

My VISION BOARD (LEVEL 3)

Description	Learners will independently create a vision board with their vision and goals. They will learn how to achieve their goals by tracking them regularly. They will also explore antonyms and synonyms and use them in their vision boards.
Leading question	How do I set goals for my life and work towards achieving them?
Subjects covered	English, Art, Social and Emotional Learning
Total time required	40-50 minutes a day for 4 days
Resources required	Paper, pen/ pencil, colour pens/ pencils, cardboard (<i>optional</i>)
Learning outcomes:	<p>By the end of this project, learners will be able to:</p> <p>Knowledge-Based Outcomes:</p> <ol style="list-style-type: none"> 1. Identify and use character traits to describe an individual. 2. Understand and use antonyms and synonyms in their writing. 3. Write grammatically correct sentences in the form of vision, goals and habits. <p>21st Century Skill Outcomes:</p> <ol style="list-style-type: none"> 1. Communicate thoughts and goals through writing and speaking. 2. Collaborate with peers and adults to understand concepts and explore factors about self. 3. Use critical-thinking skills to analyse self and create goals and habits to achieve their vision. 4. Use creativity to create a vision board for yourself.
Previous Learning	NA
Supervision required	Medium

Day 1 –

Today, you will identify similarities and differences between yourself and the person you admire.

Time	Activity and Description
10 minutes	<p>Introduction</p> <p>Think and share about a person in your life that you admire or look up to and why you admire this person.</p> <p>Tip: Teachers can share someone they admire to model an example.</p> <ul style="list-style-type: none"> - Do you wish to be like the person you admire? - During this project, you are going to create a vision board that will help you work towards being like the person you admire.

	<p>Write down 2-4 words in your notebook and challenge your peer to find the antonym and synonym for those words.</p> <p><i>Tip: Print out the antonyms and synonyms chart given in Appendix 2 for learners to refer to.</i></p>
10 minutes	<p>Creating a Self-Portrait</p> <p>You will create a self-portrait (<i>drawing of yourself</i>) on a blank sheet of paper. You can draw them however you like, but you should include elements representing the character traits you want to develop.</p> <ul style="list-style-type: none"> - You can write or draw your traits around your self-portrait. - For example, if you choose "kindness," you might draw yourself helping someone or sharing with others/ you can write the traits around your self-portrait. <p>You will use this drawing later while creating your vision board.</p>
At-home activities	Complete any pending work on your self-portrait.



Day 2 –

Today, you will understand the meaning and importance of vision. You will create your vision.

Time	Activity and Description
15 minutes	<p>Meaning of Vision and Why It's Important</p> <ul style="list-style-type: none"> - To become more like the people we admire and achieve our dreams, it is important to have a vision and set goals for it. - What do we mean by the word 'vision'? - The most common meaning of vision is the ability to see. For example, Her <u>vision</u> improved after getting glasses. - The other meaning of the vision that we are using in this project is an idea or goal we want to achieve in the future. - Our eyes allow us to see the physical world through our vision and our vision or goals help us see and shape our future. - Why do you think it's important to have a vision? - Having a clear vision helps us stay motivated, make good choices, set goals and work towards them.
25 minutes	<p>My Vision</p> <p>Think of the following questions to come up with your vision:</p> <ol style="list-style-type: none"> Self <ul style="list-style-type: none"> - Name 3 activities that you enjoy doing and want to continue doing in your life.

	<ul style="list-style-type: none"> - Describe two places where you feel safe, happy, and relaxed. - What are 3 values you want to live by? - What are some new skills or habits you want to develop? <p>b. Friends and family</p> <ul style="list-style-type: none"> - What kind of friends do you want to have? - What kind of relationship do you want to have with your parents? <p>c. The world around you</p> <ul style="list-style-type: none"> - What kind of difference do you want to make in this world? <p>Write down 2-3 lines summarising your vision on a piece of paper. You can use the passage given below to write your statements and create a complete vision.</p> <ul style="list-style-type: none"> - My vision is to be a _____ person who will _____ (actions related to people around me, changing the world, improving something about myself, etc.) I will _____ (any other actions, optional). - Example: My vision is to be a disciplined and hardworking person who will give her best in all avenues of life. I will work to make sure that my family and I live a comfortable life. <p>Note: Learners need to keep all the elements (vision, self-portrait) safe since they will be using all these while putting together their vision board.</p>
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Day 3 –

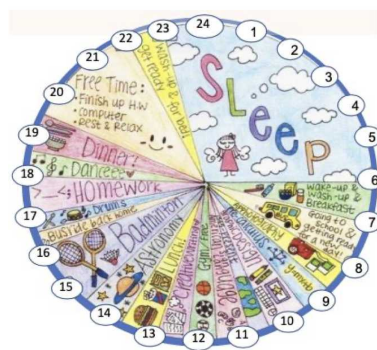
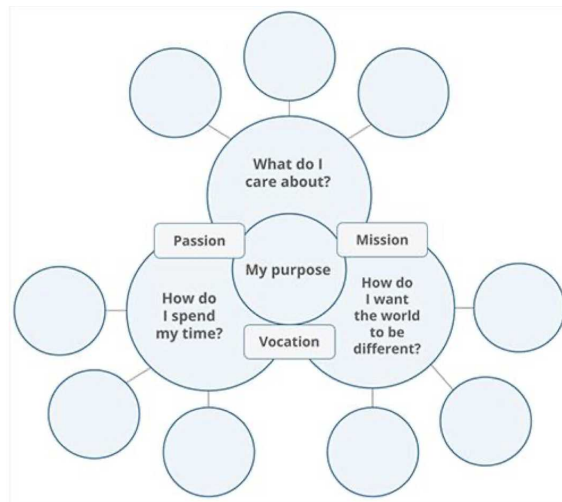
Today, you will create SMART goals and habits you need to develop to achieve your goals.

Time	Activity and Description
20 minutes	<p>Writing SMART Goals</p> <p>It is important to understand that to reach your vision, you need to create small goals related to each part of your vision. For example, if someone’s vision is to become the best swimmer in their community, one of their goals will be to practise daily to master 2 swimming techniques in one month. Let’s create goals for your vision board.</p> <ul style="list-style-type: none"> - We can use the SMART acronym to create goals. <p>Note: Write the word SMART and explain what each letter stands for.</p> <ul style="list-style-type: none"> - S: Specific - A goal that focuses on one specific area of improvement. For example, I want to get better at reading in English. - M: Measurable - A goal that can be measured. For example, I want to read at least one storybook every month. - A: Attainable - A goal that can be achieved (not too difficult nor too easy) For example, I will start by choosing a story from my textbook that interests me and set aside 20 minutes each day for reading. - R: Relevant - A goal that is important to you right now and will help achieve your vision. For example, Reading more books will help expand my knowledge and improve my reading skills.

	<ul style="list-style-type: none"> - T: Time-bound - A goal that specifies a target date or time frame for achieving the results. For example, I will read one book per month for the next six months, starting this month. <p>Think back to the vision you created and write down 1 short-term goal which you hope to achieve in the next 1 to 2 months and 1 long-term goal which you hope to achieve in a year. You can think of the following topics while creating your goals.</p> <ol style="list-style-type: none"> a. Goals for self (health, fitness, well-being) - Something you want to change about yourself. For example, I will get good at playing football and be able to score at least 1-2 goals during every match at the end of the year. (or) I will save 20% of my pocket money to buy a new watch. b. Friends and family - For example, I will get to know everyone in my class well by the end of this year. c. Something you want to change about your surroundings - I will gather my friends and help clean our school building and surroundings by picking up garbage. <p>Write the goals using the SMART format described above.</p> <p>Tips:</p> <ul style="list-style-type: none"> - Encourage the learners to write their goals in English. For those who find writing challenging, share the following format: <ol style="list-style-type: none"> 1. Specific: I will... (<u>state your specific goal</u>). 2. Measurable: I will do... (<u>state exactly what you will do to achieve your goal</u>). 3. Attainable: I will... (<u>break down your goal into smaller achievable steps</u>). 4. Relevant: I want to do this because... (<u>state how this goal will help you realise your vision</u>). 5. Time-bound: I will start on... (<u>mention the exact date</u>) and finish by (<u>mention the exact date</u>) to achieve my goal. - For advanced learners, have them share their SMART goals with a partner, gather feedback, and use it to enhance their goal-writing skills.
20 minutes	<p>Habit</p> <p>To achieve your goals, you need to think of habits that you need to develop. For example,</p> <ul style="list-style-type: none"> - Goal: I want to improve my English reading skills by reading one book every month. - Habit: To accomplish this, I will: <ol style="list-style-type: none"> a. Read 10-15 pages a day. b. Write a summary of every chapter I finish and challenge myself to use the new words I learned. <p>Think of the SMART goals you wrote and create 1 or 2 habits for each goal.</p>
At-home activities	Share your goals and habits with your family and receive feedback. They can assess if the goals are realistic and achievable.

Day 4 –

Today, you will create your vision board and present it to an audience.



<https://www.greatschools.org/gk/articles/how-to-help-a-child-find-their-purpose/>

- Learners create a clock showing an ideal day in their future. They think of what they would do from the time they wake up in the morning to the time they go back to sleep.
 1. Draw a large circle.
 2. Divide it into 24 sections to show the 24 hours.
 3. Fill the circle with various activities you would do.
- Learners can eliminate habits and focus only on goals to make the project simpler

**Modifications
for
simplification**

ASSESSMENT CRITERIA

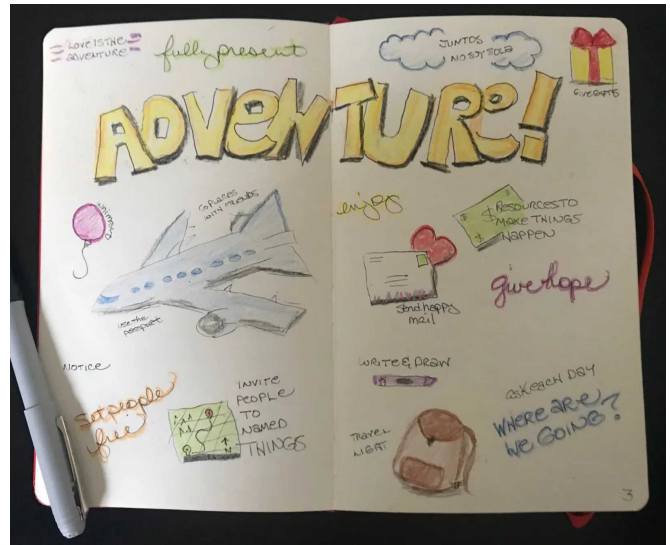
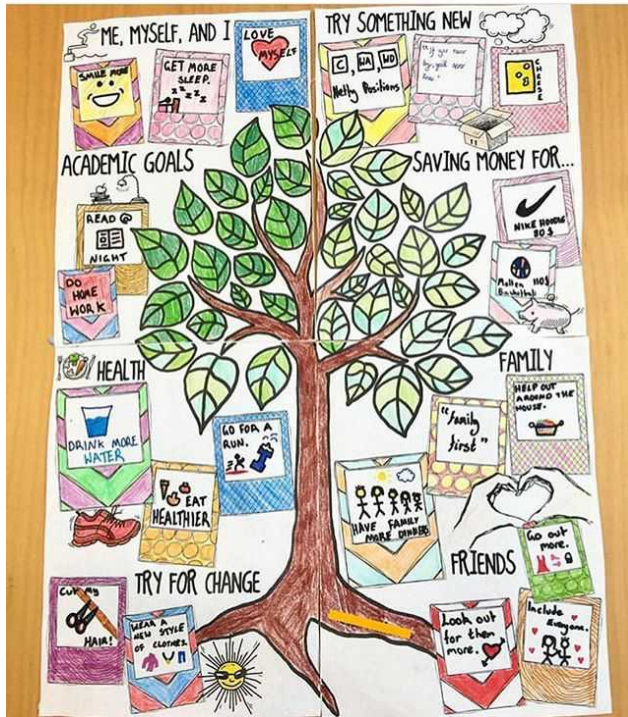
A majority of my learners were able to:

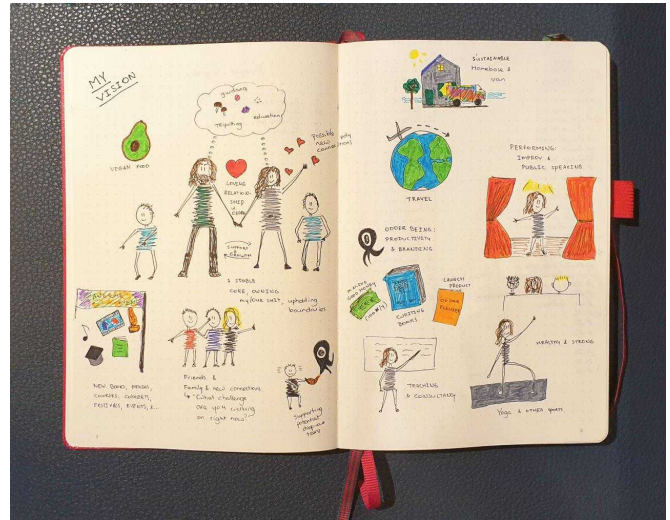
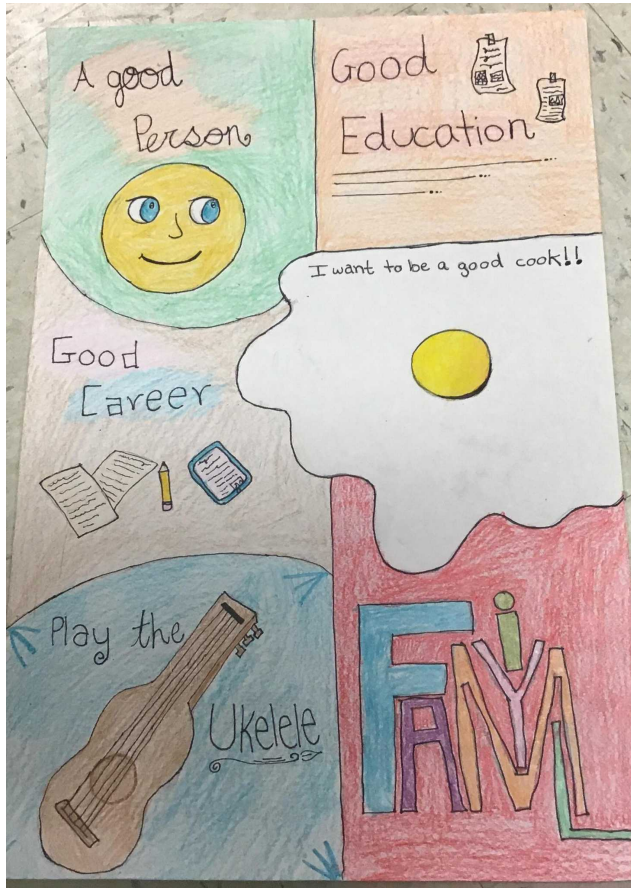
- Identify character traits and use at least 3-4 words/adjectives to describe a person or themselves.
- Understand and use antonyms and synonyms in their writing.

- Create a vision for themselves.
- Create at least 1 short-term and 1 long-term SMART goals for themselves.
- Identify at least 2 habits related to their goals.
- Create and present their vision board to an audience.

APPENDIX 1










Examples of Vision Boards





APPENDIX 2

Antonym and Synonym chart

Synonym		Antonym	
Same Meaning		Opposite Meaning	
small	 little	→	big 
happy	 joyful	→	sad 
woman	 lady	→	man 
cold	 chilly	→	hot 
fast	 swift	→	slow 
sick	 ill	→	healthy 
wet	 soaked	→	dry 