



Hope at Hand

“Dreams/Vision Board”

Directions

1. Start: Read the inspiration paragraph, “ Dream”.
2. Read: “Dreams” by Langston Hughes and “Hold Fast Your Dreams” by Louise Driscoll. Speak to the participants about what the poems mean to them and if a particular line stood out to them.
3. Write: Complete the Dream Worksheet. Participants can share their responses as time permits.
4. Art: Vision Board Collage.
 - This vision board collage should represent your hopes, dreams, and goals.
 - Using magazines, cut out words and pictures that help visualize your dreams.
 - Helpful hint: Fill the background with large, colorful imagery.

Please bring an example of the art activity to your session—ideally one you’ve made yourself. A full-color example is included at the end of this document. *If needed, print it elsewhere, as color printing is not permitted on the office printer.*

Materials

Card stock, magazines, glue, and scissors.

Dream

by Harriet Tubman

Every great dream
begins with a dreamer.
Always remember,
you have within you the strength,
the patience,
and the passion
to reach for the stars
to change the world

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Dreams

by Langston Hughes

Hold fast to dreams
For if dreams die
Life is a broken winged bird
That cannot fly.
Hold fast to dreams
For when dreams go
Life is a barren field
Frozen with snow.

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Hold Fast Your Dreams

by Louise Driscoll

Hold fast your dreams!
Within your heart
Keep one still, secret spot
Where dreams may go,
And, sheltered so,
May thrive and grow
Where doubt and fear are not.
O keep a place apart,
Within your heart,
For little dreams to go.

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Dreams Worksheet

Why is it important to dream? Do you consider yourself a dreamer? Why or why not?

Something I dream of doing or being is...

Why is it important to have goals? How does having a goal make you feel?

My goals and dreams are...

**BREAK
STORIES**



RADIANT

IGNITE

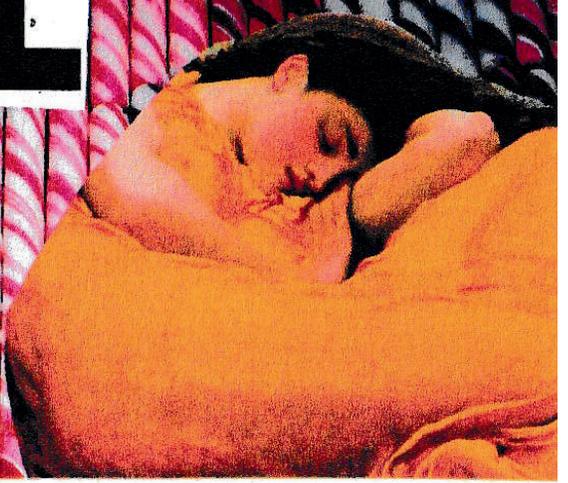
**HIGHER
CALLING**

HAPPY

BRIGHT



SOUL



FAMILY

FRIENDS

TRAVEL

DON'T BE CHICKEN.

