

Creating Your Own Highlight Treasure box

It's time to create your own **Highlight** treasure box so you can go treasure hunting for highlights.

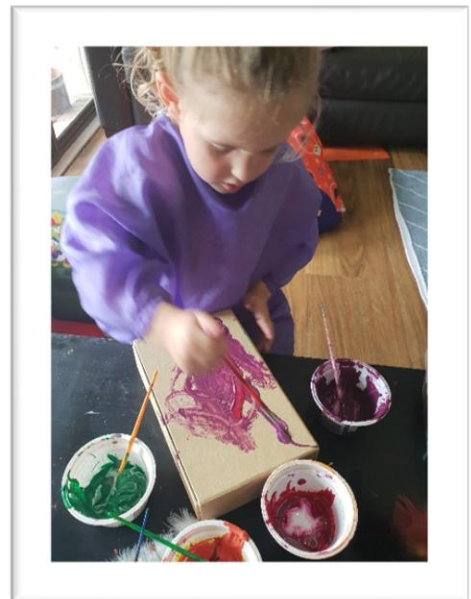
Listening to the ***Treasure Hunting for Highlights*** audio and creating a personal treasure box helps children connect with the positive things that exist or occur daily—within themselves, in others, and in the world around them. This activity allows them to harness the positive emotions that follow, build awareness of when they aren't feeling as happy as they'd like, and develop the skills to recognize and seek out highlights to help shift their emotional state. Most importantly, it reinforces the understanding that highlights are available to us every single day.

Materials Needed

- Any item you would like to use as your Treasure box: e.g. shoe box, tissue box, cardboard box.
- Colouring items (e.g., pencils, crayons, textas, or paints)
- Glue
- Optional: Decoration items (e.g., feathers, sequins, glitter, stickers)

Step 1: Gather and prepare all materials:

- Cardboard Treasure box
- Colouring and decorating supplies



Step 2: Creating the Highlight treasure box

Guide the children to:

- Decorate and stick on their chosen decorations
- Discuss or listen to the treasure hunting for highlights story (e.g., "What highlights did Anna find? What are some highlights you can find?")



Step 3:

Find somewhere special to keep your Highlight treasure box so you can think of your highlights whenever you like and add to it as you grow.