

# Activity Plan Form

HDFS 5130S/7130S

Spring 2020

**Student Name:** McCall Murray

**Type of Activity Plan:** relaxation/stress management and self-esteem

**Title of Activity #3:** Vision Board Fun!

**Primary Age Group:**

	<b>Infants</b> (16 months and younger)
	<b>Toddlers</b> (17 – 35 months)
	<b>Preschoolers</b> (ages 3 – 5)
	<b>Grades K – 5</b> (ages 6 – 11)
<b>X</b>	<b>Grades 6 – 12</b> (ages 12 – 18)

**Specific Age(s):** Best for 12-18 age range, but can be adapted for younger children

**Type of Play:** Free Play & Loose Parts Play

**Therapeutic Goal:** The therapeutic goal of this activity is to decrease stress during the COVID-19 pandemic and increase relaxation by exploring ways and finding pictures of items to look forward to after shelter-in place is over.

**Developmental Goal(s):** The developmental goal of this activity is to increase the ability to think abstractly and verbalize goals for the future to their parents by thinking about what they would like to include on their board and discussing this with other participants.

**Measurable Objectives:**

1. Teenagers will explore pictures from magazines, etc to maintain a positive attitude during this difficult time.
2. Teenagers will increase a sense of relaxation to not increase their stress levels by thinking positive thoughts and placing them on their vision board.
3. Teenagers will increase communication with their parents or caregivers by discussing the ideas they have included on their vision board.

**Amount of Time Needed for Activity:**

30 minutes- 1 hour

**Materials Needed:** *(Be specific. Attach patterns if needed.)*

- poster board or just a piece of paper
- glue (hot glue if available)
- scissors
- Magazines, books, newspaper, etc.
- Markers, crayons, colored pencils
- glitter
- tape
- stickers

**Space Needed:** The activity will work best at a large table. The kitchen table would be a great place. Participants will need a large space to create their vision board that is also conducive to having conversations about their boards with family.

**Restrictions and Precautions:** Be cautious of the use of hot glue and the potential for burns. Make sure children have a safe area to place hot glue guns and specific instructions to make sure they are keeping their fingers away from the tip of the hot glue gun. Also be cautious of the sharp ends of scissors and be sure children are using them safely as well. Instruct children to use materials one at a time and to take proper turns.

**Detailed Procedure:**

- Provide each child with their own piece of poster board or just a piece of paper.
- Facilitators should lay out the remaining materials needed for vision boards and encourage children to come choose their own materials. This ensures that the participants lead their own play.
- Introduce activity by asking open ended questions:
  - What do you want to do after shelter-in-place is lifted?
  - What makes you happy?
    - Could that be your friends? Eating out? Shopping? Etc.
  - What are your goals during this difficult time?
    - Are you wanting to read more? Getting more exercise? Creating art? Etc.
  - What hobbies do you enjoy doing?
  - What is something that we can learn from this time since we are kept to ourselves?
  - What is something that you miss?

- Hugs? Hanging out with friends? Eating in a restaurant? Etc.
- Instruct children to consider these questions while creating their vision boards. Encourage them to cut out pictures from magazines, stickers, words, designs, etc. that correlate with the answers to the questions above by gluing them to their poster board. They can also use markers or the other materials provided to create their own drawings or pictures.
- Encourage children to discuss their boards with their you (parents) to allow conversation as they create it.
- Allow 30 minutes-1 hour for children to design their vision boards and then allow time to share if desired.

**Adaptations and Variations:**

Volunteers can assist participants with physical limitations that inhibit their ability to create this board. This may be done by asking the individual open-ended questions and offering to put the materials on the board for them.

For younger children, this activity may be adapted to focus on things the child likes. This could be called "My Life Board." Volunteers will ask children to think about things that they enjoy doing or are good at. This activity is free play therefore, there is no right way to complete the board. Children may still cut out magazine pictures, draw, and utilize their creativity to convey what they would like on their individual boards. At the end of the session, participants may go around the table to explain what they have included on their paper. This activity serves to address self-concept and increase social interactions.

**Reference:**

*Creating a Vision Board for Teens in 15 Minutes or Less.* (2017, May 18). Retrieved February 10, 2020 from

<http://www.imom.com/creating-a-vision-board-for-teens-in-15-minutes-or-less/#.XkGkhy2ZPfY>

# VISION BOARD FUN!

- Use a piece of paper as the base for the vision board
- Gather up magazines, newspapers, books, stickers, just whatever you have lying around the house to place onto your vision board.
- Use scissors to cut out the desired picture from the magazines, newspapers, or books to put on vision board.
- Create vision board to reflect what makes you happy and things you would like to get back to after shelter-in-place is lifted.



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