

Collage a Vision: A Visioning Activity

Overview and purpose

The purpose of this activity is to help participants describe their “ideal healthy school community” by using magazines, markers, paints, or other materials to show their ideas.

Participants

Staff, students (especially elementary school students), parents, community partners

Time needed

40 minutes

Materials

- Assortment of magazines
- Markers
- Painting supplies (paint, brushes, etc.)
- 3 large pieces of paper
- Tape or adhesive

Leader preparation before the activity

- Arrange the tables and chairs so the participants can work in groups. Place enough materials (see above) at the tables for each group to use.
- Post 3 large sheets of paper around the room. Title each page with one of the following headings: Healthy Eating, Active Living, and Positive Mental and Emotional Health.
- Leaders may want to review the *Creating a Shared Vision* resource¹ for background information and guidance on creating a shared vision for your school.
- Ideas generated from this activity can be used to create or inform your school’s shared vision. Considering the student voice throughout the process of building a healthy school community supports long-term success of work in this area.

Notes/Adaptations

- If time is limited, participants can create a general representation of a healthy school community, rather than using the three categories: Healthy Eating, Active Living, and Positive Mental and Emotional Health.

Instructions

A. Introduction (5 minutes)

1. Explain that creating a shared vision is an important step in building a healthier school. It helps to ensure that everyone’s voice is heard while working towards the same goal.
2. Explain that the purpose of the activity is to help participants capture their “ideal healthy school community” using pictures and words.

B. Activity (20 minutes)

1. Divide participants into small groups with one group at each table. Assign each group with one of the 3 categories:
 - Healthy Eating
 - Active Living
 - Positive Mental and Emotional Health

Additional topics can be added to broaden the “picture” of a “healthy school community” (e.g., student leadership).

2. Explain that they will have 15 minutes to find or create a pictorial or written representation of what they consider to be the “ideal” for their school according to the 3 categories. If necessary, provide examples of words or pictures to help students generate ideas.

Examples may include:

- Healthy Eating – healthy foods, families eating or cooking together, growing a garden, looking

¹To find the *Creating a Shared Vision* resource, visit <http://www.albertahealthservices.ca/7123.asp>

at a nutrition label

- Active Living – participating in activities, physical activity equipment, biking or walking to school
 - Positive Mental and Emotional Health – smiling, cooperating, being friendly, sharing, taking turns, areas in the school that support your mental and emotional health (e.g. lunch room, classroom, gathering spaces)
3. Ask each group to post their idea sheet on the wall and rotate around the room to view the other posters.
 4. Ask each group to share their ideas with the larger group.

C. Group discussion (5-10 minutes)

1. Use the questions below to facilitate a group discussion. Be sure to record answers.
 - *What are the main ideas that you saw or read?*
 - *Is there anything that is the same between the sheets?*
 - *Which pictures or words best describe your ideas?*
2. Determine some actions that participants can take to help make their school healthier. These might be small actions that lead to larger changes in the future (e.g., saying hello to five people you don't know, thanking your teachers, smile as you walk down the hall, hold the door for someone, donate time or money to the breakfast program).
3. Invite participants to commit to one small action that will improve their school.
4. Wrap up the discussion by informing the participants that the information that they have collected will be used to help guide the next steps of developing a school health vision.

Source

This resource was adapted from the Healthy Students Learn Better Health Champion Tool Binder, Alberta Health Services, Central Zone Comprehensive School Health Program 2009.