



# Educator guide: Treasure hunt game

## **Recommended for grades:**

4<sup>th</sup> grade

## **Time:**

10 minutes

## **Prerequisites:**

For students to be successful in the game, they would benefit from participating in the following lessons:

- Feelings lesson
- Stress lesson
- Mindfulness lesson
- Goal-setting lesson

## **National Health Education Standards:**

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 7: Demonstrate practice and behaviors to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: [shapeamerica.org](http://shapeamerica.org).

## **Learning objectives:**

After completing this activity students will be able to:

1. Identify at least two things they can do every day to stay mentally healthy.
2. Differentiate between positive and negative ways of dealing with stress.
3. Describe appropriate ways to express and deal with emotions.
4. Explain what empathy is.



**Activity description:**

In this game students will be on a hunt for a hidden treasure. They will travel from location to location on a map, answering questions at each location. After each correct answer students will either pick up a supply item or use their current supply item to earn a new one. The supply items must be picked up and used in a specific order to find the treasure. There is a special help location that reveals where they need to go next after answering a question correctly.

# Supplemental activity: Family wellness bingo

## Objectives:

After completing this activity students will be able to:

- Identify at least two things they can do every day to stay mentally healthy.
- Demonstrate one or more ways to show compassion toward others.
- Identify two trusted adults that can help with mental health goals or concerns.
- Demonstrate one way to be mindful.

## Materials needed:

- Family wellness bingo handout for each student (included below)

## Time required:

10 minutes

## Instructions:

Send a Family wellness bingo handout home with each student. Give them one week to complete what they can on the board with their family. You could even have a friendly competition to see who can check off the most squares!

At the end of the week, have a class discussion. Ask students if they learned anything new about themselves or their family members. Discuss any challenges they had with checking off any of the squares.

# Family wellness bingo

With your family, complete as many of the activities as possible and “X” them off. Once you get 5 in a row vertically, horizontally or diagonally, you’ve got bingo!

Went on a 30 minute walk after dinner	Made a healthy meal with a family member	Did one act of kindness for a stranger	Played outside for 15 minutes	Went to bed at a reasonable time, ensuring I got around 10 hours of sleep
Volunteered	Made a mindfulness jar	Called my grandparent or other family member and talked with them	Did not bring any electronics to bed	Had 10 minutes of downtime after school or work
Did something creative like drawing, painting, writing, etc.	Did one act of kindness for a friend or family member	Free Space	Turned off electronics at least 30 minutes before bed time	Did yoga for 15 minutes
Read a book	Practiced mindful eating	Connected with a family member that I don't see often	Gave a compliment to someone	Played a card game
Hung out with a friend	Talked with an adult about what causes you stress	Wrote down an individual mental or emotional health goal to work towards	Included someone new at lunch or recess	Showed compassion to someone

# Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



# Anxiety disorders in children

## What are anxiety disorders?

Children with anxiety disorders have too much fear and worry that lasts a long time. Children with anxiety often have problems at school or home because of it.

A small amount of anxiety is normal in childhood. At different ages, some fears are common like fear of being away from parents and fear of the dark. Children can also have anxiety when they are in new or stressful situations.

Children can have so much anxiety it causes problems.

Some children:

- Have aches and pains, like headaches or stomachaches
- Feel restless, tired or tense
- Have trouble focusing or sleeping
- Can also have tantrums or meltdowns because of anxiety

## What causes anxiety disorders?

There are many reasons why a child may have anxiety. It can run in families and start at birth. It can also start after exposure to stressful events and problems meeting developmental milestones.

## What are the symptoms of anxiety disorders?

Children with anxiety may:

- Be very upset when caregivers leave them
- Be very shy and quiet in new situations and with people not in their family
- Stay away from places or activities that make them feel nervous
- Worry a lot about many things, and not be able to control the worry
- Talk about or ask questions about the things they worry about
- Not talk in stressful places, but talk easily at home
- Feel very scared of certain things like animals, heights, being in an airplane or seeing blood



## **How are anxiety disorders treated?**

Anxiety will not get better without help. Treatment for mild anxiety starts with psychotherapy. In psychotherapy a health care provider helps your child by understanding how they think and feel about things.

Children will learn to:

- Replace their anxious thoughts with helpful ones
- Control their anxious feelings with coping skills

Your child will need to practice what they learn outside of sessions. This is an important part of therapy. Parents are often part of therapy sessions so they can help their child practice the skills. Psychotherapy is usually done by psychologists, mental health counselors and clinical social workers.

- Medicine can help decrease feelings of anxiety. Medicines may be prescribed to help your child's anxiety.
- For moderate to severe anxiety, treatment that uses psychotherapy and medicine together may be most helpful.

## **How can I help my child's anxiety?**

- Be with your child and support them during stressful times. If your child gets anxious remain calm. Have them take deep and slow breaths. They can pretend they are blowing up a balloon. Do not let your child pass up things that raise their anxiety.
- Ask your child to talk about their worries. You can tell them what you saw that made you think they were anxious. For instance, if their body shakes when they are anxious, this is called a non-verbal cue. Do not tell your child not to worry.
- Have a daily routine or use a schedule so your child knows what to expect.
- Praise your child for facing fears and being brave in stressful situations.
- Talk with your child's school to let teachers know how they can help your child practice using their coping skills. If anxiety causes problems for your child at school a special plan called a 504 Plan or IEP may be needed.



# Recognizing depression in children

## What is depression?

Depression is a mood disorder that affects the way you think and feel. The most common symptom is a feeling of deep sadness. People who are depressed may also:

- Feel hopeless
- Feel that life isn't worth living
- Have thoughts of suicide or death

## Depression in children

Children as young as age 6 may feel depressed. But they can't always tell you how they feel. Instead, your child may:

- Eat more or less than normal
- Sleep more or less than usual
- Seem unable to have fun
- Think or speak about suicide or death
- Seem fearful or anxious
- Act in an aggressive way
- Use alcohol or other drugs
- Complain of stomachaches, headaches or other pains that can't be explained
- Have problems at school or home

## What can you do?

Children with depression can be helped with treatment. Here are some ways you can help:

- Talk with your child's healthcare provider about medicine and psychotherapy. Both can help.
- Look for mental health resources at your child's school, local mental health center, social service agency or hospital.
- Let your child know that they will not feel this way forever.
- Offer your love and support.
- If your child talks about death or suicide, seek help right away.



# Resources for families and educators

- Centers for Disease Control and Prevention (CDC), [cdc.gov/childrensmentalhealth/](https://cdc.gov/childrensmentalhealth/)
- Children's Wisconsin, [childrenswi.org](https://childrenswi.org)
- KidsHealth, [kidshealth.org](https://kidshealth.org)
- Mental Health America, [mhanational.org](https://mhanational.org)
- National Alliance on Mental Illness (NAMI), [nami.org](https://nami.org)
- National Institute of Mental Health (NIMH), [nimh.nih.gov](https://nimh.nih.gov)
- PBS Kids for Parents: Emotions and Self-Awareness, [pbs.org/parents/learn-grow/all-ages/emotions-self-awareness](https://pbs.org/parents/learn-grow/all-ages/emotions-self-awareness)
- Wisconsin Department of Public Instruction (Student Services/Prevention and Wellness), [dpi.wi.gov/sspw](https://dpi.wi.gov/sspw)



# Transcript

## Introduction

Welcome to Treasure Hunt. Answer questions and solve the puzzle to find the hidden treasure.

Choose a treasure map.

Try to find the hidden treasure. Click the keychain location to get started.

Try to find the buried treasure. Click the bucket location to get started.

Try to find the sunken treasure. Click the garden location to get started.

## Instructions

Use the map to find the treasure.

One of the locations contains the treasure. The rest of the locations contain the items you'll need to find the treasure.

At each location you'll be asked a question. If you get it right you'll have a chance to use the item you're currently holding to get a new item.

The items must be picked up and used in a specific order to find the treasure.

If you're not sure which location to go to next, you can go to the help location and answer a question. If you answer correctly you will be given a hint about where to go next.

Hidden treasure: The first item you need is the key. Click the keychain location to get started.

Buried treasure: The first item you need is the bucket. Click the bucket location to get started.

Sunken treasure: The first item you need is in the garden. Click the garden location to get started.

All questions will appear in random order.

Getting regular physical activity can help you have a healthy mind.

- a. **True** (That's right! Being active helps you learn better and improves your mood.)
- b. False (Nope. Believe it or not, physical activity does help you have a healthy mind.)

There are no right or wrong feelings.

- a. **True** (That's right!)
- b. False (Sorry, but that's true.)

Which of these is a healthy way to deal with anger?

- a. Slam the door. (Sorry, but walking away would be a healthier way to deal with anger.)
- b. Scream. (Sorry, but walking away would be a healthier way to deal with anger.)
- c. **Walk away.** (That's right! It's ok to walk away so you can calm down.)
- d. Hit a wall. (Sorry, but walking away would be a healthier way to deal with anger.)

If you're feeling worried, but you can't figure out why, what should you do?

- a. Forget about it. (Sorry, but you should really talk to an adult.)
- b. **Talk to an adult.** (Yes! Talking to an adult is a great idea. Adults can often help us figure things out.)
- c. Wait and see if you figure it out. (Sorry, but you should really talk to an adult.)

What is it called when you're worried, but there isn't really anything to worry about, or when you worry all the time and it affects your daily life?

- a. Anger (Not quite. It's actually called anxiety.)
- b. Depression (Not quite. It's actually called anxiety.)
- c. **Anxiety** (You're right. It's called anxiety.)
- d. Empathy (Not quite. It's actually called anxiety.)

What are two things that can help you figure out how someone is feeling?

- a. Their body language and eye color (Nope. Facial expressions and body language can help you figure out how someone is feeling.)
- b. **Their facial expressions and body language** (That's right. Both facial expressions and body language can help you figure out how someone is feeling.)
- c. Their clothing and hair color (Nope. Facial expressions and body language can help you figure out how someone is feeling.)



What is empathy?

- a. Helping and supporting someone (Not quite. Empathy is understanding how someone is feeling.)
- b. Being nice to someone (Not quite. Empathy is understanding how someone is feeling.)
- c. **Understanding how someone is feeling** (That's correct!)

What is compassion?

- a. **Helping and supporting someone** (That's right!)
- b. Understanding how someone else is feeling (Not quite. Compassion is helping and supporting someone.)
- c. Sharing your feelings with someone (Not quite. Compassion is helping and supporting someone.)

Stress is the body's way of preparing to deal with a tough situation to the best of our abilities.

- a. **True** (That's right!)
- b. False (Nope. That's actually true.)

All stress is bad for your body.

- a. True (That's actually false. Some stress can be good for you.)
- b. **False** (You're right! Some stress can be good for you.)

Which of these is a positive way to deal with stress?

- a. Sleep less. (Nope. Talking to an adult would be a positive way to deal with stress.)
- b. Avoid friends and family. (Nope. Talking to an adult would be a positive way to deal with stress.)
- c. **Talk to an adult.** (Great answer! Talking to an adult is a great way to deal with stress.)
- d. Eat less. (Nope. Talking to an adult would be a positive way to deal with stress.)

What does mindfulness mean?

- a. **Slowing down and paying full attention to what you're doing** (Exactly! This will help you be fully present in the moment.)
- b. Paying attention to the feelings of others (Sorry, but mindfulness means slowing down and paying full attention to what you're doing at the moment.)
- c. Participating in lots of different activities each day (Sorry, but mindfulness means slowing down and paying full attention to what you're doing at the moment.)



What is the opposite of rushing, or multitasking?

- a. Empathy (Nope. The opposite of rushing, or multitasking, is mindfulness.)
- b. Compassion (Nope. The opposite of rushing, or multitasking, is mindfulness.)
- c. **Mindfulness** (Correct! Mindfulness is the opposite of rushing, or multitasking.)
- d. Stress (Nope. The opposite of rushing, or multitasking, is mindfulness.)

Being mindful can help you in just about every part of your life.

- a. True (You are correct!)
- b. False (That's incorrect. Mindfulness can really help you in just about every part of your life.)

What is mindful eating?

- a. Reading Nutrition Facts labels (That's incorrect. Mindful eating means paying attention to how your food feels, smells and tastes.)
- b. Eating lunch quickly so you're not late to class (That's incorrect. Mindful eating means paying attention to how your food feels, smells and tastes.)
- c. **Paying attention to the food you're eating** (That's right! Mindful eating means paying attention to how your food feels, smells and tastes.)

You don't need to practice mindfulness to get good at it.

- a. True (Actually, you do need to practice. Practicing mindfulness makes it feel more natural.)
- b. **False** (You're right! Practicing mindfulness makes it feel more natural.)

Which of the following is an example of mindfulness?

- a. Using a mindfulness jar (Not quite. These are all examples of mindfulness.)
- b. Practicing yoga (Not quite. These are all examples of mindfulness.)
- c. Deep breathing exercises (Not quite. These are all examples of mindfulness.)
- d. **All of the above** (That's right!)

What are two things goals should be?

- a. Easy and quick (Not quite. Goals should be specific and realistic.)
- b. Special and difficult (Not quite. Goals should be specific and realistic.)
- c. **Specific and realistic** (Correct!)

"I will get more sleep each night" is a specific and realistic goal.

- a. True (Not quite. It may be realistic, but it's not very specific.)
- b. **False** (You're right! It may be realistic, but it's not very specific.)



What are three things that can help you reach a goal?

- a. Write it down, don't tell anyone, and don't give up. (Not quite. You should write it down, make a plan, and then track your progress.)
- b. **Write it down, make a plan, and track your progress.** (That's right!)
- c. Write it down, put it under your pillow, and dream about it. (Not quite. You should write it down, make a plan, and then track your progress.)

What does having a healthy mind mean?

- a. Having a healthy body (That's incorrect. Having a healthy mind means being mentally and emotionally healthy.)
- b. **Being mentally and emotionally healthy** (Correct!)
- c. Not getting sick (That's incorrect. Having a healthy mind means being mentally and emotionally healthy.)

Which of these is a way to be mentally healthy?

- a. Spending time with friends (Not quite. These are all great ways to be mentally healthy.)
- b. Eating healthy (Not quite. These are all great ways to be mentally healthy.)
- c. Getting 10 hours of sleep at night (Not quite. These are all great ways to be mentally healthy.)
- d. **All of the above** (That's correct!)

Stress only affects adults.

- a. True (Nope. Stress can definitely affect kids too.)
- b. **False** (You're right. Stress can definitely affect kids too.)

If you're struggling to reach a goal, what should you do?

- a. **Ask a trusted adult for help.** (Correct! If you need help, don't be afraid to ask!)
- b. Give up. (That's incorrect. A better idea would be to ask a trusted adult for help.)
- c. Stop tracking your progress. (That's incorrect. A better idea would be to ask a trusted adult for help.)

### Conclusion

You found the hidden treasure! Great job!

You found the buried treasure! Way to go!

You found the sunken treasure! Nice work!

### Play again

Click the menu button to play again.



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