



# Activity: Family Vision Board

eluna

RESOURCE CENTER

## Objective

After experiencing the death of a significant person in our lives, questions often arise: "What's next for me and my family?" "What is our life going to be like without them?" "Who am I, without them?" We often question our family values, our personal identity, and even our basic understanding of the world. Some families may find it particularly helpful to create a family vision board as a way of exploring and reestablishing a sense of self and family. The board can serve as both a tribute to the person who died and a way to look ahead with intentionality, purpose, & unity.



## Supplies

- Family Vision Board handout
- foam board or poster board
- magazines, newspapers
- computer & printer as needed
- scissors, glue sticks, markers, stickers
- photos or special mementos

## Instructions

1. Set aside time as a family to brainstorm what should be included on the vision board. See the accompanying handout for inspiration. Use your identified ideas as focal points.
2. Work together to cut out pictures and words from magazines/newspapers. If needed, find a picture online or type words on the computer and print them out to capture items not found in magazines.
3. After gathering clippings, and prior to gluing, plan out your design, and then use glue sticks to secure them to the poster board.
4. Consider adding a dedication & display the board as a touchpoint for conversation, unity, and remembrance.

## Additional ideas

Consider setting a time (monthly, yearly) to revisit the board. Celebrate progress and update or adjust as family goals shift. Additionally, a family vision board could be created digitally and/or a photo can be taken of a completed board and duplicated as desired.

*Thank you, Kelly Petersohn, from Camp Erin Online for developing & sharing this activity!*