

## Fantasy Island: A Visioning Activity

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### Overview and purpose

Participants will create an “ideal” island by identifying their personal values related to health and happiness. They will have the opportunity to share their ideas and identify how their values may compare or contrast with others.

This activity can be used to help shape a vision of a healthy school community.

### Participants

Staff, students, parents, and/or community partners on a school health team

### Time needed

40 minutes

### Materials

- Blank piece of paper for each participant
- Markers, crayons or pens (enough for all participants)

### Leader preparation before the activity

- Leaders may want to review the *Creating a Shared Vision* resource<sup>1</sup> 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

This activity can be used in a variety of ways:

- At the start of a meeting or gathering that leads into a more in-depth conversation related to creating a vision.
- At a meeting or gathering where conversations

related to a “vision” have already started. This is a great way to confirm that key ideas have been heard and integrated into the group’s vision.

### Instructions

#### A. Introduction and activity (10 minutes)

1. Provide each participant with a piece of paper and ensure that markers, crayons or pens are accessible to all.
2. Ask participants to imagine that the piece of paper is an island. Their task is to create an island that is a happy and healthy place for everyone in the community.
3. Ask participants to draw pictures or words of anything that they would like to have on their “Fantasy Island” in order to make it a happy and healthy place for the community members living on the island.

#### B. Partner and group discussion (20 minutes)

1. After participants have finished drawing, ask them to find a partner or divide the group into pairs.



<sup>1</sup>The *Creating a Shared Vision* resource is available at <http://www.albertahealthservices.ca/7123.asp>

2. Ask participants to take turns sharing their ideas/ drawings with each other. Encourage them to note any similarities or differences between their islands.
3. Ask each pair to share a quick summary of their “ideal” happy and healthy islands with the larger group. Have them highlight what they’ve discovered as similarities and differences between islands.

### C. Summary discussion (10 minutes)

1. Facilitate a group discussion to connect the healthy and happy island to their school environment.
  - *Think about your “happy and healthy island”*
  - *What are some characteristics or key elements of the island that would also contribute to a happy and healthy school?*
  - *What does the school look, sound and feel like?*
2. Explain to the participants that the information gathered from this activity will be used to help guide the next steps of developing a school health vision.

### Source

This activity was adapted from Teacher Class Icebreakers, Teachnology. Inc. Available from [http://www.teach-nology.com/ideas/ice\\_breakers/](http://www.teach-nology.com/ideas/ice_breakers/)