



PROJECT #70

TAKE THE OK CHALLENGE



To get started on the OK Challenge, you will need:

1. The OK Challenge worksheet — [click here](#) to download
2. Paper
3. Random objects for our warm-up activity (see step 2)—anything that could spark a project idea, like an empty tissue box, deck of cards, ball of string, paper cup, etc.
4. Writing and drawing materials (pens, pencils, markers)
5. (optional) A computer if you want to use a writing or design app to create your project instructions
6. Whatever extra materials each student needs for their project idea



Okay, friends, now that you've tried some of the projects on our website, we want to try yours!

We'll walk you through all the steps to creating your own activity that can help others when they're feeling stressed or worried.

We call this project the "OK Challenge" because it's about challenging ourselves to create more OKness in the world.

You can create your activity on your own, team up with a friend, work in a group, or even make it a classroom project.

(Educators and facilitators: We want your OK Challenge experience to be as easy and fun as possible. If you have any questions along the way, reach out to us anytime at hello@okyou.org.)



First, it's important to know that the OK Challenge is not just for the super artsy. We're looking for ideas, not masterpieces.

Also, each one of us is creative in our own way, especially when we focus on what we love. Wherever you find joy and expression—whether it's painting, cooking, music, dance, gaming, or nature—that's where your creativity will shine!

Here are just a few reasons to participate:

1. It's fun!
2. You could help a lot of people by sharing your idea with friends, classmates, and family.
3. If you send us your idea by April 28, it could get featured on our website or social channels. You'll also be entered to win one of fifteen \$25 gift cards for art supplies!



Step 1 of 10

Before we begin, let's get inspired!

You can find lots of inspiration [here](#).

(Educators and facilitators: If you're working with younger students, keep in mind that these projects were created by high school students. We suggest choosing the simplest project ideas to share, and letting your younger students know that they aren't expected to include as many words or details.)



Step 2 of 10

Next, let's spend a little time creating agreements so everyone feels safe sharing their ideas.

Here are a few sample agreements to kick-start your thinking:

We will welcome all ideas.

We will listen when others are sharing.

We will be respectful and kind toward each other.

We will honor different perspectives.



Step 3 of 10

Once you've created your safe space, it's time for a fun little warm-up exercise.

First, gather a handful of random objects to use as prompts. Here are some ideas:

An empty tissue box

A deck of cards

A ball of string

A paper cup

Masking tape

Next, choose one of your objects to use as an example.

As a group, brainstorm ways to use this object in a project that could help with stress or worry. For example, maybe the deck of cards could be a deck of affirmations.

After you've all shared your ideas, see if you can stretch your imaginations a bit further by coming up with the weirdest ideas you can think of!



Step 4 of 10

When everyone is warmed up, divide your group into pairs and give each pair one of the other random objects you've collected.

Set a timer for 10-15 minutes and have each pair brainstorm activities that involve their object. Remember, the OK Challenge is about coming up with activities that can help with stress or worry.

When the timer goes off, take turns sharing your ideas.

Step 5 of 10

If you have the time, it can be helpful to take a day or two before you begin creating your own activity. You can:

1. Spend some time walking around your neighborhood and looking at all the inspiration around you
2. Talk to your friends or family about the things that help you all when you're stressed
3. Go to a thrift store and look at various objects for inspiration
4. See what ideas you can find in your own room!



Step 6 of 10

It's now time to take all that creative energy and use it to create an OK Challenge activity!

This [worksheet](#) will walk you through all the steps. If you liked your warm-up project idea, it's totally okay to keep developing it as your OK Challenge activity.

(Educators and facilitators: For younger students, you will want to go through each step slowly as a group. It's also okay, of course, to simplify the instructions to just a few basic steps.)

The final step is to write your activity instructions on an 8 1/2 x 11 piece of paper (one side only). If you want to add a rough draft step to the process, move on to step 7. If you're ready to submit your project ideas, skip ahead to step 8.



Step 7 of 10

The goal of sharing rough drafts is to celebrate each other's ideas, and to offer positive, helpful feedback.

In pairs, take time to read through each other's ideas. When you're finished, here are a few ideas you could ask of your partner:

1. What do you like about the activity?
2. How do you think it would help people who are stressed or worried?
3. Is there anything else I should include to make it easier for others to do?



Step 8 of 10

When you're all finished with your project, it's time to send it to us!

We recommend scanning your paper for the best quality, but you can also take a photo — just be sure your photo is high-quality and taken in good lighting.

When you're ready to share, just [click here!](#)



Step 9 of 10

Congratulations!

Just by participating, you've already won the best prize of all: creating a project that can help others when they're feeling stressed or worried.

Your project might also get featured on this website, or OK You's social channels, inspiring thousands of people to create their own OK.

And...

All ideas received by April 28 have a chance to win one of fifteen \$25 gift cards for art supplies. If you miss the deadline, that's okay!—we'll be happy to include you in the

running for the following year.

Step 10 of 10

Adding your idea to our gallery is another way you can inspire others to create their own OK. Just click below to share a pic of your project!