

## Create a vision board — Positivity

### EXPLANATION:

A vision board is a visual representation of an individual's goals and usually contains all kinds of images and text that represent positive thinking, attitudes and goals. This activity uses the App *Wakelet*. On this App students can post content, record video explanations and add photos and images to create a vision board.



**YEAR LEVELS:** Years 11–12

**STUDENT GROUPING:** Whole group discussion – individual creations

**ACTIVITY LENGTH:** Dedicate a lesson time for creation of vision boards

### LINK TO CURRICULUM:

**Representation of General capabilities in Senior English can be linked to this activity:**

#### ***Critical and creative thinking:***

Critical and creative thinking is integral to the study of and creation of texts in *English*. Students analyse and evaluate issues and ideas presented in texts. In both thinking about and creating their own texts, they recognise and develop arguments, use evidence and draw reasoned conclusions. Students experiment with text structures and language features as they transform and adapt texts for different purposes, contexts and audiences. Students use critical thinking when they use their knowledge of language to analyse a range of texts in relation to their purpose, context, audience, structural and language features, and underlying and unstated assumptions. They investigate the ways language is used to position individuals and social and cultural groups. Creative thinking enables students to apply imaginative and inventive capacities in the creation of their own original works.

#### ***Information and communication technology (ICT) capability:***

There is a particular focus in *English* on ICT through the use of digital texts and on understanding and creating multimodal texts. For example, students explore the effects of sound and image as they consider how ideas are communicated in digital texts. They use digital technologies when they access, manage and use information and when creating their own texts. They develop skills in reading, viewing and responding to digital and multimodal texts and analysing the effects of the use of different mediums on meaning and interpretation.

## SCOPE OF TASK:

According to Psychology Today, mental practices (like visualisation) can increase motivation, confidence, and even motor performance! Vision boards are a great way of setting goals, sharing positive intentions and acknowledging achievements.

### What is a vision board?

- A collage of images and words used to motivate, remind an individual of their values, goals, or dreams
- Boards can be a physical or virtual representation
- Used to inspire and individual to achieve goals
- Expresses positive thinking and attitudes

### What is Wakelet?

- A free app that works on any device - and includes accessibility features - offers seamless options for students and teachers to collect and curate online resources
- Offers a platform to showcase visual arrangements with the capacity to link articles, videos, maps, tweets, images, PDF documents, photos, *Flipgrid* videos, and Google Docs
- Finished artefacts can be shared via email, Facebook and Twitter or QR code – security measures decided by the teacher

1. To begin the activity, determine students' prior knowledge of positivity via a group discussion.

Questions could include:

- What is positivity?
  - What are positive actions?
  - How does positive feel?
- What are accomplishments and successes? What are some examples?

2. Ask students about their experience of making a vision board. If students need more information they can conduct an internet search to build an understanding of a vision board (remind students of safe internet searching practices). Ask students what are things that they could include on a vision board? Some examples of what could be included on a vision board:

- Positive goals
- Previous accomplishments
  - Optimistic changes
  - Life directions

3. Inform the students that individually they are going to create their own vision board that reflects their positive goals and outlook on life. The vision boards are going to be created using the *Wakelet* online tool. Ask students if anyone has experience using this tool and allow students to explain its use and functions. An example of a tutorial explaining the *Wakelet* tool is included below:



4. Provide 15-20mins for students to reflect and decide what they want to include about their positive goals and decide on what images, texts, videos etc that they want to use to illustrate their goals. Suggest that students sit together so that they can discuss and share ideas.
5. When the *Wakelet* creations are complete students can come together and share their vision boards. *Wakelet's* collaboration feature makes it possible for teachers and students to share and contribute to collections. People can be invited to view creations via teacher generated code, QR code, link, email, or *Wakelet* handle – securely decided by the teacher.
6. Once the vision boards have been shared and discussed they can also be printed and displayed on a classroom wall or students can keep in a prominent space to remind themselves about their positive goals and visions.

Note:

- This activity can be conducted also using art materials and a physical paper-based vision board can be made
- There are many other online creative apps and website that can be used as alternative to *Wakelet* such as Padlet and Kahoot.

**RESOURCES:**

- Computers
- Internet access
- Access to *Wakelet* app
- If a paper-based vision board is created students will need paper, collage materials, paints, pens, magazines, glue, scissors etc

References:

[Seeing Is Believing: The Power of Visualization | Psychology Today](#)