



ESCAPE TO HAPPINESS

2022-1-SI01-KA220-ADU-000088108

Learning escape room
**THE SECRET GARDEN OF
SERENITY**



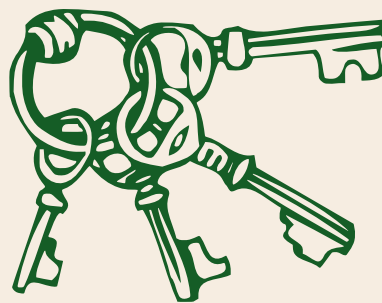
INTRODUCTION

Welcome to the learning escape room "The Secret Garden of Serenity." This escape room is a result of the project "Escape to Happiness," which aims to develop a methodology for adult education to promote happiness among adults.

One of the project's main goals was to create an interactive tool, a learning escape room, to engage adults in contemplating their happiness and mental well-being. Unlike entertainment escape rooms, our learning escape room focuses on facilitating a learning process and encouraging reflection on the tasks encountered in the game.

Escape rooms are not only enjoyable and engaging but also provide an excellent opportunity to explore and reflect on specific topics with adult learners. "The Secret Garden of Serenity" is centered around discovering happiness and understanding what it means to be happy for each individual. The game's learning components were developed based on a competency matrix and Bloom's taxonomy, ensuring an optimal learning experience. It's tailored for adults aged 25 and above and isn't suitable for individuals under 18. Here, you'll find a detailed guide on setting up the learning escape room, including notes for facilitators on how to engage adult learners and maximize the learning outcomes for your group.

We hope you have an interactive, enjoyable, and reflective learning experience





THE SECRET GARDEN OF SERENITY

learning escape room

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L.C. EDUCATIONAL LTD AND HUMACAPIACT



PLAYERS AGE: 25+



GROUP SIZE: 5 - 7 players



GAME TIME: 5 minutes intro, 60 minutes gameplay, 10 to 15 minutes debriefing



LEARNING OUTCOMES

- **TO ENCOURAGE SELF-REFLECTION:** Prompting participants to introspect and explore their thoughts, emotions, and experiences.
- **TO FOSTER COLLABORATIVE SKILLS:** Cultivating teamwork, effective communication, and mutual understanding among participants.
- **TO STIMULATE CRITICAL THINKING:** Engaging participants in analytical thinking, creativity, and adaptable problem-solving.
- **TO DEVELOP EMOTIONAL INTELLIGENCE:** Enhancing emotional recognition, regulation, and empathy in various contexts.



GAME RULES

- This is a learning escape game and the game is linear in sequence.
- Everything is used once, but some objects participants can revisit or take with them.
- NO excessive force is needed.
- At any moment the participants feel stuck, they can ask for help or the facilitator can give a hint.
- At some points of the game, the participants can use their phones.
- Participants should not write on the materials. materials for writing will be provided, if necessary. Unless a particular puzzle has specific instructions to write on the paper (like puzzle no. 2).



INTRODUCTION STORY (before entering the room)

NOTE: this text is to be read to participants before entering the room so they understand what their mission is.

Welcome to the learning escape room!

You have been called upon as descendants of Evelyn, a devoted gardener who mysteriously vanished after discovering a hidden map leading to an enigmatic secret place. As her descendants, we are here to tell you that Evelyn was very unhappy and we think that her disappearance had something to do with her emotional state. No one knows where she went after finding this map, but it seems she stumbled upon something captivating that kept her there.

As her relatives, your mission is to uncover the truth about Evelyn's findings. Your journey begins by venturing into the woods where Evelyn was last seen, piecing together the mystery of her disappearance and discovering the secrets she stumbled upon.

Players roll: Follow Evelyn's footsteps to find out what happened to her and where she went.

Ultimate mission: Find out what happened to Evelyn.



STEP-BY-STEP GAME PLAY

After being introduced to the story of Evelyn and what the participants' mission is, the participants enter the room. The escape room is sequential, which means participants solve one puzzle at a time and move to the next puzzle. In order to know where they need to go, they will unlock a map in the first puzzle. The facilitator will lead them to the first puzzle where they will start their journey.

PUZZLE 1 - The start

SET UP:

On the table or floor, set up the 1st puzzle

- Box with a 4-digit lock, inside the box, is a “MAP” that will later lead the participant through the game.
- A page from Evelyn’s journal.
- A page of a calendar for the month of July.
- Jar with 3 roses in it. At the bottom of the jar (inside) is written the number 6.

GAME PLAY

Participants need to figure out the code to unlock the 4-digit lock. Analyzing the journal entry and calendar, they will need to identify a specific date. On the calendar for JULY (7th month), they have no.2 circled, and the year is erased they can only see 19__ . The clue for the year is in the jar 3 roses and number 6. The correct answer to unlock the lock is **2736**.

NOTE FOR FACILITATOR:

If they get stuck, you can give them a hint “How do you write a date, what comes first”?

Competences gained:


- communication skills, understanding.

PUZZLE 1 - SET UP IN PICTURES



MAP - The map will be the guide for participants where they need to go next in their task





PUZZLE 2 - Tea-time

SET UP:

On the table or floor, set up the 2nd puzzle:

- A big glass jar filled with 1 flashlight, a page with a journal entry, a page with a flowers list (watch the video on how to create the invisible code on the flower list page in the printable material section), cut-out pictures of empty jars (watch the video in the printable material section).
- Box with a 3-digit lock. and bags of chamomile tea inside.
- A bowl of water.

GAME-PLAY

Based on the map, the participants go to the glass jar. Taking out of jar the content inside, they read the **journal entry** and realize they have to find 5 things (herbs and flowers) that helped Evelyn sooth, this will be done by shining the light on the empty jars, and that will unveil the secret pictures and names of the flowers that are missing from the **flower list**. They then have to find out which flower helped her the most and what she made with it, the answer is in the locked box. To get the code, they will have to put part of the **flower paper**, that is written “Remember to keep the roots in water” in the bowl with water and code **731** will appear. Unlocking the box, they will find bags of chamomile tea.

NOTE FOR FACILITATOR:

Participants here have to find the names of the flowers/herbs before unlocking the box. They might be afraid to put the paper in the water, but you can give them a hint here that they can “use water to get the right answer” or ask them “How do we keep plants alive? Do we put ROOTS ACTUALLY in water?”.

Once they open the locked box, they will find the tea bags, you can tell them to take them with them and that they will need them at the end of the journey.

Competences gained:

- self-care, analyzing, evaluating.

PUZZLE 2 - SET UP IN PICTURES



PUZZLE 3- A rocky road

SET UP:

On the table or floor, set up the 3rd puzzle:

- Real rocks scattered around (for decoration) .
- Printed out rocks with symbols, printed rock with QR code.
- Box with a 3-digit lock and inside a piece of paper that describes the 478 breathing technique. .

GAME-PLAY

Following the map, participants go to the puzzle with rocks. Around the locked box are scattered rocks, pictures of rocks with symbols, and a printed rock with a QR code. First, they scan and listen to the voice on the QR code. It is Evelyn's voice in distress. The participant needs to figure out how to unlock the box and find what helped Evelyn calm down. By analyzing the printed rocks with symbols, participants will realize that some are code and two are sheets for decoding the code. Once they decode it, it should say **“PRACTICE FOUR SEVEN EIGHT BREATHING”**, This is also the code to unlock the box **478** (might take some time to get the right order of numbers). Once they open the box, they are presented with the breathing technique 4-7-8. Here they take time to try to practice the technique themselves.

NOTE FOR FACILITATOR:

Once the participants unlock the box, encourage them actually to take a moment and practice the 4-7-8 breathing technique.

Competences gained:

- Mindfulness practices, mental health first aid, responding.

PUZZLE 3 - SET UP IN PICTURES





PUZZLE 4 - Bonding while blindfolded

SET UP:

How to set up puzzle number 4.

- Box with a key lock inside the box the printed puzzle.
- ENVELOPE with the Journal entry with a secret message.
- A blindfold.
- A pot with earth in it and flowers (use any flower, it is important that there is dirt in the pot).

***ON the other side of the room, somewhere visible, put the SEA SHELL.

GAME-PLAY

Participants arrive at a box, on top of the box is a blindfold and an envelope that says, **“BEFORE OPENING ME ONE PERSON PUT A BLINDFOLD ON AND DO NOT TAKE IT OF TILL YOU FIND MY CAVE OF INSECURITY”** (at that moment the participants must choose one person who will have the blindfold on). Opening the envelope, they find again a journal entry.

Decoding it (by using only words with capital letters), they will read out: **“The One Who Can Not See, Must Find The Sea Shell To Find The Key. Do not fear darkness; your friend's voice will lead you to the shell.** The blindfolded participant then has to listen to the voices of other participants who will guide him/her to the SEA SHELL in the room. Once the participant has reached the SEA SHELL, the facilitator says: **“YOU HAVE FOUND THE CAVE OF INSECURITY, YOU CAN TAKE OFF THE BLINDFOLD”**. Inside the SEA SHELL, the participant finds a note, reading it they realize the key is buried in the pot with roses next to the locked box. Unlocking the box, they find the final puzzle to put together that says: “Authentic connections happen when you unlock your fears.”

NOTE FOR FACILITATOR:

This puzzle involves some moving around and perhaps participants might need help understanding that. Here as a facilitator, you can just clarify the instructions if you need them. They need to realize that only one person had the blindfold, and the rest lead that person with their voice (go left, 3 steps straight, go right, up on the left side...) to find the SEA SHELL in the room. Once they find it, they can take the blindfold off. You, the facilitator, will say: **“YOU HAVE FOUND THE CAVE OF INSECURITY, YOU CAN TAKE OFF THE BLINDFOLD”**. When they read the note in the sea shell they will realize that the key to unlock is in the flowerpot. If they do not get that they have to dig out the key, give them a hint like “to find the key, you must dig it out, as we dig out of our own insecurities”

Competences gained:

- teamwork, problem-solving skills, adaptability, organizing, communication.

PUZZLE 4 - SET UP IN PICTURES





PUZZLE 5 - Transfer to the garden

SET UP:

How to set up puzzle number 5. This is the transitional puzzle, it is the part where participants arrive at the gate of the secret garden. Here you have two options:

1. to create a “gate” as some transition into the garden, and decorate the gate with flowers.
 2. to create the transition to the garden by having the participants enter another room. Having the door act as a gate.
- Printable picture puzzle,
 - gift box.

GAME-PLAY

The participants arrive at the gate, where they are greeted by the gatekeeper (facilitator), who tells them the following “**You can go through the gate once you come up with the right password, only ONE word**”. There, they also find a gift box and inside the box, there are pictures that are on both sides (on the smaller pictures each one has a letter). Participants must assemble the images in order (i.e., pictures of baby, adult, old person, etc.). Once they put the pictures in the correct order, they should get the sentence “**this moment is...**”, if they do not get the hint, tell the participants to turn over the cards, they will see a big picture of a gift and words “**you can only be....**”. Once they have come up with the right word, they must say it out loud. (password: **PRESENT**).

When they have said it, the facilitator says: “Correct. Now, to master the skill of being present, you must be silent for one minute, counting your breath for 10 cycles (inhale+exhale).” After the exercise, the facilitator opens the gate, and the facilitator lets them pass through.

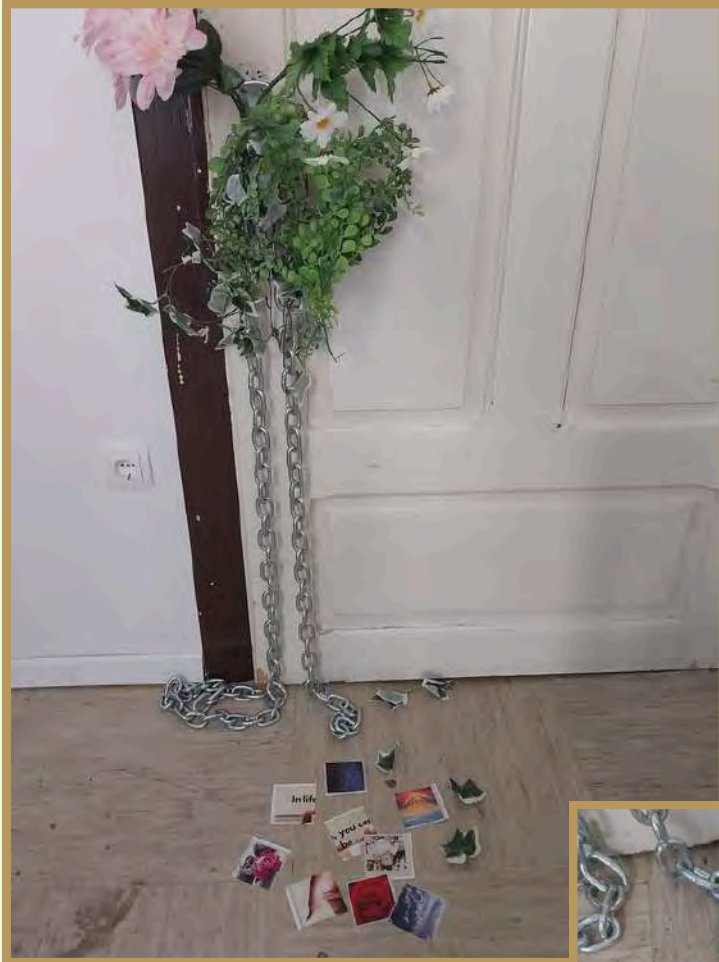
NOTE FOR FACILITATOR:

The facilitator has a unique role here, they take the role of the “gatekeeper” who will open the gate to the garden once the participants say the right word “PRESENT”. Here you might need to give participants hints about the word. Also, you'll be able to encourage them to practice being present at the moment by doing the exercise before entering the garden.

Competences gained:

, Mindful practice, communication, negotiating.

PUZZLE 5 - SET UP IN PICTURES





PUZZLE 6 - A wise friend

SET UP:

How to set up puzzle number 6:

- Lock box with 3-digit lock and a paper inside “ tell the owl...”
- Beside the box, place a statue of an owl (this can be a wooden, ceramic, toy).

NOTE: under the owl, you will tape a KEY from puzzle no. 7, see instructions further on in puzzle 7.

- A mirror with the QR code on it and the secret code to unlock the box (watch the instruction video on how to create the invisible mirror code in the section of putting together the puzzle and printable materials).
- Reflection cards with symbols (printable) .

GAME-PLAY

Participants come to the puzzle where they encounter an OWL, beside it is a locked box, a mirror and some cards. First, participants must scan the QR code and listen to the owl's voice. They will then notice that the reflection cards with quotes have some odd markings, putting them together, they will read the word SELF REFLECTION - backwards! They will then have to use the mirror to see what it says. If they have not figured out yet that the code is written in the mirror, tell them to listen carefully to the owl's voice. The code is revealed once the participants blow their breath on the mirror, and the code **762** will appear. This will unlock the box, and inside is a card instructing participants to take one of the reflection quotes that speak to them the most and tell the OWL why.

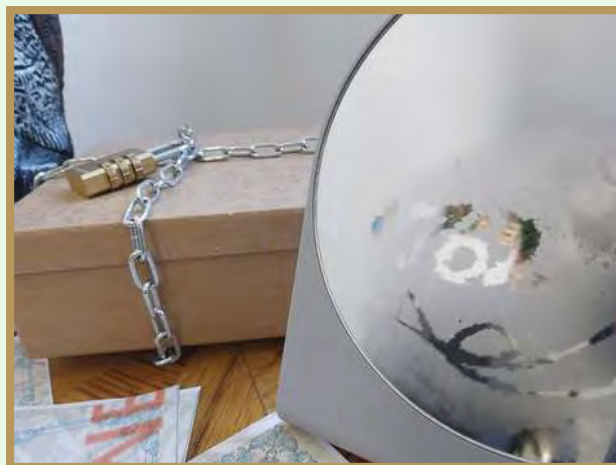
NOTE FOR FACILITATOR:

The facilitator might need to give more hints that they must use their breath to discover the code. Also, participants should be encouraged to pick one reflection card they like and share why it speaks to them.

Competences gained:

Manipulation, imitation, critical thinking, being resourceful.

PUZZLE 6 - SET UP IN PICTURES





PUZZLE 7 - Metamorphosis

SET UP:

How to set up puzzle number 7:

- Box with a key lock (hide the key under the owl in puzzle 6). Inside the box, are printed butterflies with words and also decorative butterflies (must be printed in colours).
- Printable materials.
- Printable butterfly tapping technique.

GAME-PLAY

Participants come to a box that is locked with a key lock, around the box, there are pictures of butterfly metamorphosis, and on the back, there are riddles to be solved. Once they solve the riddle, it will read “**LOOK UNDER OWL**”, the participants will have to go back to the previous puzzle and look under the owl where they find the key (tape the key to the bottom of the owl). Inside they find the butterflies with words and a note to take the butterflies with them to the next puzzle. Inside they also find a note how to use the butterfly tapping technique to calm down.

NOTE FOR FACILITATOR:

You might need to remind participants what is the first animal they met in the puzzle. Also, participants should be able to take the butterflies from the box to their next puzzle.

Competences gained:

Managing group dynamics, precision, articulation.

PUZZLE 7 - SET UP IN PICTURES





PUZZLE 8 - Journal entry

SET UP:

How to set up puzzle number 8:

- Printed out Journal.
- decoration - flowers.

GAME-PLAY

This puzzle brings participants back to the story of Evelyn in the garden and what she was searching for. The participants find a journal here. The role of the facilitator is to act as the GATEKEEPER, like in Puzzle 5. The participants go through the journal, the first task is to match the butterflies from puzzle 7 in the missing butterfly picture. Then they come across a letter that Evelyn still needs to send. The participants' instructions are to send this letter by giving in to the gatekeeper (facilitator). The gatekeeper, in return, hands the participants an envelope with the UV LIGHT and tells them: "This light will help you finish your task and find what happened to Evelyn". At the end of the journal, there is a QR code, the participants scan it, and it will lead them to the web page futureme.org, where they have a chance to write a letter to themselves in the future.

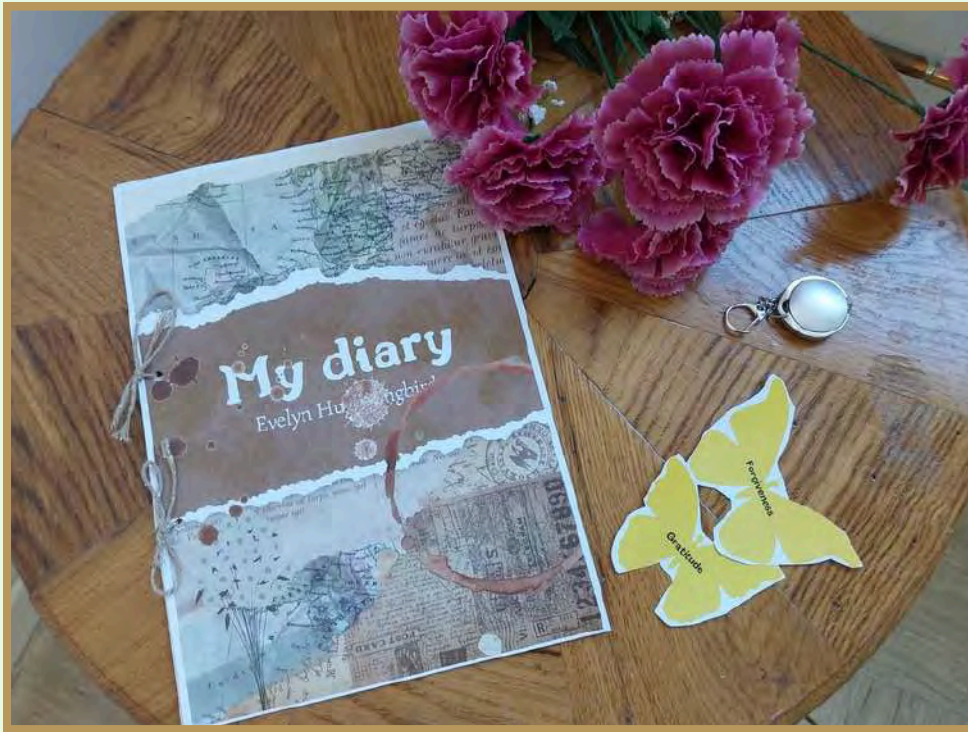
NOTE FOR FACILITATOR:

This puzzle is a bit different, there is no code like in puzzle 5, the participants have to hand the gatekeeper the unsent letter to receive an envelope with a UV LIGHT for the next puzzle. Encourage participants to read the entire journal and complete the task at the end of sending themselves a letter to the future, it can be a short quote or phrase.

Competences gained:

Flexibility, empathy, resilience.

PUZZLE 8 - SET UP IN PICTURES





PUZZLE 9 - Meta puzzle

SET UP:

How to set up puzzle number 9, the meta puzzle.

- Locked box with 3-digit lock, inside the box a paper that leads to the bowl of rocks.
- Printable materials: Alphabet and the paper with the riddle (on the paper is written with invisible marker the word STRESS).
- Printable feather with a clue.
- Decorative orange and red feathers.
- Decorative bowl with rocks with the “revealing paper of what happened to Evelyn” at the bottom.

GAME-PLAY

This is the final puzzle! Participants come to a locked box surrounded by feathers, a piece of paper with a riddle and an alphabet. Shining around with the UV LIGHT from puzzle 7, they will discover the word STRESS under the riddle. They will have to use the alphabet. Each letter of the word STRESS had a number position in the alphabet.

EXAMPLE: S is number 19 in a row, and T is the 20th letter. ONCE they write down all positions, they must add them up to $19+20+18+5+19+19=100$.

A hint for the participants that they have to add up numbers is in one of the riddles written on a feather. **100** is the lock combination.

In the box, they will find instructions that they have to find a bowl of rocks somewhere in the room (make sure to place the bowl somewhere not so obvious).

First, they must remove one rock and replace a bad habit with a good one. Taking out all the rocks, they reveal a final secret message from Evelyn at the bottom.

They must now assemble all the letters they have collected to spell the word **PHOENIX!** This is where the game ends, Evelyn found joy and was rebirthed like the Phoenix.

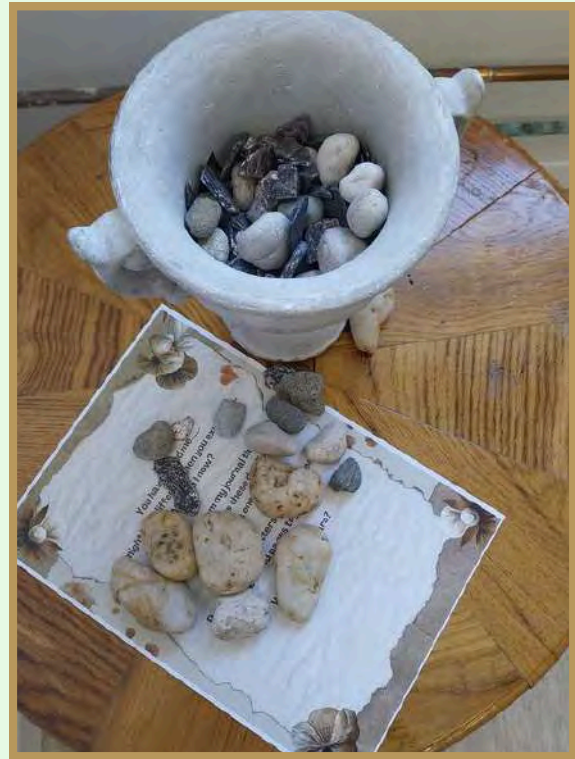
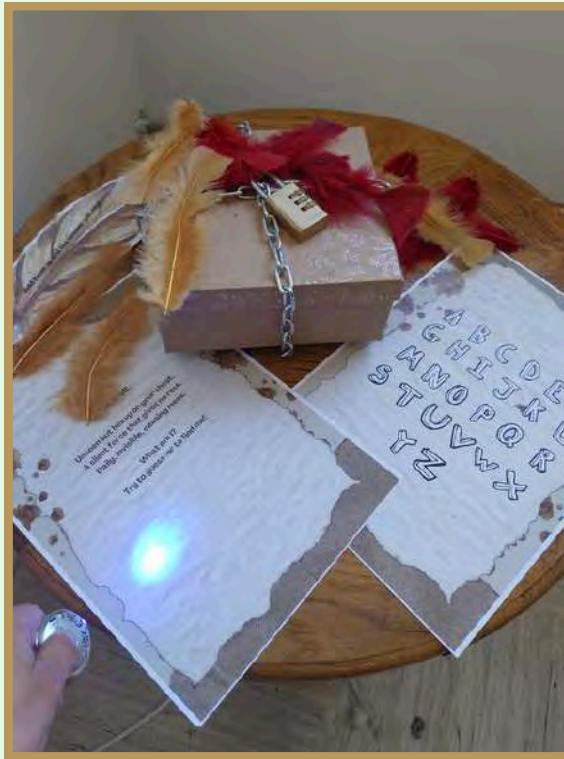
NOTE FOR FACILITATOR:

Participants might need a few more hints, such as using the alphabet and adding up the numbers. Here is essential to also make a nice transition to the reflection and debriefing process, once they figure out the word **PHOENIX**, invite them to come and sit at a table or circle where you have prepared for reflection.

Competences gained:

Self-awareness, stress management, valuing.

PUZZLE 9 -SET UP IN PICTURES





DEBRIEFING PROCESS

SET UP:

- Prepare a comfortable area for reflection and invite participants to join you.
- You can bring tea bags of chamomile tea from puzzle no. 2 to the table and have some cups and warm water to enjoy the tea during reflection.
- Give each participant an individual printable sheet of the “Understanding Evelyn - understanding me”

HOW TO CARRY OUT THE REFLECTION PROCESS:

Start with an introduction that the games have ended, but we will continue here to understand Evelyn better and how her story relates to us. We have discovered that Evelyn went through a rebirthing process and metaphorically became a PHOENIX (remind everyone of this myth if needed).

Now ask participants to imagine that they can meet Evelyn after her rebirth and talk to her. What would they talk about, what would she look like?

Now, give the participants the printed-out sheet “Understanding Evelyn - understanding me” (this sheet was created based on the “Empathy map” questions that you can use to empathize and better understand someone). You can explain to participants that through these questions, they will analyse and perhaps better understand Evelyn’s decisions and can also reflect on themselves.

Give participants 5 minutes to fill it out.

After participants filled out the empathy map, you can go into an open debriefing with the participants by asking the following questions to also reflect on the knowledge, skills and attitude gained through the escape room. Please feel free to use the questions below as a guide, it is not necessary to use them all. Participants can first share something from the empathy map if they wish.



DEBRIEFING PROCESS

GROUP QUESTIONS FOR DEBRIEFING

KNOWLEDGE

- Do you think Evelyn was well aware of her mental health?
- Did you find any useful first-aid practices? Like self-care and mindfulness.
- Do you have a better understanding of emotional intelligence? (explain if needed)

SKILLS

- Do you feel you have developed your communication skills? How often did you have a chance to interact in the group?
- How was the teamwork in your group?
- How did you tackle problem-solving?

ATTITUDE

- What kind of attitude do you have towards your stress management?
- Do you think empathy is an important human characteristic? Why? Did you feel at all any empathy though the game?
- Do you think that through the game, you gained an understanding of Evelyn's choices? How important is it to have a diverse understanding towards others' mental health problems?

You can leave out some questions if you feel participants already covered them by talking in the open discussion.

To conclude, ask everyone to say one word or sentence they will remember from this experience.



PRINTABLE MATERIALS

and
PUZZLE ASSEMBLY
INSTRUCTIONS



PUZZLE 1

PRINTABLE MATERIAL:

- Map (goes inside the locked box).
- Journal entry.
- Calendar page.

ADDITIONAL MATERIAL:

- Box with a 4-digit lock.
- A jar with the number 6 written on the bottom inside.
- 3 roses.





Summer of 19

Today, I received a stunning
surprise - tree roses at my door
step. I do not feel joy for this, as I
should...

Besides the roses was a piece of
paper..... It was a n

It was a sign, to save me from
my Despair!

ON THIS DAY I will set upon a
journey

I will find har

PH

July 19

A hand-drawn calendar for the month of July, starting on the 19th. The calendar is drawn on a piece of white paper with a torn, deckled edge, which is placed on a brown, textured background. The paper is decorated with several brown ink splatters and stains, particularly along the top and bottom edges. The calendar features a spiral binding at the top, represented by a series of vertical loops. The days of the week are labeled at the top: Sun, Mon, Tue, Wed, Thu, Fri, Sat. The dates are arranged in a grid, with the 19th circled in orange. The grid contains numbers 1 through 31, with the last row being partially empty.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



PUZZLE 2

PRINTABLE MATERIAL:

- Journal entry.
- Printable jars to be assembled.

NOTE: print on white paper.

- Flower list.

NOTE: print on white paper

ADDITIONAL MATERIAL:

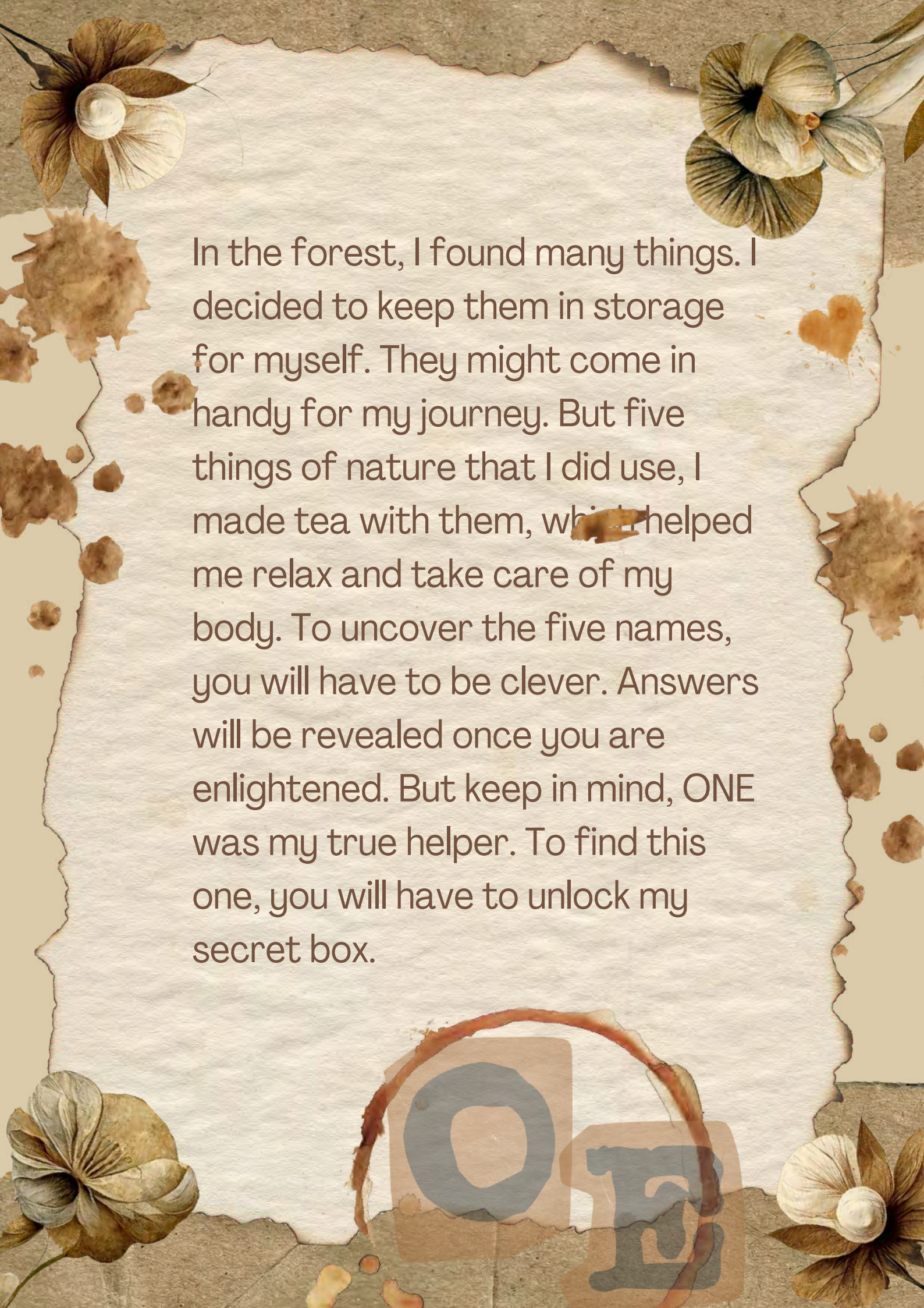
- Big glass mason jar.
- Box with 3-digit lock.
- Bags of chamomile tea for the locked box.
- Flashlight.
- Bowl with water and some decorative flowers to put in the bowl.

VIDEO

- Assembling the printable “jars” : <https://www.canva.com/design/DAGBW-ihmOk/mkTILZWgfcntsn6nJGQrBw/watch>
- Creating the invisible number: <https://www.youtube.com/watch?v=38drZvRvHMA>

At the bottom of
this page you will
create the
invisible number

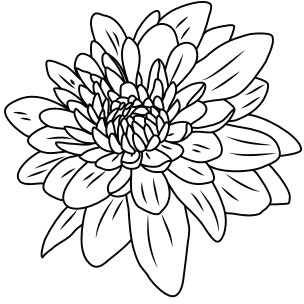




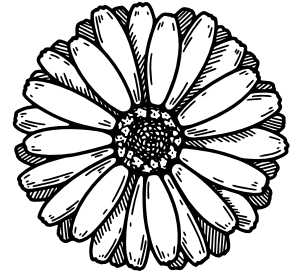
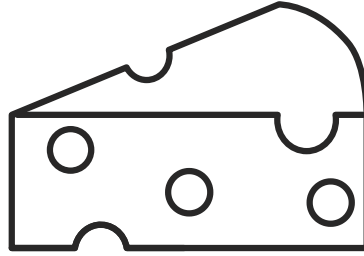
In the forest, I found many things. I decided to keep them in storage for myself. They might come in handy for my journey. But five things of nature that I did use, I made tea with them, which helped me relax and take care of my body. To uncover the five names, you will have to be clever. Answers will be revealed once you are enlightened. But keep in mind, ONE was my true helper. To find this one, you will have to unlock my secret box.

ONE

SECRET



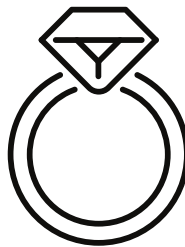
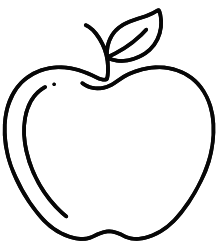
chrysanthemums



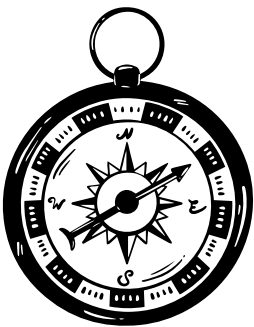
calendula



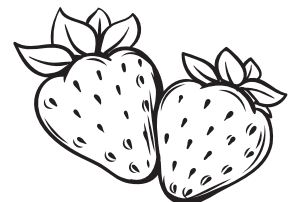
rose

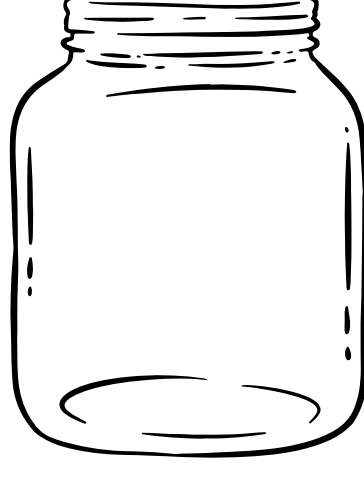


jasmine



camomile





PRINT ONLY ON ONE SIDE



:known for calming effects, reducing inflammation, and supporting eye health due to antioxidants.



:calming properties, reducing stress, anxiety, and used in skincare for hydration and soothing effects.



: used in aromatherapy to reduce stress, promote relaxation, aid in digestion, and alleviate depressive moods.



: anti-inflammatory and skin-soothing properties, commonly used in skincare for wound healing and alleviating skin irritations.



: promotes relaxation, improves sleep quality, aids in digestion, and has anti-inflammatory properties often used in skincare for soothing effects

Remember to keep the roots in water





PUZZLE 3

PRINTABLE MATERIAL:

- Rocks with symbols and codes (to be cut out).
- Instructions on how to practice 4-7-8 breathing (paper that goes in the box).

ADDITIONAL MATERIAL:

- Box with 3-digit lock.
- Real rocks for decoration.

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Cut all the rocks out



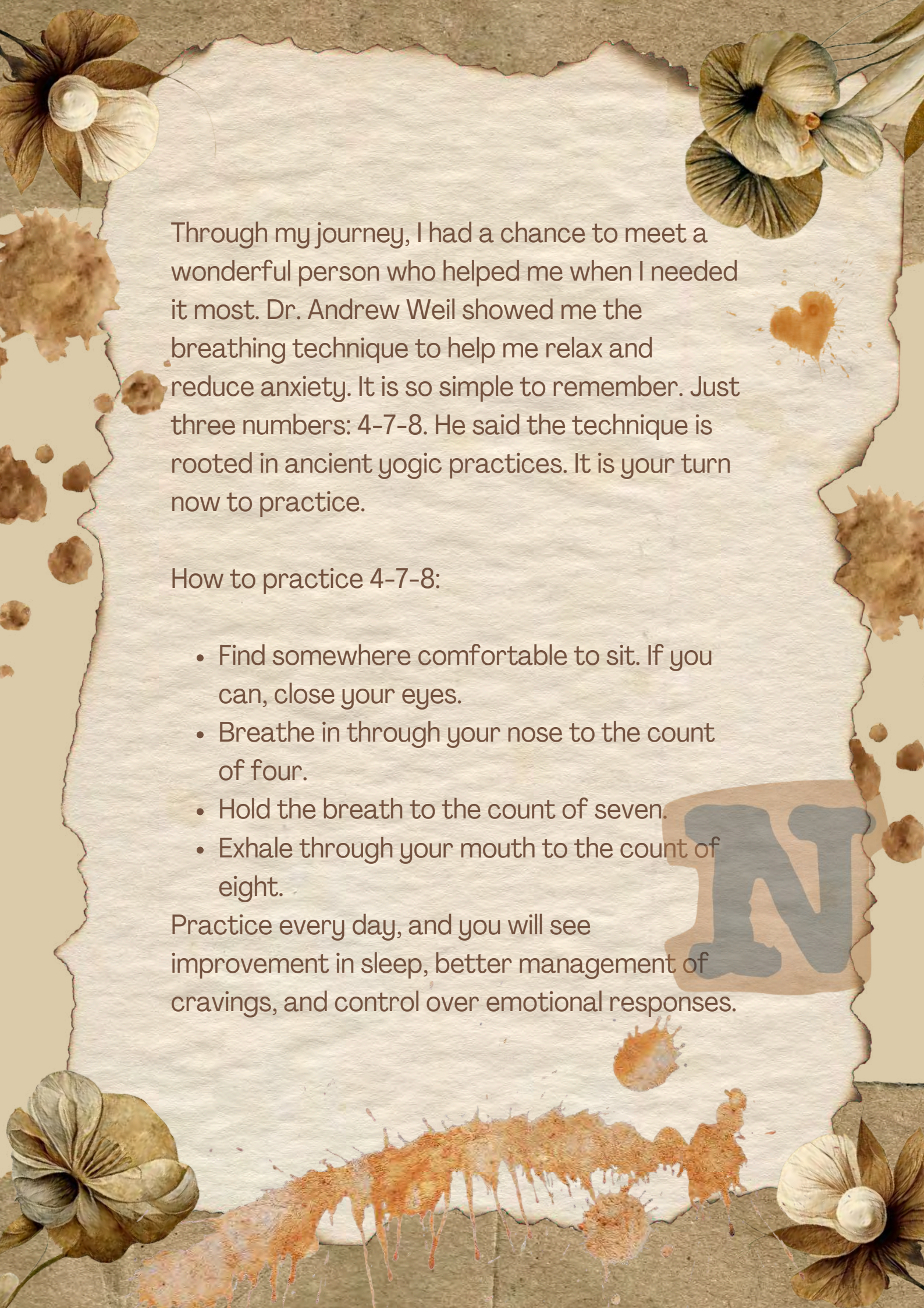
A	B	C
D	E	F
G	H	I

J	K	L
M	N	O
P	Q	R

S
T U
V

W
X Y
Z

Cut all the rocks out

The page is framed by a decorative border of dried flowers and leaves. In the top left is a large, light-colored flower with dark brown leaves. In the top right is a similar flower. The bottom left and right corners also feature large flowers. The background is a light beige, textured surface with a torn-paper edge. There are several brown and orange ink splatters and stains, particularly along the left and bottom edges, and a small heart-shaped stain on the right side.

Through my journey, I had a chance to meet a wonderful person who helped me when I needed it most. Dr. Andrew Weil showed me the breathing technique to help me relax and reduce anxiety. It is so simple to remember. Just three numbers: 4-7-8. He said the technique is rooted in ancient yogic practices. It is your turn now to practice.

How to practice 4-7-8:

- Find somewhere comfortable to sit. If you can, close your eyes.
- Breathe in through your nose to the count of four.
- Hold the breath to the count of seven.
- Exhale through your mouth to the count of eight.

Practice every day, and you will see improvement in sleep, better management of cravings, and control over emotional responses.



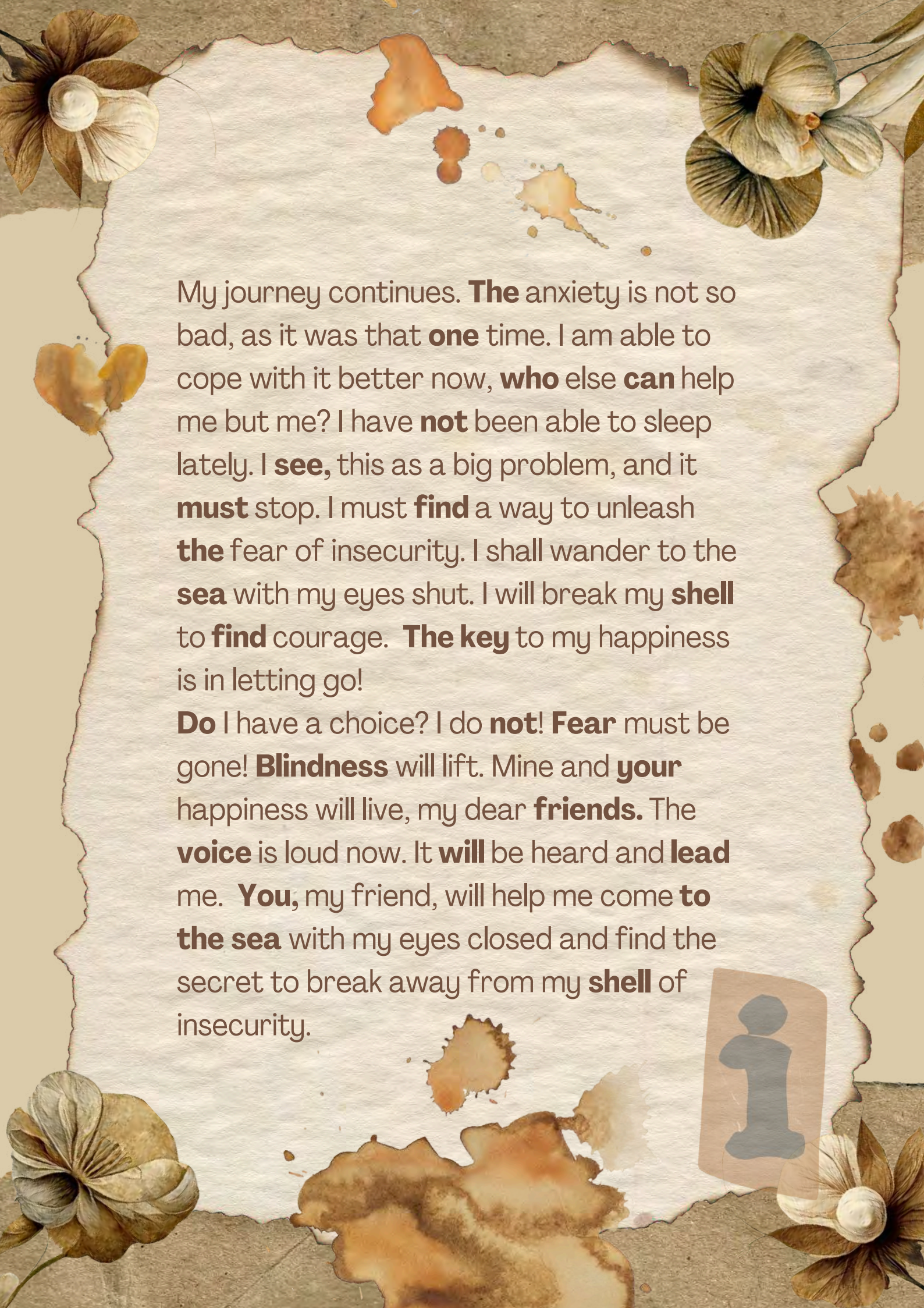
PUZZLE 4

PRINTABLE MATERIAL:

- Journal entry with a secret message.
- Note inside the sea shell.
- Puzzle that goes in the locked box.

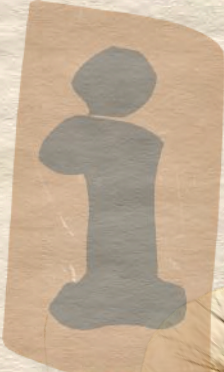
ADDITIONAL MATERIAL:

- Locked box with a key lock.
- Envelope (on it write: BEFORE OPENING ME, ONE PERSON MUST PUT A BLINDFOLD ON AND DO NOT TAKE IT OFF TILL YOU FIND MY CAVE OF INSECURITY).
- A blindfold.
- A pot with dirt in it and flowers.
- A sea shell (big one).



My journey continues. **The** anxiety is not so bad, as it was that **one** time. I am able to cope with it better now, **who** else **can** help me but me? I have **not** been able to sleep lately. I **see**, this as a big problem, and it **must** stop. I must **find** a way to unleash **the** fear of insecurity. I shall wander to the **sea** with my eyes shut. I will break my **shell** to **find** courage. **The key** to my happiness is in letting go!

Do I have a choice? I do **not**! **Fear** must be gone! **Blindness** will lift. Mine and **your** happiness will live, my dear **friends**. The **voice** is loud now. It **will** be heard and **lead** me. **You**, my friend, will help me come **to the sea** with my eyes closed and find the secret to break away from my **shell** of insecurity.



My dear traveller, you have found the wisdom
shell in your own search for breaking from your
cave of insecurity.

You have travelled a long distance, but the
answer you seek is always closer than you
think...

Go back home and look in the flower pot with
dirt...

I am sure you will find the key there...

Cut out the note paper roll it and place it in the shell



Authentic



Connections...



... happen



when you...



... unlock



your fears!

Cut out each puzzle so non connect and place them in the locked box



PUZZLE 5

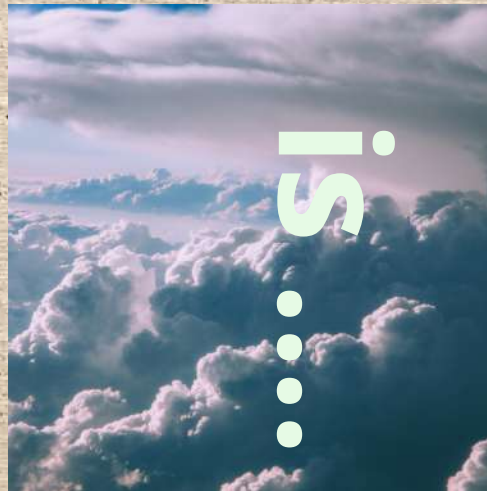
PRINTABLE MATERIAL:

- Cut out pictures (PRINT BOTH SIDES).

ADDITIONAL MATERIAL:

NOTE: here, participants are transitioning into the garden. You can either use a new room for the transition so a door or create a gate using objects in the room (chairs, table). You can use a chain to symbolize a locked gate. Decorate the gate with flowers. BE CREATIVE!

- Gift box .



**NOTE: Print on both sides this and the picture below !!!
Cut out each picture, no need for perfection while cutting, place them in the
gift box**

**In life, you can only
be**



**NOTE: Print on both sides of this and the picture above!!!
Cut out each picture so they don't connect and place them in the gift box**



PUZZLE 6

PRINTABLE MATERIAL:

- QR code to put on OWL.
- Reflection cards.
- Tell the owl why card that goes in the box

ADDITIONAL MATERIAL:

- Box with 3-digit lock.
- Statue of an owl.
- Mirror – to write the secret code on the mirror, watch the video.

VIDEO:

<https://www.youtube.com/shorts/VSlvXKsBisk>



Cut out the QR code and stick it to the OWL

Below are reflection cards cut on the dotted lines

THE UNEXAMINED LIFE IS NOT WORTH

LIVING

-SOCRATES

"YOUR VISIONS WILL BECOME CLEAR
ONLY WHEN YOU CAN LOOK INTO YOUR
OWN HEART. WHO LOOKS OUTSIDE,
DREAMS; WHO LOOKS INSIDE, AWAKES."

- CARL JUNG

"IN THE MIRROR
OF SELF -REFLECTION,
CLARITY EMERGES. "

KNOWING YOURSELF IS THE
BEGINNING OF ALL WISDOM.

- ARISTOTLE



"A MOMENT OF SELF-REFLECTION IS A
MOMENT OF GROWTH."



"WHAT YOU THINK, YOU BECOME.
WHAT YOU FEEL, YOU ATTRACT. WHAT
YOU IMAGINE, YOU CREATE." –

BUDDHA



"WE DO NOT LEARN FROM
EXPERIENCE... WE LEARN FROM
REFLECTING ON EXPERIENCE." –

JOHN DEWEY



"REFLECTION IS THE SILENT VOICE
OF WISDOM."

TAKE ONE OF THE REFLECTION CARDS,
THE ONE THAT RESONATES WITH YOU
THE MOST.

TELL THE OWL WHY



PUZZLE 7

PRINTABLE MATERIAL:

- 3 phases of the butterfly (print both sides and cut out the images).
- Small butterflies with words for the box.
- Butterfly hug instructions for the box.

ADDITIONAL MATERIAL:

- Box with a key lock (place the key under the owl in puzzle 6).
- Butterfly stickers or butterfly objects for decoration in the box (optional).



Print this page and the following on BOTH SIDES so the written words from the second page will be in the back of the pictures above.

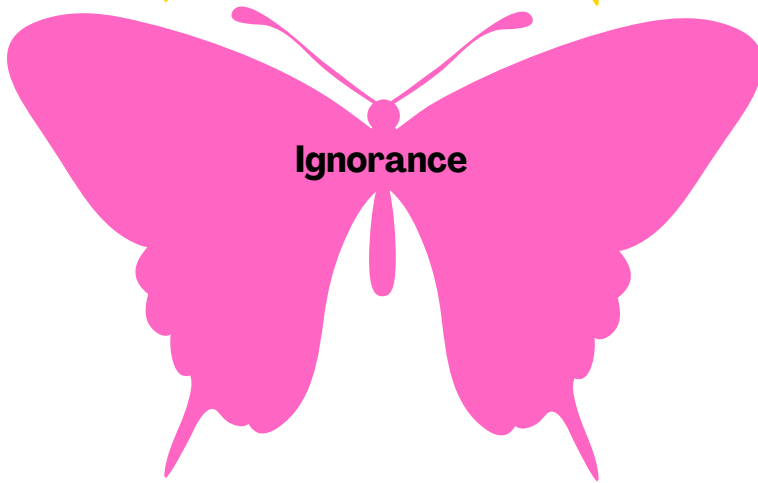
**Four letter word with two O's,
that rhymes with BOOK**

SCRAMBLE ME: N U D R E



Print this page and the following on BOTH SIDES so the written words from the second page will be in the back of the pictures above (they need to be cut out).

**I am the first animal
that you have met**



Cut the butterflies out and place them in the locked box.



The Butterfly hug is accomplished when an individual wraps their arms around themselves, so that each hand touches the opposite upper the arm or shoulder.

- 1. Find a comfy, quiet spot and sit up straight.**
- 2. Close your eyes and take deep breaths, focusing on your stomach.**
- 3. Try to notice any feelings without judging them.**
- 4. Cross your hands and place them on your chest, fingers spread, thumbs pointing towards your chin.**
- 5. Tap your hands on your chest in a slow, rhythmic pattern (left, right, left, right).**
- 6. Keep breathing deeply while tapping for at least 8 rounds.**
- 7. Check how you feel afterward. If you're still stressed, do a few more rounds.**
- 8. Stop and check your distress level after each set, continue if you feel calmer.**



PUZZLE 8

PRINTABLE MATERIAL:

- Evelyn's journal (print it on both sides).
- LETTER TO EMMA (print this page SEPARATELY! and insert it in the journal together with the envelope).

ADDITIONAL MATERIAL:

- Some decorative flowers and a pen (optional).
- Envelope.
- UV light to give to the participants once they give the facilitator the envelope with the letter to Emma.

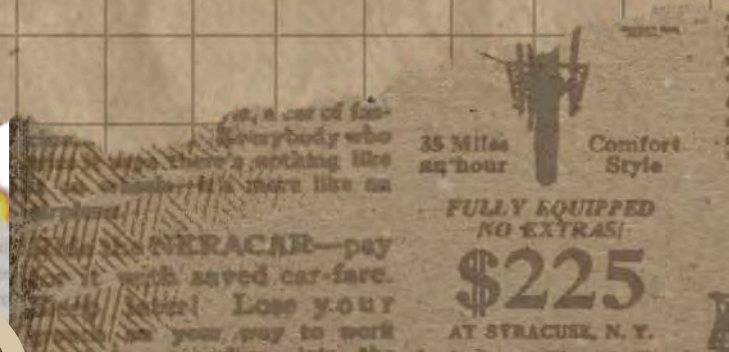


My diary

Evelyn H. Langbird



My favourite things





Comfort Style

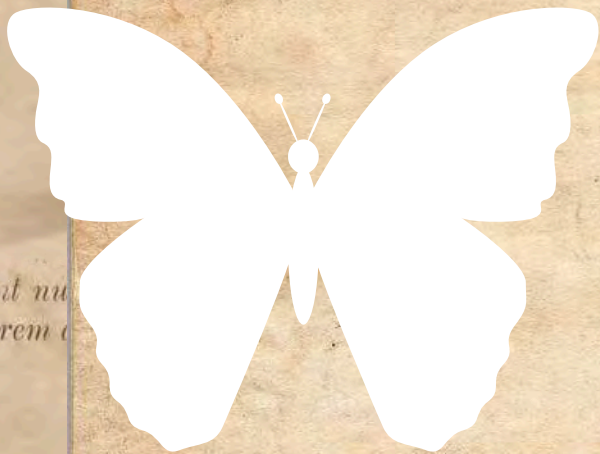
FULLY EQUIPPED
NO EXTRAS!

\$225

AT SYRACUSE, N. Y.

...ERACAR—pay
... it with saved car-fare.
...! Love your
... your way to work

**I have now been traveling for
a long time.... Since entering
the garden I have found...**



Tell me stranger

The



TO

True happiness

IS



for me i found.....



ue quisque egestas diam. Ut tortor pretium
e potenti nullam ac tortor vitae. Quis viverra
Eget
ulvina
dui m
mi bibendum
Mi ipsum fau
eque sodales
per quis. In di
risus ultricies
pulvinar sapi
or. Vel fringill



But one thing I realize only now.... is that
happiness is real only when shared.....
and I do miss you so much my friend...

Please to whomever finds this journal send this
letter to my friend Emma.... Put it in the envelope
and give it to the GATE KEEPER....they will then
give you something in return that you will need for
your journey.

**take a moment to remember your
close ones... who would you send a
letter to? Would you send a letter
to your self?**

**Why not do it now
scan the code and send a letter to
YOU:**



*...turpis eg
curabitur*

*...vitae. C
...arcu dictum varius dui
...as pulvinar mattis nunc. Vel pretium
...eo in vitae. Nec dui nunc mattis enim*

don
The snappers and threw up the that shook, when he laughed circus come. Then when the
dash. The moon on the breast like a bowlful of jelly. He was first es begin to come
of the new-fallen snow Gave chubby and plump, a right down, wind whistles
the luster of mid-day to jolly old elf, And I laughed sharp branches are
objects below, When, what to my when I saw him, in spite of the cold,
wondering eyes should appear, myself; A wink of his eye numbs,
But a miniature sleigh, and a twist of his head, Soon gave her gearer
eight tiny reindeer, With a me to know I had nothing to My
little old driver, so lively dread; He spoke not a word, long
and quick, I knew in a moment but went straight to his work, with
it must be St. Nick. More rapid And filled all the stockings; really I
than eagles his coursers they then turned with a jerk, And want to up,
came, And he whistled, and laying his finger aside of his And, The
shouted, and called them by nose, And giving a nod, up the With vision of Santa dancing



Dear Emma

I am sorry for not writing sooner.

**I did notice you being tired a lot lately
like me....**

**I am sorry I could not talk to you
before,...**

**I invite you now to join me so we can
go on a journey together into self
discovery...**

So we can talk about everything....

We can be each others support.....

Come and join me in the garden....

Yours truly E. Hummingbird




PUZZLE 9

PRINTABLE MATERIAL:

- English Alphabet.
- Riddle to find the word written with invisible ink (STRESS).
- Feather with a clue.
- Paper for the box.
- Paper at the bottom of the bowl of rocks.

ADDITIONAL MATERIAL:

- Box with a 3-digit lock.
 - Red and orange feathers for decoration.
 - Bowl with rocks.
 - UV light that was given to participants in Puzzle 8.
- 

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

ANSWER ME..



**Unseen but heavy on your chest,
A silent force that gives no rest.
Daily, invisible, causing mess,**

**What am I?
Try to guess (or to find me!)**



Add them up and the answer will shine

Cut out and place near the box



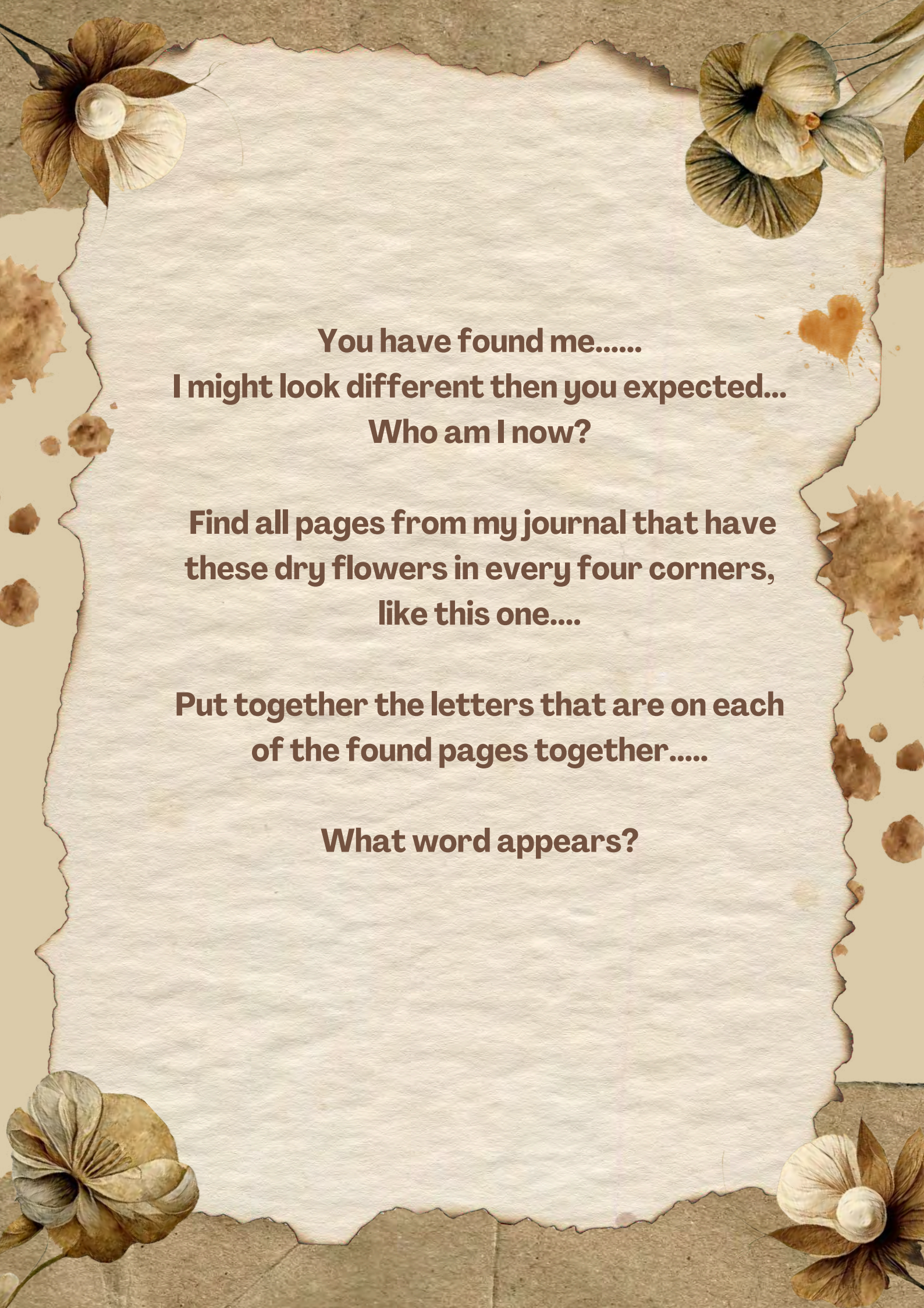
I have almost reached my destination....
To you my dear traveler... I leave you the last
task

FIND the bowl of stones!

The best practice for the journey of self-awareness is to RECOGNISE DESTRUCTIVE HABITS - THE STONES.. Take a moment to identify a habit that disconnects you from your inner self. Share your intention to replace this habit with a positive one with fellow travelers , reinforcing a sense of community support.

When all of you define and replace the bad habit with a good one and no stones remain in the bowl, you will find ME!





**You have found me.....
I might look different then you expected...
Who am I now?**

**Find all pages from my journal that have
these dry flowers in every four corners,
like this one....**

**Put together the letters that are on each
of the found pages together.....**

What word appears?



DEBREFFING PROCESS

- Understanding Evelyn – understanding me (empathy map).

HOW

How do you empathize with Evelyn?
Didi you understand her and the situation she was in?

WHAT

What would you do if you were in Evelyn's situation?
What decisions would you make?

What does Evelyn THINK and FEEL now?



Feelings

Toughts

DO

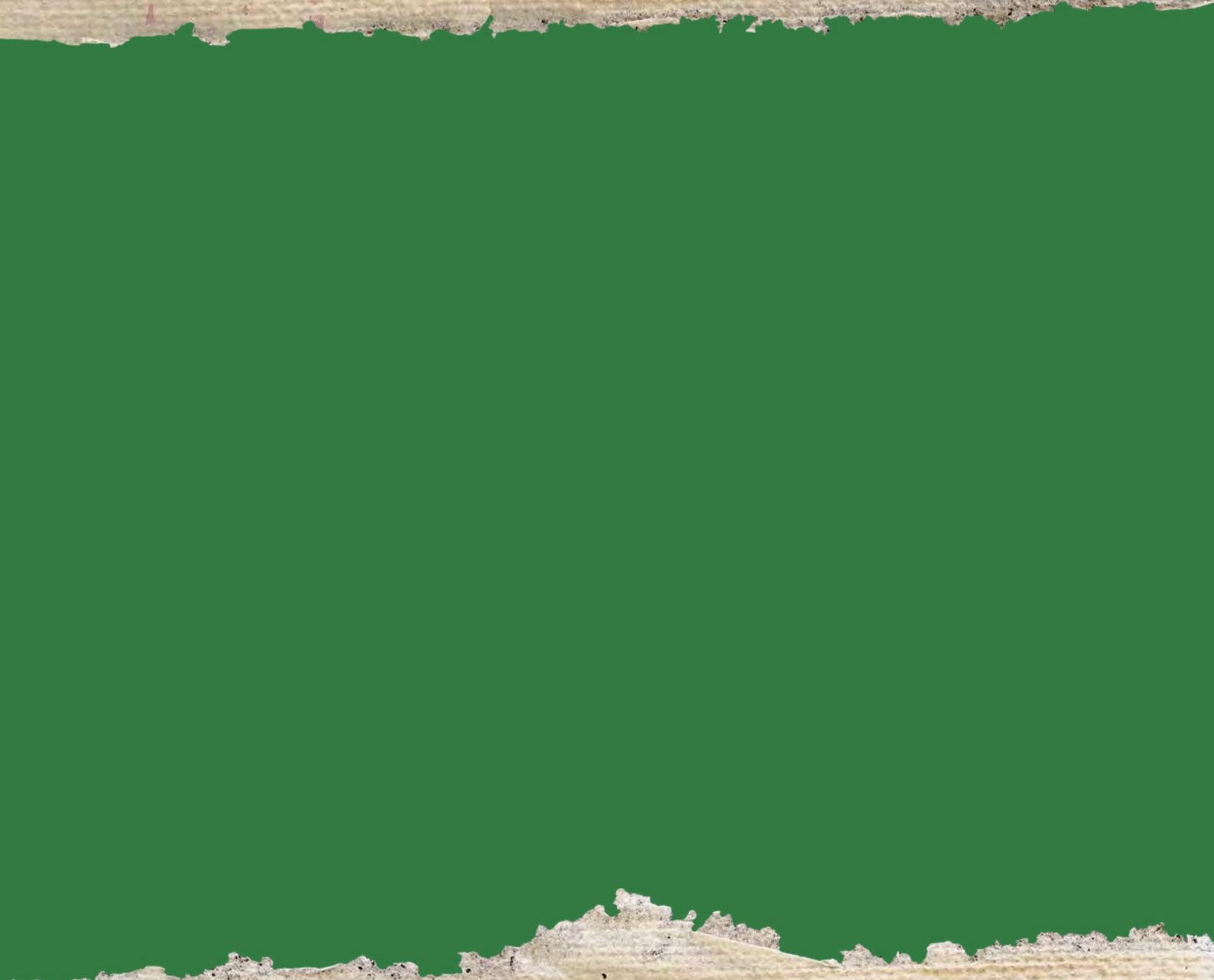
Where is Evelyn today?
What does she do now?

HEAR

What would you ask Evelyn?
What would you talk about?

SAY

What does Evelyn say to you?
What does she talk about?



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