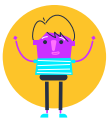
# Fo5 Treasure Hunt



Self-care



Hope & Optimism



Resilience

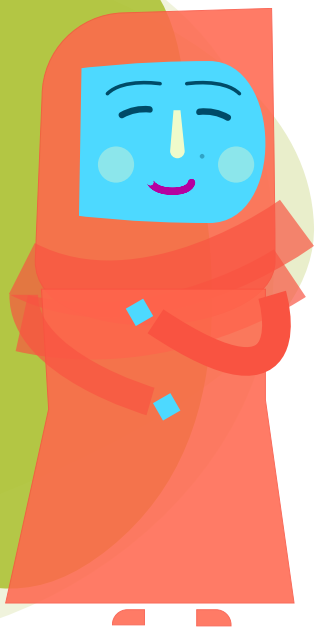
**Resources and space required**

Indoor or outdoor space

## Overview of stormbreak®:

Imagine yourself on a beautiful desert island. There's palm trees, and sunshine, and sand and blue sky... but we're missing some things that we need.

This stormbreak takes you on a treasure hunt to find these important items - see if you can remember all 5! If you can't - remember to use your cheerleader to remind yourself it's OK to forget things.



**Give children a list of 5 items to find, and come up with movements to represent each item.**

### Examples:

- **Food** - climb up the palm tree and bring down a coconut
- **A bucket** - run down the beach and grab a bucket washed up on the shore
- **Water** - use the bucket to scoop up the water
- **A hammock** - tie between two trees, stretch arms around the trunks to tie the ends
- **A treasure chest** - dig in the sand and drag out the heavy chest, unlock and marvel at the treasure inside!

Now ask children to find all five items again on their own. How many can they remember?

Try for a third time, but this time write a list or draw pictures as visual reminders.



# Fo5 Treasure Hunt



## Self-care

Children show an ability to use behaviours intentionally, consistently and purposefully to take care of their mental and physical health. They are aware of emotional triggers and are able to use regulatory strategies to help keep themselves emotionally well.

## Trusted Adults: Notes

- Children can design their own treasure hunt with items to search for. How many can their friends remember? Is it easier with a list or pictures to remind them?
- How can we use lists or pictures to help us remember other things we might forget?

## Talk Together: Notes

- It can be really helpful to make a to do list to remind yourself what you need to do.
- It's OK to find it hard to organise yourself.
- It's OK to not remember everything.
- I can practice remembering my daily routines.
- I can remind myself I've remembered some things, even if I haven't remembered everything.
- Being organised takes practice - nobody is perfect.

**NB** If you are focusing on other mental health concepts please refer to the relevant concept card

## Principles of engagement reminders

- We reduce the stigma about mental health through mainstreaming conversations during movement.
- We focus on valuing the experience and process of movement rather than the performance.
- We celebrate engagement and interaction where movement is simple, inclusive and accessible to all.



## Safety considerations

- Ensure enough room to move around and avoid collisions.

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