

Objective

By the end of this lesson, Vinee will create a personalized vision board that reflects his goals and expresses gratitude for the things he appreciates in life. This creative project will help him visualize his aspirations and understand the importance of being thankful.

Materials and Prep

- Paper (any size)
- Pens, markers, or colored pencils
- Magazines or printed images (if available)
- Scissors (if using magazines)
- Glue or tape (if using magazines)
- A quiet space to work

Before starting the lesson, make sure Vinee has a comfortable workspace and access to any materials he may need. Encourage him to think about the things he is grateful for and the goals he wants to achieve.

Activities

- **Gratitude Brainstorming:** Start by having Vinee write down a list of things he is grateful for. This could include family, friends, hobbies, or experiences. Encourage him to think deeply and come up with at least 10 items.
- **Goal Setting:** Next, Vinee will write down his goals for the next year. These can be related to school, sports, or personal growth. Ask him to think about what he wants to achieve and how he can work towards those goals.
- **Creating the Vision Board:** Using the paper, Vinee will combine his gratitude list and goals into a vision board. He can draw, write, or cut out images from magazines to represent his thoughts. Encourage creativity and self-expression!
- **Reflection:** Once the vision board is complete, have Vinee reflect on what he created. Ask him to share his favorite part and how it makes him feel about his goals and gratitude.

Talking Points

- "Gratitude is all about recognizing the good things in our lives. What are some things that make you happy?"
- "Setting goals helps us focus on what we want to achieve. What is something you really want to do this year?"
- "A vision board is a fun way to visualize your dreams. How can you represent your goals with pictures or words?"
- "Being grateful can make us feel happier. How does thinking about what you're thankful for change your mood?"
- "Your vision board is unique to you! What colors or images do you want to use to express yourself?"
- "Reflecting on our goals helps us stay on track. How will you remember what you want to achieve?"

- "It's important to celebrate our achievements, no matter how small. What will you do to celebrate when you reach a goal?"
- "Sharing your vision board with someone can inspire them too! Who would you like to show your board to?"
- "Gratitude can help us appreciate what we have, even when things are tough. Can you think of a time when being grateful helped you?"
- "Creating a vision board is not just about the end result; it's about the journey. What did you enjoy most about making your board?"