



Make a Vision and It Will Become Reality

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Think about the items below. You may write statements, draw diagrams, or write a story. After you plan your vision, make a personal vision statement that you write on the "Vision Statement Certificate" provided at the end of the worksheet.

Planning My Vision

1. The physical mealtime environment includes such things as the way the room is arranged, the utensils, the way food is presented, and food safety. I want my physical environment to be like this:



2. The auditory mealtime environment includes ALL that the children hear at the mealtime. I want the sounds around the table to be like this:

3. The mealtime social environment includes such things as child to child discussions, teacher and child discussions, taking turns, and sharing. I want the social environment to be like this:



4. The mealtime language environment means talking, conversation, and listening. I want the language environment at the table to be like this:

5. The emotional environment at mealtimes refers to how children and adults FEEL about what is happening. I want the emotional environment at the table to be like this:



MY ACTION PLAN

I will do these three things.

1.

2.

3.

Barriers to reaching my vision:

Which barriers do I need help lifting?

Who can help?

What do I need to lift the barrier?

Which barrier can I overcome by this coming Monday?

My Vision For Mealtimes With Children



Feeding Young Children
in Group Settings