

# Primary

## My Dream Goal Collage



### Step 1: The Creative Setup

Provide the following materials to each child:

- Construction paper 📄
- Old magazines or printed images 📖
- Scissors ✂️
- Glue sticks 🖍️
- Markers and crayons 🎨
- Stickers and glitter ✨

### Step 3: Creating the Collage

**1. Cutting and Pasting:** Have children look through the magazines or printed images and cut out pictures, words, or phrases representing their dreams or the steps to achieve them.

**2. Assembling the Collage:** Glue the images and words onto the construction paper to create a collage representing their goal. They can use markers, crayons, stickers, and glitter to decorate further and personalize their collage.

### Step 5: Daily Visualization Practice

**1. Routine:** Encourage children to spend a few minutes each day visualizing their goal and imagining themselves achieving it. They can do this in the classroom during quiet time or at home.

**2. Progress Updates:** Periodically ask children to update the class on their progress and share any new steps they've visualized or taken toward their goal.

### Step 2: Visualizing Goals

**1. Dream Time:** Ask children to close their eyes for a moment and think about a dream or goal they have. It could be anything—winning a soccer game, getting an A in math, learning to play an instrument, or even being kind to others.

**2. Imagine in Detail:** Encourage them to think about what achieving that goal looks like, feels like, and sounds like. Ask them to imagine the steps they need to take to reach their goal.

### Step 4: Sharing and Reflecting

**1. Show and Tell:** Invite each child to share their collage with the class. They should explain their goal and why it's important to them and describe some of the images and words they chose.

**2. Reflection Questions:** Ask children:

- 🧐 How did it feel to visualize your goal?
- 🧐 What steps did you imagine to achieve your goal?
- 🧐 How can visualizing your goal help you stay focused and motivated?