



# TREASURE HUNT CURRICULUM – THEMES AND OUTCOMES

## MY RELATIONSHIP WITH MYSELF 1-43

BUILDING CONNECTION WITH MYSELF, ENABLES STRONGER CONNECTION WITH 'ה AND WITH OTHERS – A NECESSARY FOUNDATION

Lesson	Themes	Outcomes
1	<b>My Uniqueness</b>	<ul style="list-style-type: none"> <li>Emotional sensitivity to others</li> <li>Self-esteem</li> </ul> <p><i>Core Value about נשמה and self-esteem</i></p>
2-4	<b>My נשמה</b>	<ul style="list-style-type: none"> <li>פנימיות awareness and connection to my נשמה</li> <li>Assume a responsible proactive role to care for my נשמה</li> <li>Conscious awareness of my thoughts, emotions, behaviour and speech, and their effect on my נשמה</li> <li>Self-esteem</li> </ul>
5-6	<b>My גוף</b>	<ul style="list-style-type: none"> <li>עבודת ה' awareness – נשמה and גוף roles in ה'</li> <li>Self-esteem</li> <li>Self-care – caring for needs of the נשמה-גוף partnership</li> </ul> <p><i>Core Value about נשמה and גוף care and partnership</i></p>
7	<b>Essence of a איד</b>	<ul style="list-style-type: none"> <li>פנימיות awareness and self-esteem</li> <li>Deeper connection to מסורה</li> <li>Increased feelings of the privilege and joy of being a Yid</li> <li>Seeds planted for קדוש ה' in all situations</li> </ul>
8-11	<b>Aspects within my גוף - mind and heart</b>	<ul style="list-style-type: none"> <li>Sound approach to mental and emotional functioning,</li> <li>פנימיות connection to mind and heart, our next level of פנימיות</li> <li>Understand why they are related to as royal faculties for a Yid</li> <li>Assume the proactive role of building one's own life</li> <li>Understand the Thought, Emotion, Behaviour and Speech (TEBS) cycle, providing a skill to improve all four, become more in touch with inner and outer expressions of oneself – a foundation for living whole תורה and a method to understand others better</li> </ul>
12-13	<b>Understanding my mind (thoughts)</b>	<ul style="list-style-type: none"> <li>Understand what is really good for a תורה mind as well as for שמחת החיים in order to ensure both</li> </ul> <p><i>Core Value – thoughts</i></p>
14	<b>Why I need Jewish Values</b>	<ul style="list-style-type: none"> <li>Awareness that we are social beings, who don't live in isolation, with skills to overcome barriers to שלום</li> <li>Having already learnt some of the Core Values, I now grasp the deeper and overall meaning of having values and what they do for me</li> </ul> <p><i>Core Value about avenues to peace – interpersonal relationships</i></p>
15-19	<b>Understanding my heart (emotions)</b>	<ul style="list-style-type: none"> <li>Understand the value of emotions and of how not to live robotically</li> <li>Ability to regulate emotions, and relate positively to myself regardless of which emotions I experience</li> <li>Ability to care for another's emotional state and wellbeing</li> </ul> <p><i>Core Value about emotions</i></p>
20-22	<b>Ways to deal with mind/heart challenges</b>	<ul style="list-style-type: none"> <li>Added insights to these faculties, their expansive capacity</li> <li>Understand powerful analogies, providing practical recipes to deal with difficult thoughts and emotions (baggage) in a תורה way</li> </ul>

23-32	<b>Combatting instant gratification</b>	<ul style="list-style-type: none"> <li>Understand the influential impact of our environment on growth itself and what to do to address this in attitudes and practically</li> <li>Understand, plan and value processes towards goals</li> <li>Embrace struggles and their value more healthily and ably</li> <li>Understand, deal with and learn from mistakes</li> <li>More resilience</li> </ul> <p><i>Core Value about prioritising צלם אלקים</i>  <i>Core Value about behaviour, processes and struggles – resilience</i></p>
33-34	<b>The role of מצוות</b>	<ul style="list-style-type: none"> <li>More vitality in עבודת ה'</li> <li>Seeds of understanding the difference between strong and weak connection</li> <li>Understand that מצוות can be more qualitative depending on how we carry them out and what makes the difference</li> <li>רוחניות awareness</li> </ul> <p><i>Core Value about striving for improvement and quality</i></p>
35-37	<b>My strengths and weaknesses</b>	<ul style="list-style-type: none"> <li>Deeper self-awareness and observation</li> <li>Get to know my personality better</li> <li>Character refinement</li> <li>Self-care</li> <li>Self-esteem</li> </ul> <p><i>Core Value about awareness</i></p>
38-40	<b>Consequences of my behaviour and speech</b>	<ul style="list-style-type: none"> <li>Realise my responsibilities, the ripple effects of my behaviour and speech</li> <li>Understand my power as a מדבר</li> <li>Able to engage with different areas of positive speech including self-talk</li> </ul> <p><i>Core Value about speech and self-talk</i>  <i>Core Value about structure and limits</i></p>
41-43	<b>How to grow</b>	<ul style="list-style-type: none"> <li>Value healthy limits and borders</li> <li>Understand the dynamics of proactive growing versus neglect of growth</li> <li>Increased self-reflection and life-building</li> <li>Know ways of working on myself, my נדוּת, and self-improvement both inside and outside- with my whole self</li> </ul> <p><i>Core Value about engaging the פנימיות</i></p>

## MY RELATIONSHIP WITH HASHEM 44-49

Lesson	Themes	Outcomes
44	<b>Purpose of life</b>	<ul style="list-style-type: none"> <li>Understand more about ה' and the purpose of life</li> </ul>
45-47	<b>Relationships and connection</b>	<ul style="list-style-type: none"> <li>Understand what relationships are, and how to grow them</li> <li>Understand what connection and closeness is and requires</li> </ul>
48	<b>Having a real relationship with ה'</b>	<ul style="list-style-type: none"> <li>רוחניות awareness – emotional closeness to ה'</li> <li>Understand why this is an exceedingly strong and permanent relationship</li> </ul>
49	<b>תורה, עבודה וגמילות חסדים</b>	<ul style="list-style-type: none"> <li>Feel more שמחה for and connection to our beliefs</li> <li>Grasp that the three core relationships are the foundation for a secure and stable תורה life</li> <li>Have a clear grasp that Yiddishkeit is about building connected and healthy relationships with ourselves, ה' and others</li> </ul>

## MY RELATIONSHIP WITH OTHERS 50-52

Lesson	Themes	Outcomes
50-52	<b>The פנימיות of interpersonal relationships</b>	<ul style="list-style-type: none"> <li>Increased personal, social and emotional health and understanding what a we-focused, ehrliche <i>mentsch</i> is</li> </ul>