

IDEA 8: WRITE INTO MINDFULNESS

Create your own vision journal

Keep kids entertained by creating their own vision journal. They can rip pages, cut and paste, decorate and organise – perfect for some therapeutic quiet time!

What you'll need:

- Journal
- Magazines
- Coloured markers
- Scissors
- Glue
- Stickers, optional



Instructions:

1. Ask your kids to think about what's important to them. Ask them to write these thoughts down.
2. Ask them to keep these words in mind when they are searching for images in magazines. Once they have cut out their favourite images, ask them to narrow down their selection.
3. Ask your kids to rearrange the pictures in their journal until they love how it looks. Now they can start to paste the collage with glue.
4. Then ask them to write the words that connect them with the pictures using different coloured markers.
5. Leave their vision journal nearby, so they can get excited about the prospect of achieving their goals.