



Thank you!



🎉 Welcome to the Treasures of Strength Board Game! ☀️

Change can be tricky to navigate, especially for children and teens. But with this game, they'll discover new ways to overcome challenges, build resilience, and open up meaningful conversations about managing change and transitions.

In today's tech-dominated world, engaging young minds can be challenging which is why I've created an entire guide featuring this game and 40+ fun and experiential activities dedicated to supporting connection and belonging.

If you've found this game valuable, then you can purchase "I Belong- Therapeutic Resources for Nurturing Connection, Resilience and Belonging in Children and Young People". 🌈 Featuring over 40 activities addressing crucial topics like emotional connection, healthy relationships, change and resilience, calm state and positive self-worth. Along with the guide, you'll also receive a bonus folder filled with loads of extra resources, worksheets, and games to enrich your therapeutic toolkit, print as many times as you like!

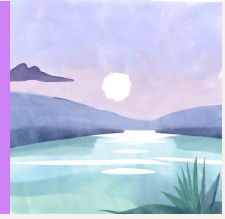
If you're wanting to nurture connection and resilience, you can find "I Belong" on my website.

Thank you and enjoy!
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Treasures of Strength Board Game



Resources Required

- Board Game, Challenge Cards and Resource Tokens (included below)
- Game piece for each player (you can use a coin or a stone)
- Dice

Purpose

- Encourage critical and creative thinking to overcome challenges.
- Gain insights into personal strengths and coping mechanisms.
- Learn to manage challenges effectively with strategies that can be applied to real life situations.
- Opportunity for open dialogue about change, resilience and identifying personal coping strategies.

Activity Description

1. **Prepare:** Print the Treasures of Strength Board game and cut out the cards. You may choose to laminate them. Provide a game piece for each player and dice.
2. **Game Rules:**
 - Imagine you are on a deserted island with two of your good friends. Your job is to get to the other side of the island to collect the treasure whilst navigating many challenges along the way.
 - Each player begins at number 1, rolls the dice and moves along the board. Each red number represents a challenge. Turn over the card with the corresponding number and read out the challenge.
 - Each challenge you encounter requires a solution, go through all of the resource tokens to find a resource you could use to manage the challenge. Discuss: which resource could work in this situation? What other situations in life could this resource be used? Have you ever relied on this resource for challenges in your life before? Have you seen someone else around you using this resource?
 - There is no right or wrong, multiple resources may work for multiple challenges.
 - Continue the game, brainstorming along the way various resources for different challenges. Consider discussing other solutions not listed on the resource cards. What do you think I should do here? What do you think X would do in this situation?
 - The game ends when one player reaches the finish line and can collect the treasure of strength which refers to the inner strength, resources and skills the person holds. Reflect on the various strengths used and how these can be applied in real life scenarios.

TREASURES OF STRENGTH





Challenge Cards

3

You're in shark infested waters! Which resource token could you use to help you?

12

Watch out! Pirates might show up out of nowhere, demanding their treasure. Which resource token could you use to help you handle this situation?

16

There's not much food, water, or shelter on the island. Which resource token could you use to make sure you're safe?

5

You have become lost in the wilderness, struggling to find the way back to your shelter. What resource token could you use?

14

You must start again at number 1! Sometimes in life, even after putting in lots of hard work, we need to start from the beginning. This can be frustrating. What resource token could you use to manage this frustration?

9

You've had a fight with one of your friends and are no longer speaking to each other. This friend is important to you and you want to continue the adventure together. What resource token could you use to manage this challenge?

17

One of your friends has gone looking for food high up into the mountain and they have been gone for two days. You're starting to feel worried and anxious that you haven't heard from them. What resource token can you use to help you?

19

You have been on the island for 10 days now and you're feeling home sick. You are missing your loved ones, your warm cosy bed and your pet. What resource token could you use to help you?



Resource Tokens

Believe in yourself

Believe in yourself to find a way out of tough times. This can make you feel really strong and brave. It helps you keep going and solve problems, even when things seem hard.

Clear Communication

When you talk to others and solve problems, it's important to use a strong and confident voice. If someone is not being nice to you, it's okay to tell them to stop and to say what you don't like. Setting boundaries helps you stay safe and happy.

Self Compassion

When you're feeling scared, mad, or blaming yourself, being kind to yourself can help. Treat yourself like you would treat a friend who's feeling sad. Pay attention to your thoughts. Are you saying nice things to yourself or not?

Seek Support

Talking to your friends, family, or classmates when things are tough can make you feel better. They can give you hugs, say nice things, and help you feel strong when you're dealing with hard stuff.

Stress Management

When you're feeling stressed or worried, there are ways to help you feel better. You can take big slow breaths, imagine being strong and happy or try to focus on what you are noticing in your environment right now. This can make you feel calm when things are tough.

Self Care

Make sure you take care of yourself by getting enough sleep, eating good food, drinking water, and moving your body. Doing things that make you smile and feel good is important too. Remember, you're strong and can handle whatever comes your way!

Practice Empathy

When we try to understand how other people feel, it helps us to be kind to them and to not fight. If we make a mistake or hurt someone, saying sorry and taking responsibility for our actions can help to strengthen the friendship.

Use Your Skills

Think about the things you're really good at. Maybe you're a super fast runner, a great swimmer, really creative, smart, or good at making people laugh?