OKCHALLENGE Worksheet

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

STEP 1

Decide if you're going to work on your own, with a partner, or a in a team

Alone ☐

Partner ☐

Team ☐

STEP 2

Make a list of activities that help you when you're stressed or worried. Like: Going for a walk, listening to music, drawing, baking, etc.

TIP 1:

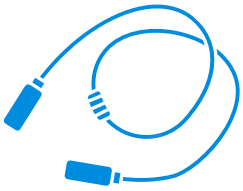
Be yourself! If you like and believe in your idea, so will we!

TIP 2:

Think about the activities that make you feel happy and calm.

STEP 3

Make a list of new ideas that you think would help you or a friend get through stress and worry



TIP 3:

What calming activity could you do in a car?
On a sidewalk?
At a school desk?
In a hallway?

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

With 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

Share instructions for your idea on an 8 1/2 x 11" piece of paper. You can face your paper in either direction, but only use one side.

TIP 5:

Be sure to include everything on the checklist below.

- ☐ Name of your 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

STEP 6

Go to okyou.org/projects/take-the-ok-challenge to share your idea!

Send us your idea by April 28 for a chance to win a prize!