

VISION BOARDS: DREAMS AS VAST AS THE SEVEN SEAS

AGES

Children 8+ years

PROGRAM DESCRIPTION

Participants learn about vision boards and create one for themselves. Be sure to create a vision board before the program, or show pictures of different vision boards, to give them ideas! You could cut out images, pictures, and quotes ahead of time, or let participants choose their own from magazines. This could also work as an activity that children complete at home, then bring to the library to share or display. Older children could make bullet journals instead. Suggested runtime: 45–60 min.



Image source: Shutterstock



Image source: Shutterstock

MATERIALS AND PREPARATION

Materials: Poster board, scissors, tape, pins, glue sticks, markers, stickers, magazines, printer (optional).

Instructions:

- Introduce vision boards. They are creative expressions of our dreams, goals, and values that can be placed in our homes to inspire and motivate us.
- Ask participants about their goals and dreams.
- Participants will then cut out pictures from magazines or print images/quotes from the internet.
- Suggest that they choose a collage of seven items that mean something to them, such as words, images, or poems.
- They can decorate the poster board however they choose.

The significance of seven:

- The term “seven seas” dates back thousands of years and has, over time, referred to many different bodies of water as determined by many different cultures.
- To the Ancient Greeks, the seven seas were said to be the Mediterranean Sea, Aegean Sea, Adriatic Sea, Black Sea, Red Sea, Caspian Sea and the Persian Gulf.
- In the Age Of Exploration, the seven seas were said to be Arctic Ocean, Atlantic Ocean, Indian Ocean, Pacific Ocean, Mediterranean Sea, Caribbean Sea and Gulf of Mexico.
- In Modern times, the seven seas consist of the South Atlantic Ocean, North Atlantic Ocean, South Pacific Ocean, North Pacific Ocean, Arctic Ocean, Indian Ocean and Southern Ocean.
- Seven is a very significant number religiously and culturally.

Consider:

- 7 colors of the rainbow
- 7 wonders of the world
- 7 days of the week
- 7 dwarves in the story of Snow White
- 7 days of creation in Christianity
- 7 branches of the Menorah
- 7 chakras in Hindu mythology
- 7 Heavens of Islam

UNIQUE SPACE AND/OR PERSONNEL NEEDS

Solo-librarian friendly. Wall space for display (optional).

RESOURCES

Web

About vision boards from A Conscious Rethink: <https://bit.ly/3fnbcES>

Books

Non-fiction

Emmanuel's Dream: The True Story of Emmanuel Ofosu Yeboah (2015) by Laurie Ann Thompson and Sean Qualls

Dare the Wind: The Record-Breaking Voyage of Eleanor Prentiss and the Flying Cloud (2014) by Tracey Fern and Emily Arnold McCully

Child of the Dream (2020) by Sharon Robinson (children's)

Fiction

Auntie Luce's Talking Paintings (2018) by Francie Latour and Ken Daley

Newsprints (2017) by Ru Xu (children's)

Take the Mic: Fictional Stories of Everyday Resistance (2019) by Jason Reynolds, Samira Ahmed et. al. (children's)

Tar Beach (1996) by Faith Ringgold (children's)

TIP:

See Here Be Monsters: Family Map-Making Night on page 329 for more resources about the seven seas.