

How do you get through  
stress and worry?

We're looking for your  
creative ideas!

# OKCHALLENGE **2025**

OPEN TO ALL HIGH SCHOOL STUDENTS!



Work on your own  
or in a team



Cash  
prizes!

Come up with a  
creative activity that  
can help others when  
they're stressed  
or worried

Finalists  
included in the  
OK Challenge  
e-book



No art experience  
needed! We're looking  
for new ideas —  
surprise us!



Great  
resume-builder!



Scan QR code or go to  
[okyou.org/ok-challenge-2025](https://okyou.org/ok-challenge-2025)  
for rules & guidelines



Enter by  
April 28!

Questions? Email us at [submissions@okyou.org](mailto:submissions@okyou.org)

OK You is a nonprofit that shares free creative resources for navigating big emotions and staying connected to our OK selves. Learn more at [okyou.org](https://okyou.org)