



EK BOOKS

TEACHER NOTES & RESOURCES

Title: Ollie's Treasure

Subtitle: Happiness Is Easy To Find If You Just Know Where To Look!

Author: Lynn Jenkins

Illustrator: Kirrili Lonergan

Publisher: EK Books

Price: Hardback: ANZ \$24.99 | USA \$17.99 | CA \$23.99 | UK £9.99

Paperback: ANZ \$19.99 | USA \$14.99 | CA \$19.99 | UK £8.99

ISBN: HB: 9781925335422 | **PB:** 9781925820263

Publication date: HB: June 2017 | **PB:** Oct 2019

Audience age: 4 - 9

Key Curriculum Areas: English, The Arts, Health and Phys. Ed.



SYNOPSIS:

Ollie's Treasure is a sweet and simple story about the power of using our senses to notice the environment around us. Ollie's Gran is a wise lady and wants Ollie to realise that he himself has this power. So, she sends him on a treasure hunt – not one that Ollie expects, but one that turns out to lead to the greatest treasure of all. Gran's treasure hunt gently guides Ollie to use his senses to notice his environment, and then to think about how doing this makes him feel. Ollie is quite surprised by what he notices! A wonderful story to open a discussion about how everyone can use the resource of their senses to notice everything around them, and to introduce the idea that we should pay attention to our feelings as well – a HUGE mental health management skill for children to learn, practice and master.

THEMES:

Mindfulness, Noticing, Environment, Senses, Happiness, Simplicity, Acceptance, Treasure, Internal Resources, Strategies, Anxiety, Wellbeing, Social And Emotional Well-Being, Emotional Skill Building, Easy Well-Being Strategy, Early Intervention

SELLING POINTS:

- *Ollie's Treasure* is written and illustrated by the creators of the Lessons of a LAC series. Author/Psychologist Lynn Jenkins and Illustrator/Art Therapist Kirrili Lonergan are both passionate about creating picture books that promote emotional wellbeing.
- *Ollie's Treasure* is a great resource for opening up conversations related to mindfulness, the importance of finding happiness from within, and guiding children to appreciate the simple things that surround them.
- Through text and illustrations, children are led on a journey to find treasure. Such an adventure helps children to be in tune with, and experience, the emotions that 'happiness from within' brings.



TEACHER NOTES: Ollie's Treasure

AUTHOR MOTIVATION:

Working for years in clinical practice, Lynn has developed a passion for early intervention. The skill of simply 'noticing' is hugely important for children to learn. It is through practicing noticing using senses that builds the 'tuning-in' muscle. It is this skill that allows us to more easily 'tune-in' to ourselves when we are struggling (versus dismissing it) that is vital to managing our mental health. Realising that happy feelings can be achieved via simply noticing is a great skill too!

WRITING STYLE:

Simple, rhythmical, gentle, educational in the realm of mental well-being.

ILLUSTRATION STYLE:

The style is whimsical and full of emotion. The repetition of the character hopes to exaggerate the emotions felt by Ollie throughout his adventure.

AUTHOR & ILLUSTRATOR BACKGROUND:

Lynn Jenkins, Author

Lynn is an author as well as a practicing clinical psychologist and mum. She is very passionate about assisting children with social and emotional issues via the platform of picture books and their coinciding school visits.

Lynn wrote Lessons of a LAC, Brave, Perfect Petunias, Grey Glasses-itis and Tree – a five-book series – to give children a way to think about and manage worry and anxiety. Ollie's Treasure taps into another of Lynn's passions – mindfulness. This picture book has been recognised for its quality by being shortlisted for the Speech Pathology of Australia Awards in 2018.

Aside from writing, Lynn teaches mindfulness (to children and adults), children's yoga and emotion regulation classes, and counsels children and their parents from her psychology practice: Life Matters Psychologists, in Merewether, NSW.

Kirrili Lonergan, Illustrator

Kirrili Lonergan is a picture book illustrator, art therapist and book lover who resides in Newcastle, NSW. She has a passion for visual storytelling, loves sharing it with children and relates warmly to the needs of children through her former years working as a paediatric nurse. She is the illustrator for the Lessons of a LAC picture book series and the co-creator of the Lessons of a LAC anxiety management package. She was shortlisted for Ollie's Treasure in the Speech Pathology of Australia Awards in 2018 and has just completed her ninth picture book. She is an active committee member for the CBCA Newcastle Subbranch and a regular volunteer for Books4Outback.



INTERVIEW:

AUTHOR

What is the inspiration for this story?

Learning for myself that mindfulness can lead to happiness, I wanted to teach this lesson early to kids. Children have the capacity to notice details naturally and they love treasure hunts! The idea of 'treasure' being an internal resource is very accurate! Combining mindfulness with a treasure hunt seemed very logical!

What was the most rewarding part of this project?

It flowed very easily and had the feeling of 'writing itself'.

What was the most challenging part of this project?

Probably getting used to the name change of the character. I originally called him Raffle.

ILLUSTRATOR

What media do you use to create your illustrations? Briefly describe your process.

The illustrations were loosely sketched followed by a mix of mediums. Firstly, they have been painted using gouache, then ink and pastels have been applied.

What was the most rewarding part of this project?

The most rewarding part of illustrating *Ollie's Treasure* was going on the adventure with him. To really get to know your characters, you need to walk in their shoes... and the treasure at the end was a bonus!

What was the most challenging part of this project?

The most challenging part was to create illustrations that capture the attention of the children and express the emotions accurately.



TEACHER ACTIVITIES/NOTES

Fits into Mental Health and Well-Being (MH) and Relationships (RS).

- *Ollie's Treasure* is about 'noticing' things around you. Ollie used his 'senses' to notice. What are your senses?
- Do an interactive reading of *Ollie's Treasure*, following the treasure map that Gran sent Ollie.
- There are quite a few 'adjectives' in *Ollie's Treasure*. What is an adjective?
- What adjectives did the author use to describe what Ollie noticed?
- Use different adjectives to describe what you notice when using your senses.
- Write your own 'sensory' treasure map guiding your readers to use their senses.
- Just like you notice what you see, hear, taste, smell and touch, see if you can notice what your breath feels like. Notice if it has a temperature, a colour; notice whether it is slow or fast, smooth or ragged. Notice where you feel your breath the most – your nose, your chest, or your tummy? Notice how you feel when you have been noticing your breath for a while.
- Discuss the final treasure. How did this make Ollie feel and why?
- Look at the illustrations in the book and notice the different emotions expressed by Ollie. Draw yourself and how you would be feeling following your own treasure map. Discuss how you feel. Why are you feeling this way?
- Now that you know how to find happiness, how does that feel? Using crayons or coloured pencils, do an abstract drawing using colours that makes you feel happy.



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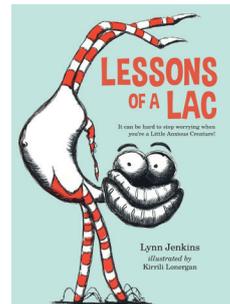
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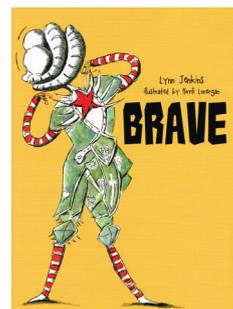


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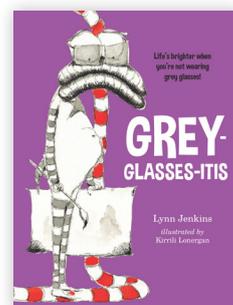
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