

# Family Visioning Board

*A vision board can be a powerful tool for guiding your family towards a specific future. It can offer visual reminders, inspiring words, themes or suggestions without too much detail. It can also bring your family together to create common goals and offer a way to "get everyone on board."*

## **Supplies**

- Variety of magazines, including ones that appeal to both kids and adults in your family.
- Scissors.
- Large piece of foam board or posterboard.
- Glue sticks or tape.

## **Instructions**

1. Set a family intention for the session such as taking turns, listening closely to one another or just having fun. Light a candle, enjoy some snacks or play some music.
2. Set a timer for 30-60 minutes depending on the age and attention span of your children.
3. All family members begin by cutting out words or images that are of interest as a focus for the New Year. Have all family members place their images on the board. Don't worry about placement at this point.
4. When the timer goes off, have a conversation about any themes or patterns that jump out to you. Begin grouping the images by theme. Allow time for everyone's view point.
5. Once the images are grouped and patterns have emerged you can glue or tape the images to the board.
6. Set one or two intentions based on the themes that emerged from the activity. Make sure intentions are stated in the positive. Intentions can be individual or for the family as a whole. Examples might include: As a family we intend to spend more time reading OR as a family we intend to spend more time in nature.

