

SCAVENGER HUNT

This activity involves identifying key words with the help of alphabetical clues. It tests students' memory and understanding of concepts learned regarding self-esteem, personal boundaries and healthy relationships!

Objective

To provide students with an understanding of the concepts of self-esteem, personal boundaries and healthy relationships.

Materials

- Clue alphabet list;
- Clue sheet;
- Clue answer sheet (for the adult);
- Text to complete.




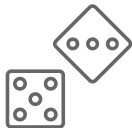











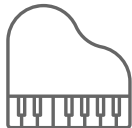







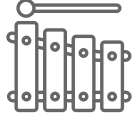


Procedure

Divide the students into small teams and give them the clue alphabet sheet. They are each given a riddle with clues and must use the specific alphabet list to discover the answer to the riddle. With each answer, they will have to complete a small text by placing the identified words in the right places. They can do this individually or you can write it on the board and have one representative per team come up and write the identified word in the right place.

Additional notes

In addition to guessing the answers using the alphabet clues, encourage them to try to guess the words on their own. After completing the text, you can give a copy to each student to keep as a reminder of the concepts covered in the activity.

CLUE ALPHABET

A 	B 	C 	D 
E 	F 	G 	H 
I 	J 	K 	L 
M 	N 	O 	P 
Q 	R 	S 	T 
U 	V 	W 	X 
Y 	Z 		

RIDDLES

1 WORD

I'm a type of boundary;
 I'm related to technology;
 I'm very popular with children your age:



2 WORDS

I am important for your good development;
 I am the ability that makes you recognize your qualities and strengths;
 I help you to meet the challenges you face:



1 WORD

I stand for speaking up and discussing;
 The best way to use me is with respect;
 With "respect" and "equality", I am a condition of a healthy relationship:



RIDDLES

2 WORDS

You can turn to them when you have a problem;

You have many of them around you;

You can confide in them and get help:



1 WORD

I am a type of boundary;

I am connected to feelings and emotions;

I am difficult to observe because I cannot be seen or touched:



1 WORD

I am a type of boundary;

I am connected to the body, to your bubble;

I am usually the easiest boundary to observe:



TEXT TO BE FILLED IN WITH THE CLUES FOUND

During this scavenger hunt, I learned the importance of having a good _____ . In order to do this, I need to set some boundaries. The first one is related to feelings and emotions, it is an _____ boundary. The second boundary is related to the distance between people, my body and how I physically show my affection, this is a _____ boundary. Last but not least, is the technological tools I use in my everyday life, social networks and my favorite applications. This boundary applies especially on the Internet where I have to be careful about what information I put on my profile, with whom I chat with and how much time I spend on screens. This is the _____ boundary. I also know that a good way to maintain healthy relationships with those around me is to have a good _____ . I make sure that I am understood and respected, but also that I respect the people around me. Furthermore, I know that I can count on the presence of _____ that I trust, such as my family members and the school staff with whom I can confide in and ask for help!

ANSWER SHEET

Clue 1 : Virtual (limit)

Clue 2 : Self-Esteem

Clue 3 : Communication

Clue 4 : Safe adultes

Clue 5 : Émotional (boundary)

Clue 6 : Physical (boundary)

TEXT TO BE FILLED IN WITH THE CLUES FOUND

During this scavenger hunt, I learned the importance of having a good _____ **self-esteem** _____. In order to do this, I need to set some boundaries. The first one is related to feelings and emotions, it is an _____ **emotional** _____ boundary. The second boundary is related to the distance between people, my body and how I physically show my affection, this is a _____ **physical** _____ boundary. Last but not least, is the technological tools I use in my everyday life, social networks and my favorite applications. This boundary applies especially on the Internet where I have to be careful about what information I put on my profile, with whom I chat with and how much time I spend on screens. This is the _____ **virtual** _____ boundary. I also know that a good way to maintain healthy relationships with those around me is to have a good _____ **communication** _____. I make sure that I am understood and respected, but also that I respect the people around me. Furthermore, I know that I can count on the presence of _____ **safe adults** _____ that I trust, such as my family members and the school staff with whom I can confide in and ask for help!