

From Fears to Hopes

My okay challenge
By Trina Dinh

My OK project is about turning your fears into happy thoughts and hopes! When i do this activity is makes me feel free when I rip up all my worries and can no longer see the words.

Then when I write down my happy thoughts, I'm thinking less about my bad thoughts and more about hopeful things!

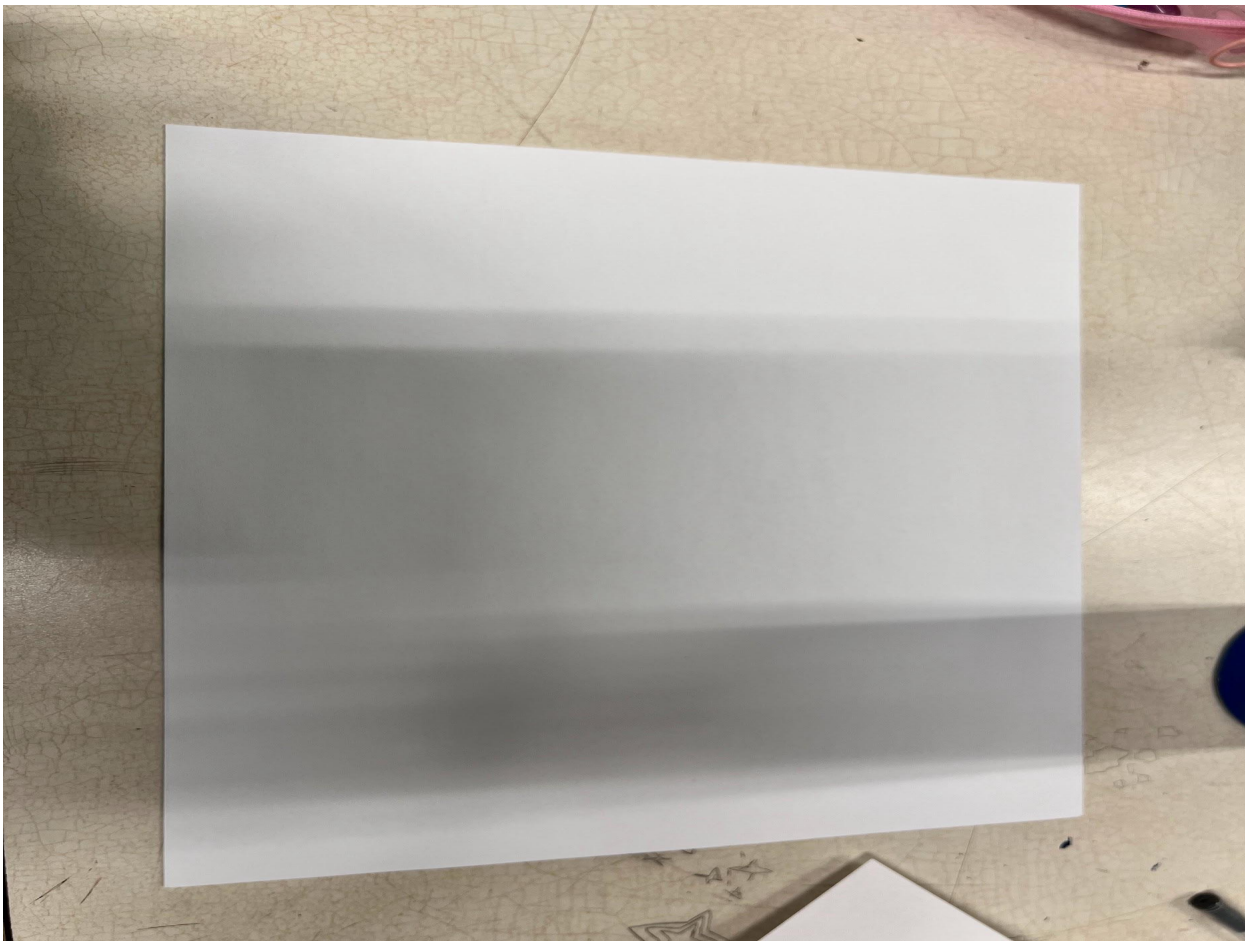
Materials needed:

2 pieces of paper

Glue stick

Something to write with

And anything to color and decorate with like
markers,
pens,
crayons,
color pencil,
anything



Step one:

Grab one piece of
blank paper

Step two:

Write or draw
on the paper
all your
worries, fears,
or problems

having to
need to write
a net essay

society turning
dystopian
local
feeling

no
inspiration
imperfect
do i annoy
people

fixed
do i annoy
people

old guys making
decisions for a whole
country

the willow
project

friend
problem

the willow
project

un-
motivated

slightly
worried
about
taking 3

not setting enough practice before matches

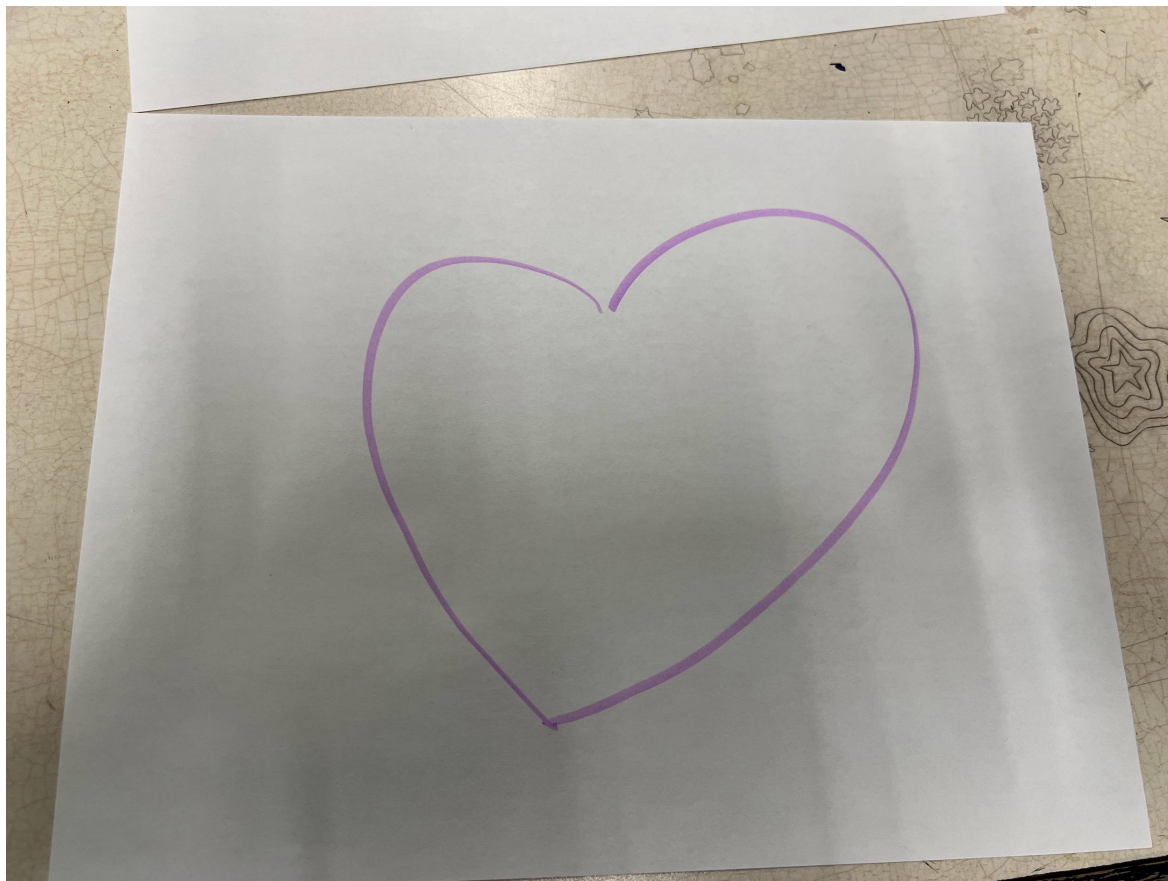
with florida
and texas,
like what are
they on

feeling alienated

worried about
what people
think of me.

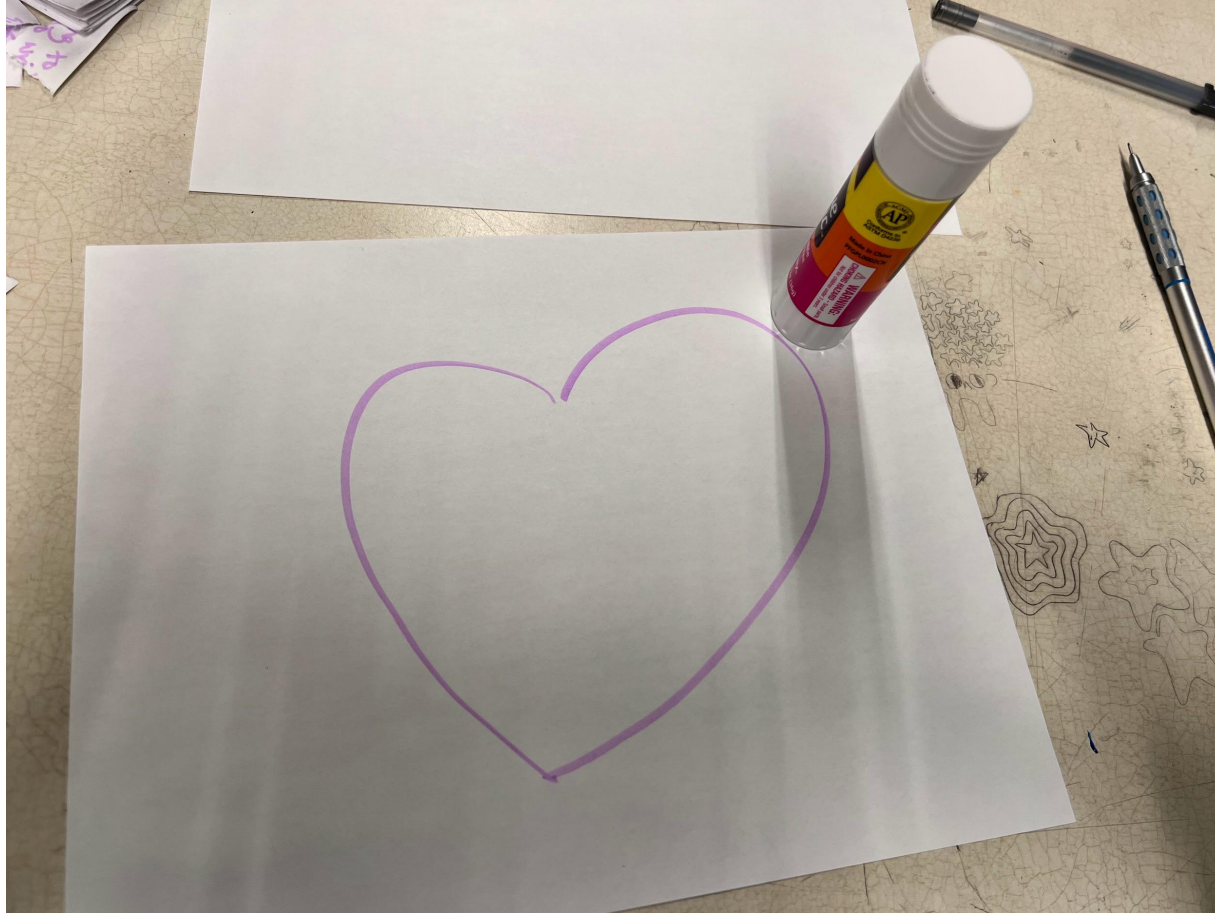
not getting enough practice before matches

[illegible][illegible]



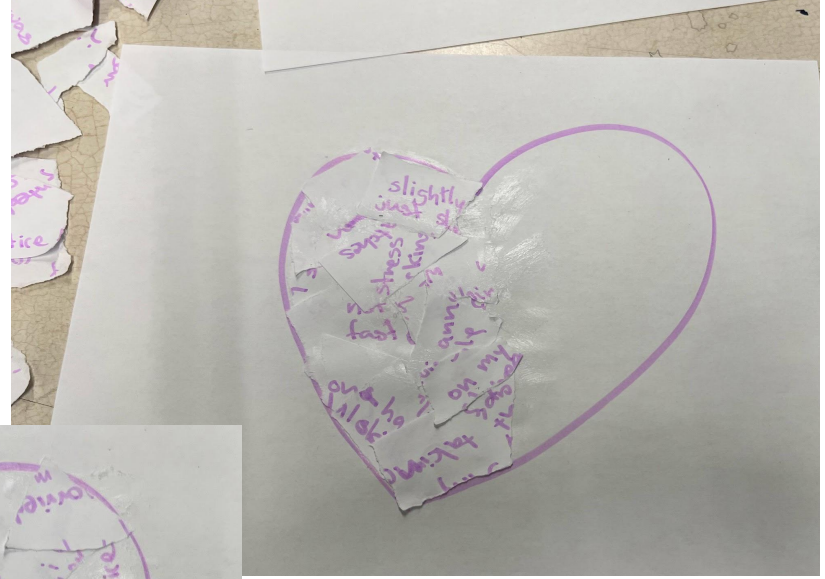
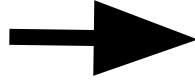
Step four:

Get out another blank piece of paper and then draw a heart in the middle of it.

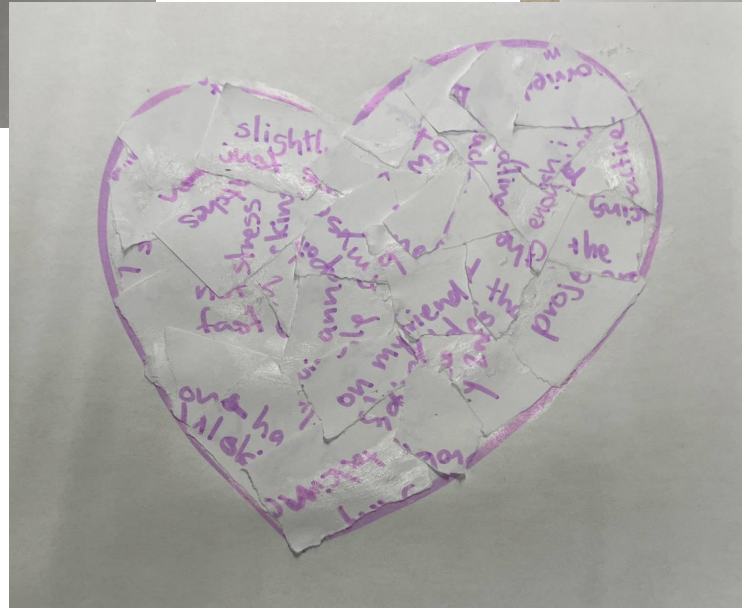


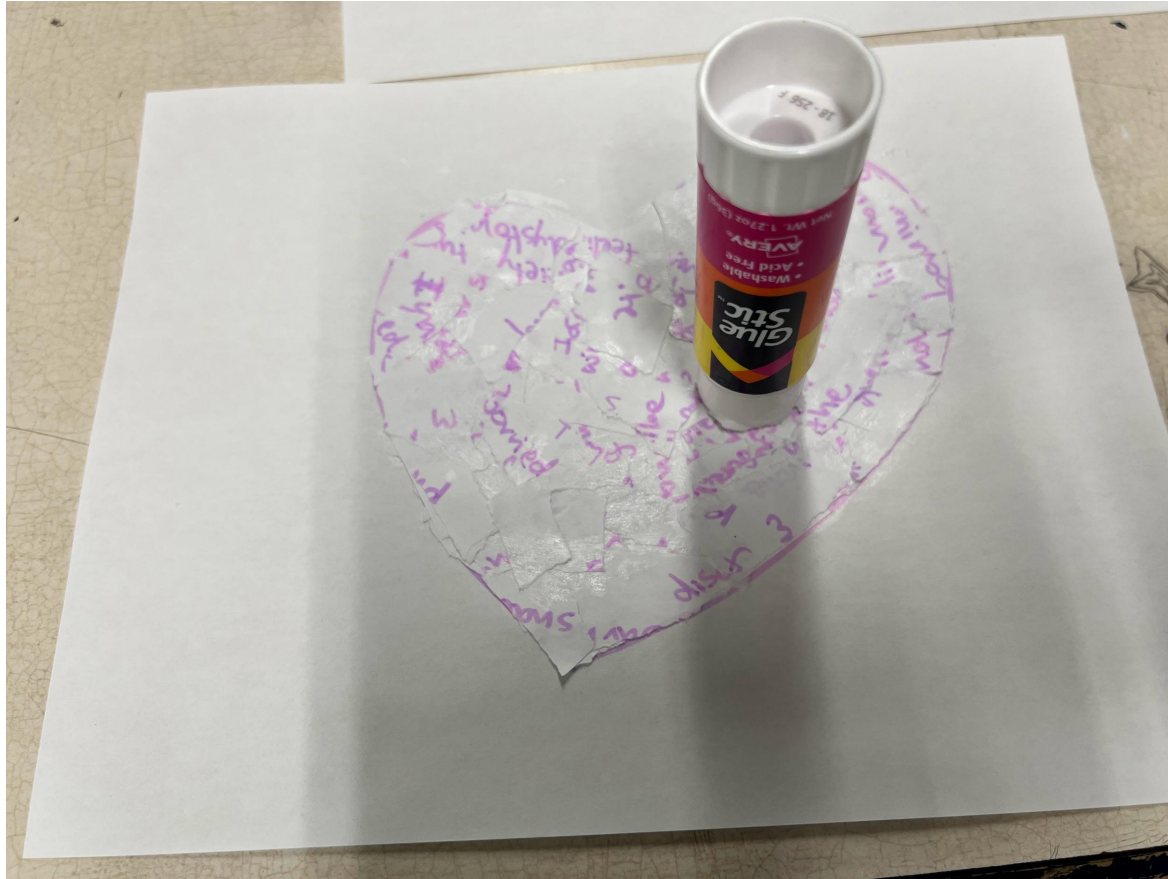
Step five:

Get out a glue stick
and start glueing
your ripped up
pieces in the heart.



There's going to be a lot of pieces so you can glue pieces on top of other pieces too

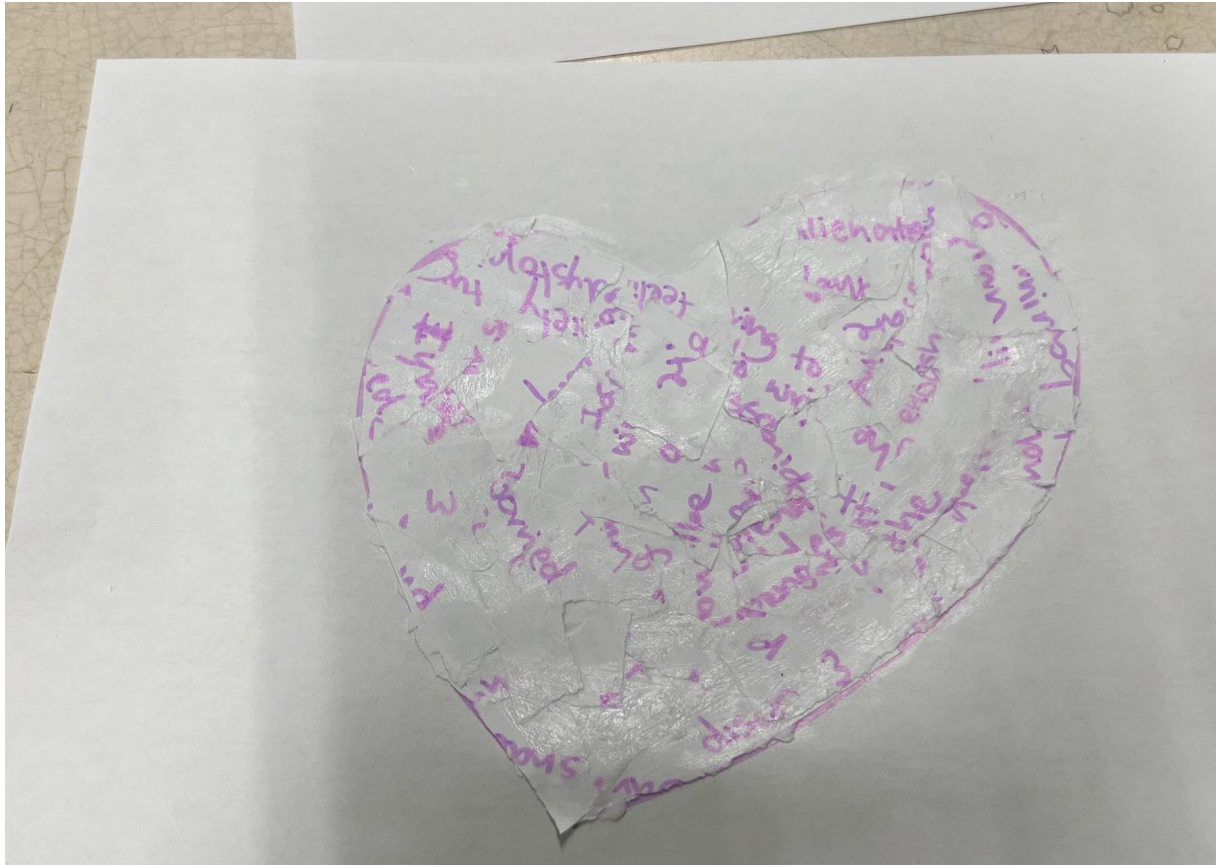




Step six:

Glue over the whole heart so the pieces of paper stay glued

This is what you should have so far



Last step!!

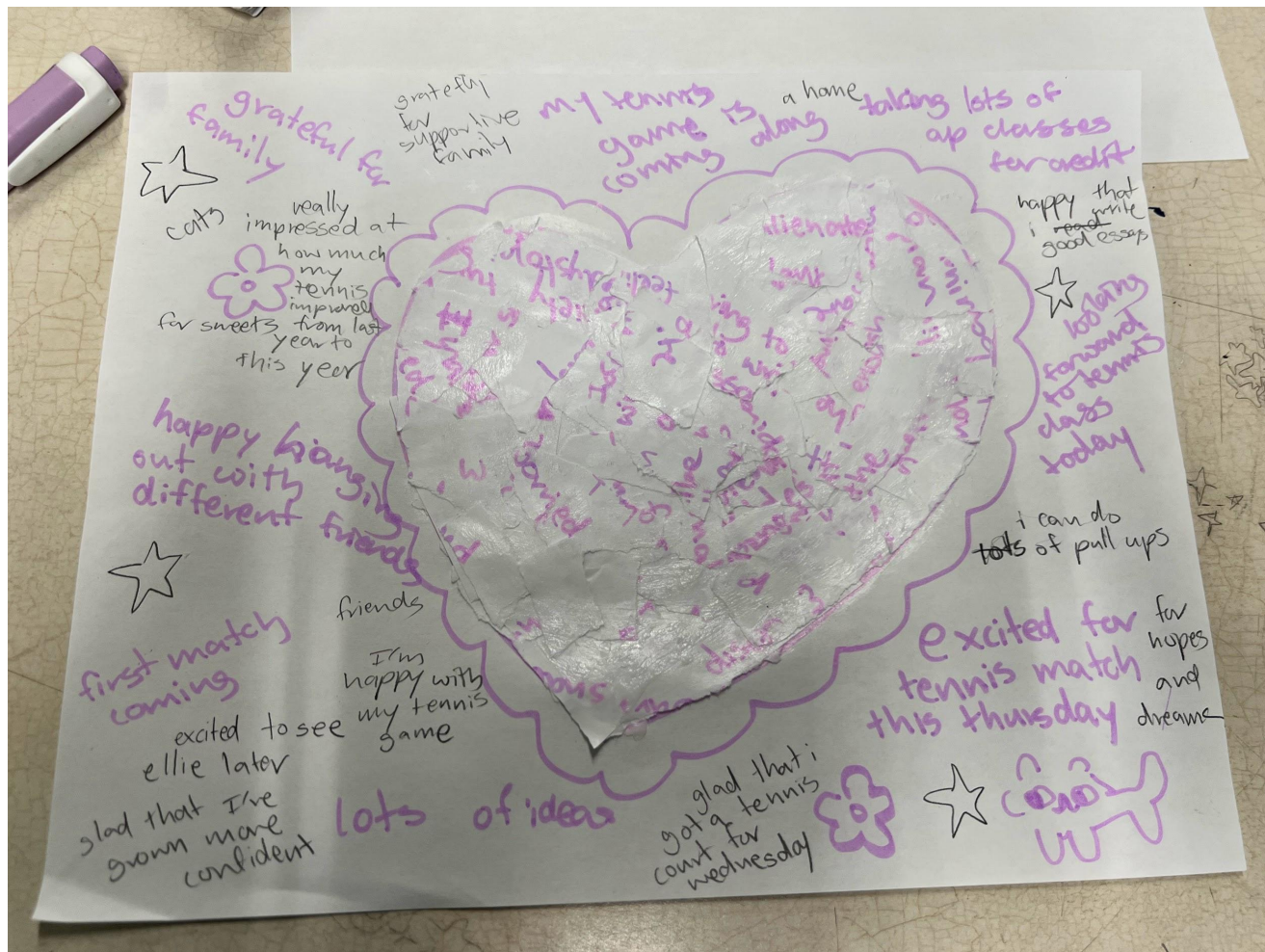
Write on the paper
your:

Hopes

Dreams

Things that make
you happy
Or good parts
about your day

Or you could write
about all of them!



P.S decorate your paper with
drawings and lots of color!!

**Thank you for doing my OK
challenge!**

I hope my activity will help you reach your OK
self and feel better if only just a little. Have fun
and stay OK!