

# A VISION BOARD ACTIVITY FOR PARENTS AND SONS

A vision board is a fun way for your son to share what he hopes to learn, try, and enjoy in the new year. It helps him think about his dreams using pictures, drawings, and words. There are no wrong ideas. This is about imagination and growth, not perfection.

**Purpose:** This activity helps parents and sons set simple, meaningful goals while strengthening connection, confidence, and communication.

**Materials needed:** Poster board or construction paper, magazines or printed images, crayons or markers, glue, scissors, and optional stickers.



## Step 1: Set the Tone

Sit together in a calm space. Let your child know this is a judgment-free activity with no right or wrong answers. Say, "This is something we are doing together."

## Step 2: Ask the Guiding Questions

- "What is something you want to learn this year?"
- "What makes you feel proud of yourself?"
- "Where would you like to go this year?" (A place, a goal, or a feeling)

## Step 3: Model Supportive Language

- "That sounds exciting. Tell me more."
- "I love that idea. We can work on that together."
- "I'm proud of you for sharing."
- "That's a great goal."

## Step 4: Create the Vision Board

Help your son find pictures or draw images that represent his goals, such as a beach or an airplane that shows how he will travel. Let him choose where each image goes on the board.

## Step 5: Display and Revisit

Place the vision board where your child can see it often. Revisit it throughout the year and celebrate effort, growth, and progress. Reflection for Parents: How am I helping my son feel supported as he sets goals and imagines where he wants to go this year?

### Materials needed:

- Poster board or construction paper
- Magazines
- Printed images
- Crayons or markers
- Glue
- Scissors
- Stickers (optional)

### Optional:

Pre-made vision board kits for kids are available on Amazon and can be a helpful option for families who want everything ready in one place.

<https://amzn.to/4pHszRT>

<https://amzn.to/3N60aqI>

<https://amzn.to/4pqHT5c>

<https://amzn.to/4pjJcCH>

<https://amzn.to/3N2Mflr>

### Parent Tip:

Vision boards for children are not about achieving goals quickly. They are about building confidence, imagination, and a sense of purpose. Growth happens one step at a time.

