

Personal Treasure Map

Directions

The Personal Treasure Map is an activity that can be done with **grades 3 and up**. This map helps students identify the people and things (i.e., protective factors) in their lives that contribute to their own resilience. The map is used as a metaphor for obstacles and successes that come up in life and how they address those things in a way that makes sense to them.

- Help students understand the map by first giving them time to make a list of people and things in their lives that are important to them. Ask questions like:
 - Who are some of the most important people in your life?
 - Who makes you feel appreciated?
 - What are some things you like to do that make you feel happy?
 - What are some things you are proud of?
 - What gives you internal strength?
 - How do you get through difficult things?

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Directions Continued:

- After the list has been created, give them the map. Explain that the map represents their life, not an actual treasure hunt. You can do this as a whole group activity or as silent work. Encourage them to write as many things in the boxes as they can, using the list and other ideas that come to mind while working through the map. Students can write a narrative that goes along with the map or present it orally to classmates. Encouraging students to share their maps could help them further identify personal assets in their life by gaining an understanding of how others cope with challenges. The identification of protective factors can not only help build resilience, but also boost self-esteem and self-awareness. These ultimately help reduce risk factors throughout the lifetime. Encourage students to continually build their maps throughout their lives.

Start here!

Need Supplies



Who helps you get what you need?

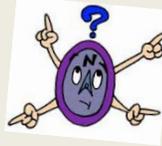
What things do you value most?

BEAR!!!



What helps you when you are scared?

Lost?



What helps when you are confused?

Finally Found Your Way



Who do share your good news with?

Surprise Visit



Where is a place you love to go?

Who is usually there?

Rushing River



What gets you through hard times?

Who helps you the most?

Set Up Camp



Where do you feel safe?

Who can you trust?

Crossing Mountains



What things give you strength?

What people help keep you strong?

Take a Break



Where do you go for peace and quiet?

What relaxes you?

Swamp



What do you do when you get stuck?

Who can you depend on?

You Found Your Treasure!



What is your favorite thing?

Who would you share it with?
