



Social Media: Be Real & Be Healthy (🌍 A Social Health Story)
(5th Grade – 10-11 yrs.)
CRAFT: Vision Board



STORY CONNECTION – SLIDES 8-9 (Approx Time: 45-60 min)

At your age, what your friends think is important to you, BUT you need to realize that what you think is even more important. Who you are and what you think about yourself is going to change a lot during your lifetime. It is important to learn now how important how you think about yourself is to having a healthy brain. You all know that it is important to be nice to other people. What you may not have learned is that being nice to yourself is even more important. When you are nice to yourself, you feel good and that makes it easier to be nice to other people. You need to feel good about yourself and what you are doing is important for your self-esteem. Your self-esteem is how you feel about yourself. When you do things to the best of your ability then you will feel good about what you are doing...even if what you are doing is not perfect. When you are trying your best and you are not feeling good about what you are doing – you should ask for help. That is a way to be nice to yourself. But, when it comes to doing things just because it is on social media, and you do not feel good about it...you can ALWAYS just not do it. Just because other people are doing something does not mean you must do it too. When you are feeling good about yourself and what you are doing, then your self-esteem will be good, and your brain will be happy.

Materials needed:

- Vision Board planning sheet (included below- optional) or paper
- Pencils
- Construction paper
- Posterboard
- Stencils
- Old magazines
- Crayons, markers, colored pencils
- Scissors
- Glue/tape
- Any available art/craft supplies (stickers, glitter, scrapbook paper, etc.)
- Visual examples of student vision boards (included below)
- Equipment to show images of student vision boards

Preparation needed:

- Gather materials for the vision boards.
 - Many student(s) this age might have some of these materials at home.
 - They might be able to bring in some of the materials for their board if given proper advanced notice.
 - Determine how student(s) will get materials while working in the room.
- If possible, create your own vision board to show the student(s) as an example for inspiration.

- View examples of student vision boards and have them open and ready to share with student(s).
- Determine timeframe for completing the activity.
 - This activity might take longer than most.
 - Two sessions might be necessary for completion.
 - Do what works best for you and your student(s)

Instructions:

1. In this activity, student(s) will discuss as a group what makes them happy, how they are nice to themselves, and some things they hope for in the future that they think will bring them happiness. Focusing on the positives is good for student(s)' self-esteem
2. Start by giving the student(s) a minute or two to think about and jot down their answer to the question:
 - "What is self-esteem?"
 - Take all answers and discuss, clarify, and answer questions as needed.
 - Explain that by doing things that make them happy and make them feel good about themselves allows them to have high self-esteem.
 - This is good for our Social Health, which makes our brains healthy and happy.
3. Review that since people spend so much time on social media, sometimes their self-esteem takes a hit due to all the things they learned about in activity #4. When student(s) focus on themselves and what makes them happy, they will not be so easily influenced by social media.
4. Ask if anyone has heard the term "vision board". Allow student(s) to share what they know out loud.
 - By definition, a vision board is **a collage of images and words representing a person's wishes or goals, intended to serve as inspiration or motivation.**
5. Tell the student(s) that they are going to be creating a vision board.
 - This vision board will consist of pictures and words that represent their goals and wishes for the future, both short and long term.
 - This board will serve as inspiration and motivation to remember the people and things that make them happy.
 - When they feel stressed due to social media issues or any other problems they might be having, their vision board will serve as reminder of what makes them feel happy and good about themselves.
 - This will help boost their self-esteem.
6. Show the student(s) the vision board examples below as well as your own if you have one to share.
7. Discuss what they notice about the different boards that are similar and different.
8. Explain that they will brainstorm some thoughts and ideas about their vision board before starting it.
9. Pass out the Vision Board planning sheet and go over each part with the student(s).
 - The student(s) should not be limited to these questions/suggestions.
 - They should think about their passions and goals and make the board reflect those things.
10. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
11. Before allowing student(s) to start their Vision Board planning sheet, show them where the materials are and explain that they can use anything they need to. As they finish their planning sheets, they can start creating their board.
12. Allow ample time for student(s) to finish their vision boards.

Note: This might not be completed in one session.
13. Once student(s) are finished, the boards can be displayed and shared if the student(s) want to. Since this is a personal project connected to their goals, dreams, self-esteem, etc., some student(s) might not be comfortable sharing and that should be okay.
14. In closing, remind student(s) that to be nice to others, they must first be nice to themselves. When they are nice to themselves, they have higher self-esteem. This in turn allows them to be nice to and help others. Their vision boards will help them remember all the good things that will lead to higher self-esteem. High self-esteem is good for their Social Health, and this makes the brain happy and healthy.

Activity Idea Credit: [Centervention](#)

Activity Idea Credit: [Big Life Journal](#)

Examples of Student Vision Boards



<https://www.kiddiematters.com/teaching-children-how-to-set-goals-and-use-a-vision-board/>



<https://corneroncharacter.blogspot.com/2012/08/vision-boards-guest-post.html>



<http://beinspiredgroup.com.au/training/schools/kids-with-a-vision/>



<https://unitedwaygmwc.org/Speak-United-Blog/Money-Talk-with-Kids>



<https://craftingafunlife.com/2020/01/how-to-create-a-vision-board-in-4-easy-steps-to-help-with-your-goals.html/>

Vision Board Planning Sheet

Name:

Answer the following questions to help give you some ideas to include on your personal vision board.

Where would you like to visit someday?

After this school year, what is something you would like to accomplish?

What is your dream job?

What is something you do that brings you great joy?

What books do you enjoy reading?

What is something that you would like to do for a friend or loved one that would bring them joy?

What is something that you struggle with that you would like to overcome?

What is one of your short-term academic goals?

What is one of your long-term academic goals?

What is one of your short-term personal goals?

What is one of your long-term personal goals?