

TIP 4:

Look around your room, go for a walk, stroll through a thrift store, dig through the recycling. Ask yourself: How could this object be used in a project that helps people stay connected to their "OK selves"?

STEP 4

Using your list of ideas and gathered objects (see TIP 4) as inspiration, dream up some specific activities. If you like going on walks, what is a creative activity that you could do on a walk? If you're working with an object (cereal box, playing cards, an old T-shirt, etc.), how could your object be used in a project that helps with stress and worry?

STEP 5

Express your idea on an 8 1/2 x 11" piece of paper or digital document. You can face your paper in either direction, but please only use one side. Be sure to include everything on the checklist below.

- Name of project or activity
- How your activity can help with stress or worry
- List of supplies needed for your activity
- Instructions with images (drawings, photos, collage, or other visual)
- A short message that encourages others to try your activity

TIP 5:

Think about how to share your activity in a way that would get others excited to try it.

See next page for examples!

Visit okyou.org/ok-challenge-2025 for more info. Then scan this QR code to share your idea.



Enter by
March 31!

bit.ly/2025OKSubmission

Your project doesn't need to have as many words as these examples, and you can use any kind of visuals you want: drawings, photos, cut-out pictures, fabric... it's up to you!

Supplies needed for your project

Name of project

Description of your project that includes how it can help us stay connected to our OK selves

(P.S. You can present your project in any way and order you want as long as it includes these parts!)

Supplies: For this project you will need: paper, a pencil, colored pencils or markers, and (if you decide to create a postcard or island wear) heavy cardstock and a plain T-shirt

PROJECT TAKE YOUR BRAIN ON VACATION

STEP 1 IMAGINE TAKING OFF INTO THE SKY, FLYING AWAY UNTIL YOU LEAVE YOUR NEIGHBORHOOD BEHIND. FLY UNTIL YOU COME TO AN ISLAND, YOUR ISLAND, AND IT'S THE MOST PEACEFUL PLACE YOU'VE EVER SEEN. YOUR ISLAND IS IN YOUR MIND, SO IT CAN BE ANYTHING YOU WANT. DRAW: IT'S AN ANIMAL, PLANT, UNDER THE SKY IS GREEN AND THE SAND IS BLUE. CLOSE YOUR EYES UNTIL YOU HAVE A PICTURE IN YOUR MIND.

STEP 2 IN YOUR JOURNAL WRITE DOWN AS MANY DETAILS ABOUT YOUR ISLAND AS YOU CAN. WHAT DOES IT SMELL LIKE? WHAT DOES IT SOUND LIKE? WHAT DOES IT FEEL LIKE? WHAT DOES THE WEATHER LIKE? WHAT ELSE WOULD MAKE YOUR ISLAND COMFORTABLE? A HARBOR? A TREATS SHOP? A PERFECT VIEW FROM A HANGAR? HILLS? A TREE THAT GROWS YOUR FAVORITE FOOD?

STEP 3 NOW THAT YOU'VE WRITTEN WHAT'S ON YOUR ISLAND, WRITE DOWN WHAT YOU'VE ALREADY ON YOUR ISLAND. THINK OF IT AS A KEEP OUT SIGN.

STEP 4 DRAW A MAP OF YOUR ISLAND. YOU CAN USE WORDS, SYMBOLS OR BOTH TO REPRESENT SPECIAL FEATURES.

STEP 5 FINALLY, YOUR ISLAND WILL NEED A NAME!

NOW THAT YOU HAVE YOUR OWN ISLAND YOU CAN... CREATE A POSTCARD, DESIGN AN ISLAND T-SHIRT, OR MAKE OTHER ITEMS—SO MANY POSSIBILITIES!

AND MOST IMPORTANTLY, YOU CAN GO TO YOUR ISLAND ANY TIME YOU'RE FEELING STRESSED. JUST CLOSE YOUR EYES AND FLY AWAY!

Step-by-step instructions on how to do the project

A drawing, photo, cut-out picture or other visual to go with each step

(Optional) Any extra activities people can try with your project

A final message of encouragement!

Everyone feels stuck at one point, like we are lost in a maze with blocked paths and no clear way out.

When we are frustrated, making a puzzle lets us create our own exits. Getting lost and having to backtrack is part of the riddle and we all feel powerful when we don't give up but instead try a new solution.

SUPPLIES
Pencil
Eraser
Pen
Paper

How to Draw a Maze

- In pencil, lightly draw a path using two parallel lines
- Use your eraser to make a gap in the lines and add new paths that can be short cuts or dead ends
- Add treasures for your friends to collect
- Trace your final design on top in pen and erase your pencil lines

A cool maze has obstacles and dead ends or even hidden treasure (just like life!) Mazes are to be shared, let your friends try out your puzzle too.

Just like tackling a problem, we draw mazes in small steps and at the end, something that looks super complicated might have an easy answer. Just remember lots of journeys have twists and turns, and we can turn those into something fun

CREATE YOUR OWN... OK CAFE

Feeling comfortable is a great way to feel OK, and what's more comfy than a nice warm bowl of soup?

Breakfast: Find your OK character

Imagine feelings that make you feel OK. Are you comfortable? Warm? Cozy? Now think of some animals that represent those feelings. For example,

A cozy, wrapped up bear

Does being all cuddled up in a blanket make you feel OK? Maybe sitting by a fire reading a book or watching a show is your jam. Animals like bears and big dogs have natural blankets and jackets to be comfy 24/7!

A relaxed, smooth crab

Maybe a keen focus on your hobbies and passions makes you feel OK? Silly little crustaceans can channel focus through their big eyes and strong claws!

A comfortable rockstar chicken

Do you feel most OK when you're expressing yourself and being happy in your own skin? Make your OK animal a rocketstar, a chicken is a great example for one!

A welcoming, nurturing pigeon

Perhaps you like being a kind, comforting person to the people in your life? Bring that out by making a motherly OK character! Birds like pigeons can be great for their inviting eyes and big wings!



Dinner: Bring the character to life

Now that you've thought of an OK cafe creature, either from your head or based off the examples, bring them to life! How do they cook? Maybe they hold a ladle or use a tail to stir the pot. What kind of soups do they like? Maybe they're cooking a comforting ramen or pho, or perhaps they prefer a split pea soup. The sky is the limit, and once you give them a soup and a personality you will have a cute friend with warm soup for everyone!

