



LESSON 7.3

How can I use visualization to achieve my dreams?

Module 7: Dream Design

LESSON ESSENTIAL QUESTIONS

1. Students will create and present vision boards that represent four domains: personal, career, contribution, and adventure goals.

TIME FRAME

One 40-minute period. (Lesson three of four in this module)

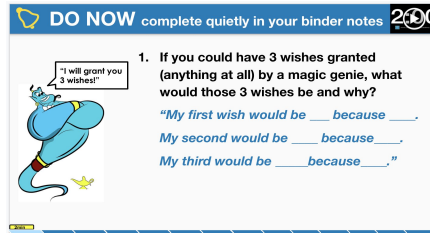
MATERIALS

- General: Speakers, LCD projector, laptop
- Vision Board Student Handout
- Vision Board Idea Handout
- Vision Board Sample
- Vision Board PPT. Slide Template

1

DO NOW

⌚ 2 MIN



Possible Student Responses:

I'd wish for a million wishes because then I would have more than the three. I'd wish for a million dollars to buy a house for my mom and myself.

I'd wish for invisible powers because then I can go anywhere without getting caught. I'd wish for my parents to get back together, my dad to come home, etc.

Answers will vary greatly. Some students will state more imaginary, silly, childish and fun wishes and others will put deeper thought and have more meaningful responses. Let them respond as they want, but reinforce the concept of visualization by stating how many innovations sounded silly at first but began as visions.

2

FROM VISION TO REALITY

⌚ 1 MIN



Lesson Essential Question:
How can I use visualization to achieve my dreams?

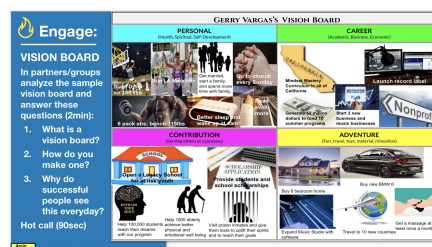
Have a student read the essential question. "_____, can you read the essential question for us? Thank you!" "Think about how this module will benefit your life?"

Extension Opportunity: Have students discuss with their partners why this topic is important to them, predict what the lesson will be about, and discuss what they hope to learn.

3

ENGAGE: VISION BOARD

⌚ 4 MIN



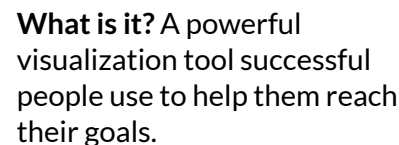
Teacher Tip:

In partners/groups analyze the sample vision board and answer these questions (2min):

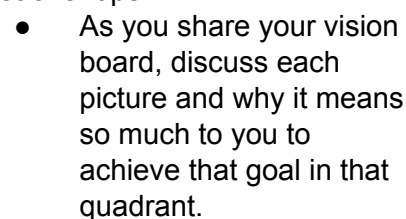
1. What is a vision board?
2. How do you make one?
3. Why do successful people see this everyday?



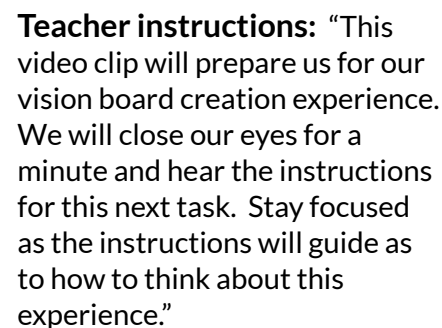
FOLLOW UP

 1 MIN

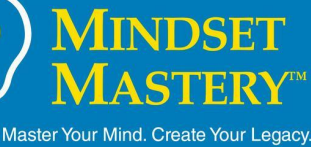
OUR TEACHERS VISION BOARD 4 MIN



- Show specific pictures of your goals; this could include text to clarify a goal for example, an image of a person eating healthy, followed by a text stating, “lose 20 lbs by January, and run a half marathon”
- Communicate excitement for your goals
- Share where you keep your vision board so that you see it as much as possible.

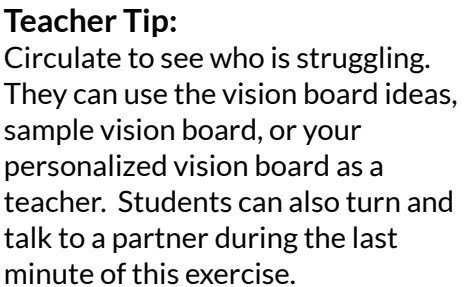
 2 MIN

- 1min:30sec Play video

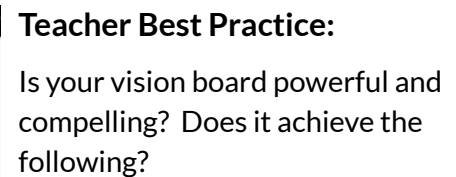


FOLLOW UP

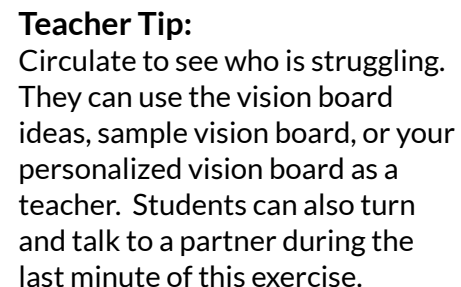
EXPLORE

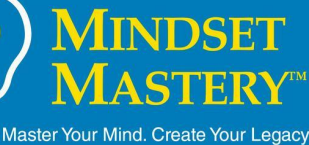


VISION BOARD CHECK



EXPLORE





This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

EXPLORE



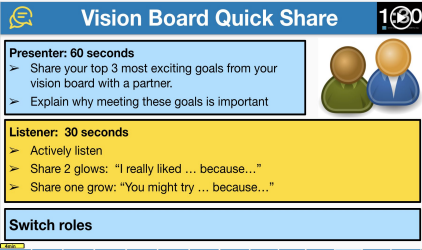
Circulate to see who is struggling. They can use the vision board ideas, sample vision board, or your personalized vision board as a teacher. Students can also turn and talk to a partner during the last minute of this exercise.

EXPLORE



Circulate to see who is struggling. They can use the vision board ideas, sample vision board, or your personalized vision board as a teacher. Students can also turn and talk to a partner during the last minute of this exercise.

VISION BOARD QUICK SHARE



- Share your top 3 most exciting goals from your vision board with a partner.
- Explain why meeting these goals is important

