

2020 Vision

Want to encourage your little one to dream big this year? Look no further than a vision board!

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“A VISION BOARD PRESENTS THE WORLD AS A PLACE OF INFINITE POSSIBILITIES, WHICH IS SO IMPORTANT FOR KIDS IN MARGINALIZED COMMUNITIES. IT PROVES TO THEM HOW STRONG A MUSCLE YOUR MIND IS.”

—PATTY RODRIGUEZ

Carve Out Quiet Time

Pick a day when you have a block of free time, Moore suggests—at least two hours when the house is nice and still, no technology is in use, and you’re unlikely to be interrupted by anyone.

Round Up Supplies

Give your kid enough to work with, such as magazines, old greeting cards, glitter, photos, markers, alphabet letter stickers, and mementos like old ticket stubs. Anything you can stick down works, says Moore. You will also need scissors, glue, and boards (ideally size A3). Invest in a few fun extras to get the creative juices flowing. “Pick up some ribbons or stickers in your child’s favorite color to make the experience feel special,” Moore suggests.

Let Loose

Moore’s go-to instructions for vision boards? “Put down anything at all that makes you happy. There’s no right or wrong.” Your child has free rein—her board can be either painstakingly neat or a totally haphazard hodgepodge!

FOR MONTHS, Patty Rodriguez’s 8-year-old son, Alexander, had been asking her for a pet chameleon. Rodriguez, the Mexican-American cofounder of Lil’ Libros, the bilingual books line in Los Angeles, thought it was just a whim. Then, last February, she hosted a vision-board party for Alexander and his friends, inspired by a similar event she’d attended

for moms. When she saw the images on her son’s board, she was stunned. “There was a chameleon, a tiger, a cat, you name it,” she recalls. “He didn’t just want a pet. He genuinely loves animals. It’s his true passion.”

Getting insight into your child is just one reason that vision boarding can be such an illuminating exercise, says Susie Moore, a life coach and

author of *What If It Does Work Out?* “Kids might be too young to verbalize exactly what they’re thinking,” she explains. “But when they work with images, they open themselves up to really show what’s inside. A vision board unlocks what they want to do, be, or have in life.”

Ready to go on a vision quest with your kid in 2020? Follow these simple steps from Moore.

● **Keep the Convo Going**
 “Parents know their kids well, so it’s easy to say, ‘Oh look, here’s a picture of ice cream. You love ice cream. Put it on your board,’” Moore says. Instead, ask open-ended questions that spark your child’s imagination, such as: “What would a great vacation look like?” or “Who do you want to be when you grow up?”

● **Sit on the Floor**
 To tap into your intuition, remove formalities. “Vision boarding on the floor is like playing,” says Moore. “It fosters free thinking because what we do physically is mirrored mentally.”

● **Give Him Space**
 A vision board is personal. If your child doesn’t require supervision, he might enjoy some “alone time” with his thoughts. Ask him if there’s anything he needs and if he wishes you to stay, suggests Moore. If he’s okay with your joining, you can make your own vision board. “When your child sees you having fun, he’ll join in,” Moore says.



“It’s such a great bonding exercise because it’s not a forced conversation.”

● **Listen and Learn**
 Mami knows best—except in this situation. Try to keep suggestions to yourself. “Observe and occasionally ask if she wants help,” Moore says. “Otherwise, she’ll just be trying to make you happy.”

● **Show and Tell**
 After your child finishes, encourage him to share any thoughts, feelings, and ideas. Ask: “What does this image mean?” “Why does that word feel important?” “Why does it make you happy?” Talk about what moved you in the

creation of your own board too. Let the process be as insightful for your child as it is for you, says Moore.

● **Display It Proudly**
 Put your child’s vision board out in the open, in a central spot, so she can see it every day for inspiration. You can repeat the exercise once or twice a year, especially for milestones like a birthday. And every now and then, in a low-key way, bring up the items on her board. “You can say, ‘Remember that image you posted? Should we write it down and try to make it happen?’” Moore says. “After all, it’s never too early to start thinking about your dreams!”



ADD A LITTLE FLAIR

Step up your fam’s vision-board game with these fun additions.

1 / KID-FRIENDLY TOOLS

These blunt-tip scissors from Yoobi aren’t just cute—for every product purchased, the brand donates one item to a child in need. \$3; yoobi.com

2 / INSTANT INSPO

From rainbows to vintage cars, the *So Many Stickers* book gives kids 2,500 ways to express themselves. \$13; workman.com

3 / MUST-HAVE SPARKLE

Jazz up 2020 goals with Crayola’s washable glitter glue in 16 easy-to-handle mini tubes. \$6; crayola.com



VISION-BOARD PARTY DO’S AND DON’TS

Gather your mom squad and the kids, and dream on with tips from Patty Rodriguez.

DO be strategic.

Keep the group to ten kids of varying ages. “It’s important to have different points of view,” Rodriguez says. If you can, put younger kids at a smaller table so they can reach supplies and won’t hassle the older kids.

DON’T go crazy on supplies.

Giving kids stacks of publications will eat up time. Rodriguez suggests a “two magazines per kid” rule since everyone will share. You can vary the content and supplies by age, such as big stickers for little kids and smaller ones for older children.

DO set the tone.

Kick things off with an opening statement that gives kids something to think about without boring them, like, “Today, we’re going to build our dream life. What do you want to do this year? In five years? Put it all on your board.”

DON’T forget Mami.

The party is just as much for the moms as it is for the kids. Serve some drinks and small bites for the adults. And invite them to get in on all the fun and make their own vision board too.

DO keep it short.

“Schedule the party for only two hours, or kids will get antsy,” Rodriguez says. “Thirty minutes for vision boarding, 30 minutes for show-and-tell, and the rest of the time for eating and socializing!”