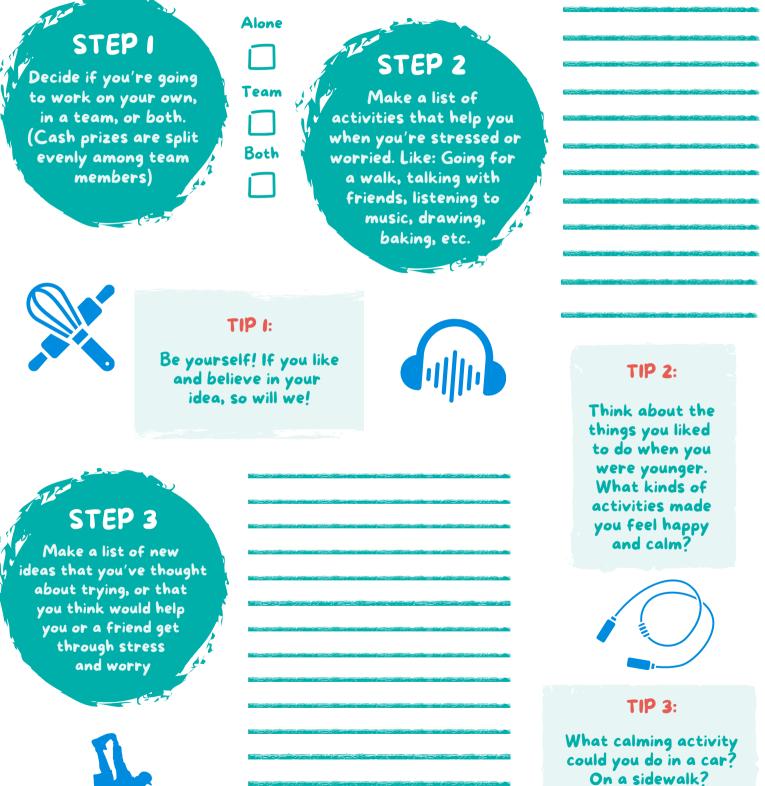
OKCHALLENGE²⁰ Worksheet

CALLING ALL HIGH SCHOOL STUDENTS!

How do you get through stress and worry? We're looking for your creative ideas!

At a school desk? In a hallway?



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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 5

Express your idea on an 8 I/2 x II" 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!

STEP 4

y, 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?

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





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!

