

BUILDING A HOME VISION BOARD

Individual, Dyadic, or Group Art Exercise

USE THIS EXERCISE TO BUILD:



Safer and
More Stable
Conditions



Nurturing
Parent-Child
Interactions

PURPOSE

A vision board offers a visual roadmap of your values, goals, and future directions. It is a form of expression meant to inspire excitement about the future. For this specific vision board, naming what feels important for a stable home environment can help create concrete steps towards making that vision reality. Doing this activity with your children involves them in this creative and imaginative process, and encourages positive parent-child bonding.

SUGGESTED ACTIVITY LENGTH: 1 HOUR & 30 MINUTES

10 minutes for instructions | 1 hour for collaging | 20 minutes for reflection

MATERIALS

Free online vision board makers ([Canva](#), [Venngage](#), [Fotor](#))

Or, Physical collage materials (magazines, newspapers, drawings)

If doing physical collages, you'll also need paper, glue, scissors, and items to draw with (markers, colored pencils, crayons, pastels)

Notes for the facilitator

- Make sure you gather enough materials beforehand for all survivors, or support survivors in making an account for one of the free online resources.
- Be prepared for the vulnerability that this exercise requires, and make sure your group or survivor is in the right headspace and ready for this exercise.
- If you have a limited amount of time, having enough images and words already cut out to choose from could decrease the time required to about an hour. This may limit survivors' ability to be fully creative.
- This can be a good connector to other exercises, including Exercise 14: I Spy Walk, Exercise 15: Cook a Family Recipe, and Exercise 12: Communication Agreements. These exercises can be included in the goals that survivors will brainstorm.



When using this activity with children

- Consider age (recommended range: 6–18 years old)
- This is a great exercise to do together with your kids: you can make one together, or each co-create your own vision board and see how they compare.
- Make sure you gather enough materials beforehand, or create an account on one of the free online resources.
- Explain the purpose of this exercise in language your kids can understand.
- Brainstorm a place where you can keep this vision board visible (fridge, hung up on the wall, saved as photo, etc.) after you complete it together.

INSTRUCTIONS FOR PARTICIPANTS

1 Before creating the vision board, write down and name what feels important for a safe and stable home. This can be single words, or short phrases.

Examples: secure, joyful, relaxing, belonging, time spent together, etc.

2 Next, create measurable and achievable goals that match the words or sentences you came up with.

Examples:

- Joyful → I make a meal with my kids once a week.
- Relaxing → When stressed, I take a mindfulness walk.

3 Then, use newspapers, magazines, drawings, or virtual vision boards to collect images or inspiring words that speak to you and the goals you set.

4 Once you've collected your images, arrange them on your board in a way that feels and looks good to you.

Note: There is no right way to organize your vision board. Just have fun, and be creative!

REFLECTION QUESTIONS

- What is it like looking at your completed vision board?
- How do you want to bring your vision board to reality?
- If you created a vision board with someone else, compare vision boards or reflect on the process of creating one together. Was anything particularly surprising?

Promising Futures



The development of this guide was supported by Grant Number 90EV0532 from the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services, and by Grant #90CA1850 from the Children's Bureau, Administration on Children, Youth and Families, U.S. Department of Health and Human Services. Points of view in this guide are those of the authors and do not necessarily reflect the official positions or policies of the U.S. Department of Health and Human Services.

Copyright © 2025 Futures Without Violence. All rights reserved.