myBlueprint Education Planner account.

7. Give the student time to answer the Vision Board Reflection Question from **Handout [B]** (slide 9)

**Extension Activity**

* Have students share their work in small groups by instructing them to Click **Home > Portfolios > Vision Board Portfolio**. Then, they can click on the **Present** button in the top right corner to share their portfolio.

[**Guided Visualization Exercise**](https://drive.google.com/file/d/1PpMlxxeKTCStajkIhtEMNOT9DBq__P5A/view?usp=drivesdk)**:**

I want you to sit straight in your chair. Close your eyes. Take a deep breath, and relax. All you need to do is focus on your breathing, slowing down your breathing and inhaling and exhaling slowly. I’m going to guide you through a series of questions, there are no rights or wrongs, and all that is required from you is to listen and imagine.

Right now, I want you to think about your life. Think about things that bring you joy; see some in your mind. How does it make you feel? Take a moment to imagine.

Now think about a goal or goals you want to accomplish in the following years of your life. It could be anything you would like. Maybe you have many plans that are coming to your mind, perhaps just one; whatever comes up is okay. Think about why this or these goals are important to you. Take a moment to reflect on how you feel imagining these goals.

Now I want you to imagine yourself going forward into the future: one week, two weeks, three weeks. Go forward into the future. It is now one month in the future. You have started on the road to success. What decisions have you made? What actions have you taken? And how does it feel to be on the road to success?

Now I want you to take a moment to see yourself accomplishing your goal. You have achieved success. See yourself. What does achieving your goal look like? What does achieving your goal feel like? What are you doing? Is there anyone with you? What are they saying to you and what are you saying to them?

Now I want you to look back on your success. Look back on the process of achieving success. Look back on all of your hard work and effort. How did you reach your goal, step-by-step? What were the little things you did, day by day, to achieve success? What did you do at work? What did you do in your relationships? And what did you do inwardly to achieve success? Take a moment to think of all the steps you took to accomplish your goal.

And when you are ready, take a deep breath and open your eyes.

**HANDOUT [A] - Student Reflection**

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| --- |
| What is your dream vacation? |
| If you could choose, what kind of school, college, program, or University would you like to attend? |
| What skills would you like to have, or what new activities would you like to try? |
| What kind of difference do you want to make in this world? |
| What do you want to achieve at work or in your career? |
| What does your ideal workspace look like? |
| If you had all the time in the world, how would you spend it? |
| What is an organization or cause you have always wanted to support? |
| Who are people you would like to meet or see? |

**HANDOUT [B] - Portfolio How-to Guide**

**BUILDING YOUR VISION BOARD PORTFOLIO INSTRUCTIONS**

1. Visit [**www.myBlueprint.ca**](http://www.myblueprint.ca)**/anglophonewest**, Click Account log in
2. From the left-hand navigation menu, select **Home > Portfolios**.
3. Click **+ Add Portfolio**, title it **VISION BOARD** and click **Add Portfolio**. *\*You can add a Vision Board title of your choice (i.e Vision Board 2023/Vision Board Post Secondary)*
4. Add an **Avatar** and a **Banner** to personalize your portfolio
5. Upload the **Photos** you selected for your Vision Board to your **Portfolio** by clicking **+Add Box > +Add Media**
6. Add a **Journal** entry to reflect on your **Vision Board Portfolio** by
   1. Clicking **Home > Portfolios > Vision Board Portfolio**
   2. **+ Add Box > Journal** and answer the following questions:

**Reflection Questions**

* What did you put on your vision board and why?
* What are the next steps for going from where you are now to where you want to be?
* How do you feel when you look at your completed vision board?
* What motivates you to take steps toward making your dreams a reality? What motivates you to try/be your best?