

Goal Setting and Empathy



Say to Teen: The moment you put a deadline on your dream, it becomes a goal.

Vision Collage

Materials:

- Magazines
- Scissors
- Posterboard
- Glue/gluestick
- Arts and craft: markers, colored pencils, crayons, glitter, feathers, stickers, etc
- Printer and computer (if have access to one)

Instructions:

- Teen takes out some unused magazines and cuts out pictures that represent their hopes and dreams.
 - If teen has something they want to include that they can't find in magazine, they can print pictures from the internet OR they can even draw it in
- Teen pastes these pictures onto a piece of posterboard.
- Teen can decorate their posterboard with arts and craft materials
- When finished, hang vision collage somewhere in teen's bedroom, where they will frequently be reminded of their aspirations.

Reflections: Discuss with child about some of the pictures they pasted onto their vision collage. Pay attention to their feelings, behaviors, facial expressions, body language, tone of voice, and word choices. Adult and/or peer will need to identify how the teen is feeling when they're presenting their vision collage.

