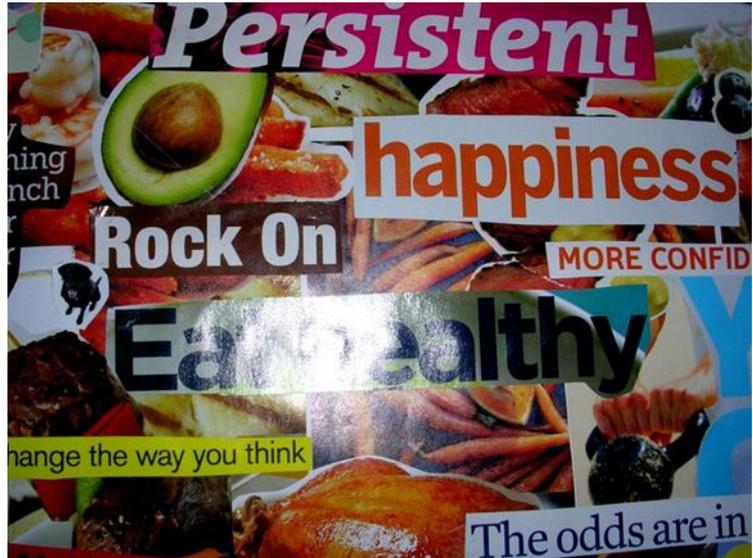


Healthy Exercise, Eating & ChooseMyPlate Vision Board



A **vision board** is something you create to remind yourself of your own personal goals and desires. It can also be called a vision map. It can be a reminder of, inspiration for or a way to affirm the progress you are making on a particular goal.

Creating a Vision Board:

Step 1: Go through magazines and cut out pictures that relate to your personalized ChooseMyPlate and brainstormed information gathered previously. Or, go online and print out pictures, words and phrases you like that help paint a picture of your **goals**. This is just the collection phase...no gluing yet! Keep your images and phrases and words in an envelope or folder for future use.

Step 2: Go through everything you cut out and begin to lay your favorites on the board. The favorites chosen should reflect the theme of your board; in this case it is “My Healthy Exercise, Eating & ChooseMyPlate” theme. At this point you can segment your board by specific areas, have it tell a story or be completely innovative and creative in your layout.

Step 3: Find, type or write some inspirations or words of wisdom that correspond with your healthy exercise, eating and ChooseMyPlate theme. These should help you stay focused and help keep you motivated as you try to reach your goals.

Step 4: Glue everything onto the board. Add writing if you want. You can paint on it or write words with markers.

Step 5: Write at least one solid, detailed paragraph describing the healthy eating, Choosemyplate, & exercise goals from your vision board pictures and phrases. This can be attached or written directly on the back of your vision board.

Step 6: If your name is not on the front of your vision board, then write it on the back. Turn your vision board, written paragraph, web assignment sheet, brainstorming sheets and rubric in when finished.

Step 7: Hang your vision board in a place where you will see it often. Focus on it for several minutes various times throughout the day to help remind you of the goal(s) you are trying to achieve.

Vision Board Rubric:

Criteria	Present	Not Present
<u>Content</u> : Board is covered with pictures reflecting healthy eating & exercise goals (10)		
<u>Display</u> : Board has no white space showing & is extremely neat & creative in layout (10)		
<u>Mechanics</u> : Free of spelling and grammatical errors (5)		
<u>Phrases</u> : Board includes at least 3 motivational phrases (5)		
<u>Use of Time</u> : Class time is effectively used & project is turned in on time (5)		
<u>Paragraph</u> : One solid, detailed paragraph fully describing the healthy eating, Choose my plate & exercise goals from your vision board pictures & phrases (10)		
Total Points (45)		

Comments