



SoulPlay Treasure Mapping Guide

Inside this guide, all you soulplay campers will find the details on how to embark on your inner exploration using your hands, your heART, your magical marks and mapping skills. Discover your inner treasure and how to express it with full measure! Every part of you COUNTS!

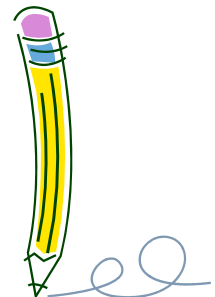
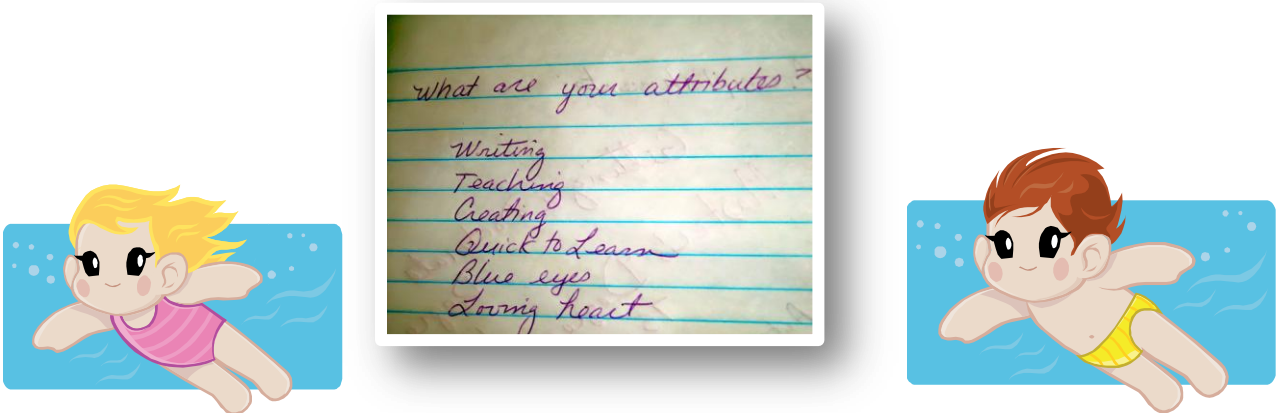
As part of OUR Journey of Self-Discovery, WE will want to create a map of OUR expedition and travels. A map is a guide that allows US to see where WE are, where WE are going and where WE have been. WE can explore OUR personal landscapes with as much detail as WE wish as WE create our INNER TREASURE MAPS.

WE are going to create 3 maps: heART, hand, and treasure expression maps. But, first, let US look at some questions that will allow US to dig up OUR most precious treasures. WE get to delve deeply into OUR inner selves, the heart and the soul. **Reflect** upon the following questions and write your responses in a special place where you can revisit your answers often. **The answers to these questions will help make your maps extremely meaningful!**

- Ⓞ Who are you?
- Ⓞ Who are you NOT?
- Ⓞ What are your attributes, traits, qualities, skills, gifts and talents?
- Ⓞ What makes you unique?
- Ⓞ What are you proud of?
- Ⓞ What are some of your accomplishments, travels and experiences?
- Ⓞ What do you enjoy?
- Ⓞ What makes you happy?
- Ⓞ What fears have you overcome?
- Ⓞ What physical characteristics make you different from others?

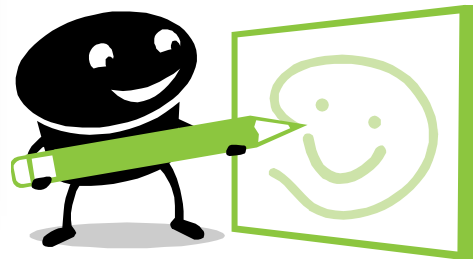


- Ⓜ What are your best features? Examples: smile, eyes, laughter.
- Ⓜ How would others describe you?
- Ⓜ What do you like to wear?
- Ⓜ Where do you like to be?
- Ⓜ What are your favorite things?
- Ⓜ What are your favorite experiences?
- Ⓜ What are your favorite activities? (cooking? helping out? singing? etc.)
- Ⓜ What events or experiences in your past for which you are grateful that make you who you are today?

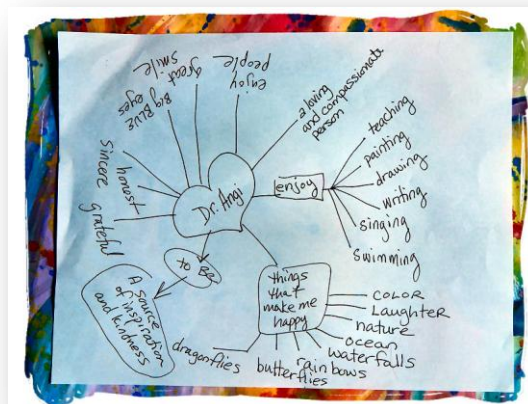


Mapping your heART (concept mapping; mind-mapping):

Concept maps are graphical tools for organizing and representing knowledge. They include concepts, often enclosed in circles or boxes of some type, and relationships between concepts indicated by a connecting line linking two concepts. **An offshoot of concept mapping is mind mapping, which also included pictures, images and symbols.** Here is one I did in 2012.

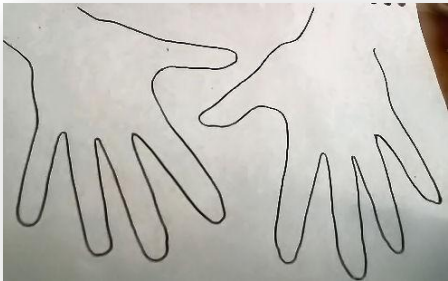
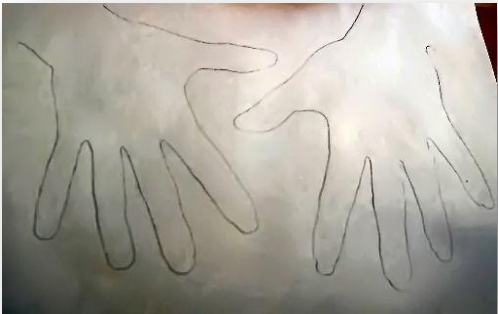


In your conceptual map, go back to your answered questions at the beginning of this guide and relate the answer in your conceptual map back to you. You do this by drawing a heart with your name in the center of it on your page. Use arrows and key words in your answers to radiate outward from your name. Use pictures, images and symbols where ever you like. You can make this as elaborate as you wish. Get as creative and colorful as you wish on your conceptual heART map. **They are fun to construct!**



Mapping YOUR HANDS:

Trace your hands onto any kind of sturdy, colorful paper or magazine page. I would recommend cutting multiple sheets at once so you can get 4 to 6 hands.

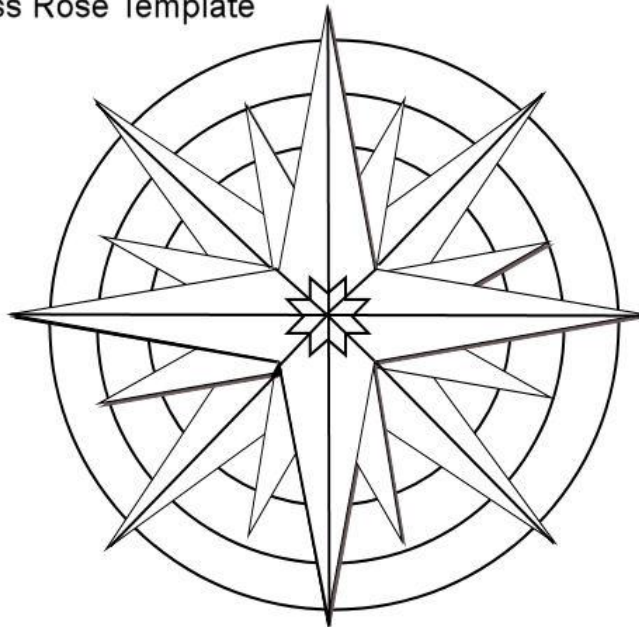


Then start writing and drawing in and around your hands your attributes, traits and characteristics. You may choose to use magazine images and words/phrases to collage in addition or instead of writing and drawing.



Add color in your map and as many embellishments as you wish. In the video, there is instruction on how to make a compass rose. Or, you can use the template of a compass rose pictured below:

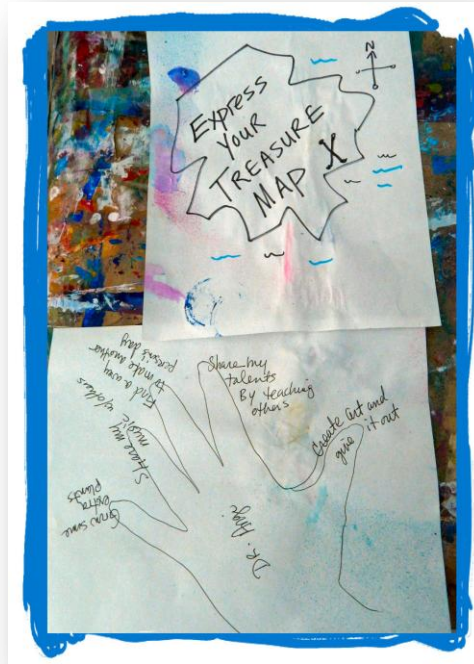
Compass Rose Template



© AKOrobko

Here is my completed Hand Map from the video:





Creating your TREASURE EXPRESSION map:

Step One: On a sheet of paper, trace your hand. Use this to think about how you can express your inner treasure as gifts to your community and the world. **How can you use your gifts, talents and attributes as a person to make your community and the world a better place?** Write your thoughts around and on your hand. You will later use this as a guide for your TREASURE EXPRESSION map.

Step Two: On a large sturdy sheet of paper, splash your favorite colors around using whatever materials you have handy. In the video, I used lots of wet media like water color and craft paint. Markers, color pencils and crayons will work just as well. Alternative option: use patterned paper, scrapbook paper, wrapping paper or magazine pages.

Step Three: Trace and cut out a hand on a portion of that colorful sheet. Then tear and/or cut the remainder of your colorful sheet to use in a collage on your TREASURE EXPRESSION map.

Step Four: On another large sheet of sturdy paper, randomly paste or glue down your torn/cut pieces to create a your own "island" or "country". You may wish to create an ocean and seas around your "country" with your markers, color pencils, crayons and/or paints.



Step Five: Paste down your hand somewhere in our around your "island/country" collage such that it sticks upward in a relief...like mountains. (see video).



Step Six: Now, using your guide that you created in step 1, think of names of places that represent your gifts, talents and attributes that you can put on your map. Example: Sea of Smiles, Ocean of Energy, Mount Kind Gestures, Cookie Caverns, etc. Once you have decided on at least 5 "places" aka "gifts/talents/attributes", you can either write them directly onto your map or onto a separate sheet of paper/index card, which you will then cut out and glue down onto your map. You may also choose to type and print them out or use magazine words (stamps and stickers may also be used).



Step Seven: Create a compass rose and paste it down. Now you have a completed Treasure Expression Map that show everyone your inner treasures and will encourage and guide you to share your gifts, talents and attributes to your community and world. Note, as you experience more in your life, your inner treasure map will change. You can do this again and again. Be sure to share your maps with your fellow campers at SoulPlay Camp!

