

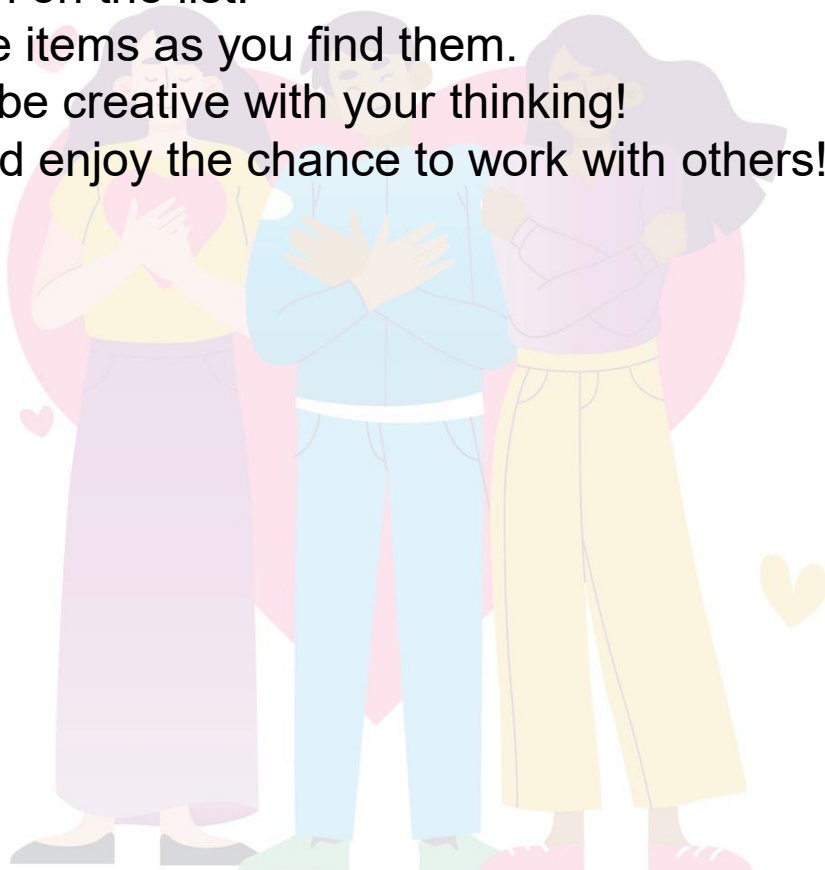
Relationships and Sex Education (RSE) Day

It begins with me

Self-esteem and Happiness Scavenger Hunt

Rules:

- Work in pairs or small groups.
- You will have the time set by the teacher to collect all 20 items on the list.
- You may take photos of the objects if you cannot physically bring them back to base.
- All team members have to co-operate and agree on one object for each item on the list.
- Cross off the items as you find them.
- Feel free to be creative with your thinking!
- Have fun and enjoy the chance to work with others!



Scavenger Hunt List

Find the following items:

1. Something you enjoy (music, movies, video games, etc.)
2. Something that smells good
3. Something that reminds you of a positive memory like a
4. photo, ticket, or souvenir
5. Something you created
6. Something that brings you joy to spot
7. Something with a texture you like to feel
8. Something that makes a funny sound
9. Something you can help someone with
10. Something you are willing to share with others
11. Something that helps you learn
12. Something you feel thankful for
13. Something that has inspiring words
14. Something that represents a skill or talent
15. Something that can help someone feel peaceful
16. Something beautiful and unique
17. Something funny
18. Something in a heart shape
19. 3 things that start with the letters R, S and E (for RSE Day)
20. Something that represents your team!

Bring the items or photos of the items back to base so these can be checked by staff.

Reflect:

What was the most enjoyable part of the challenge?

What was the most difficult?

How did your team support each other in finding the objects?

What does working with others teach us about self esteem and happiness?

