

OK CHALLENGE 2024

**OPEN TO ALL MIDDLE
AND HIGH SCHOOL
STUDENTS!**

**FIRST PLACE: \$350
SECOND: \$250
THIRD: \$150**

**SUBMISSIONS
ACCEPTED THROUGH
DEC 1ST, 2024**

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

WHAT'S THIS ALL ABOUT?

OK You works with all kinds of humans to design creative projects that support emotional wellness. Our goal is to inspire more people to "create their own OK." We think of OKness as that feeling of inner peace you get when you're feeling strong, calm and connected to your best self.

We believe we all have it in us to create that feeling for ourselves, and:



**We believe that middle and high school students
have the wisdom and imagination to
create more OKness in the world.**

DO YOU NEED TO HAVE EXPERIENCE OR BE AN ARTIST?

Absolutely not. Your experience as a human is what we value most.

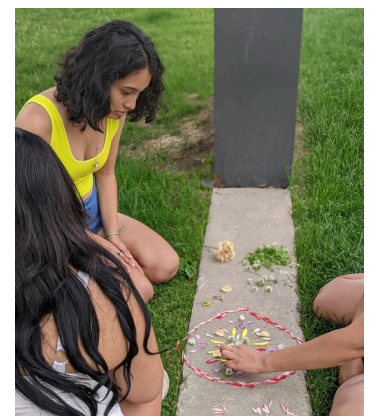
Also, we believe that we're all creative in our own way, especially when we focus on what we love. Wherever you find joy and expression—in painting, cooking, music, nature, etc—that's where your creativity will come alive.

WHY PARTICIPATE?

If selected as a finalist, your project will be featured in our e-book and on our website at okyou.org, inspiring others to create their own OK.

You also have a chance to win one of our three cash prizes.

And, most importantly, your idea could make a difference in many lives and bring more OKness to the world!



Ready to enter your idea in the OK CHALLENGE?

STEP 1

Look over our [About page](#) and [CREATE](#) page to learn more about our mission and projects.

STEP 2

Decide if you are going to work on your own or in a team of up to 3. (Cash prizes are split evenly among team members.) All members of your team must be in middle or high school. Whether you're working on your own or in a group, you may submit up to 3 ideas.

STEP 3

Spend some time thinking about this question:

What are some creative activities that could help us when we're stressed or worried? Creative activities can include drawing, painting, sculpture, music, dance, movement, nature-based art, cooking or baking... surprise us!

It's okay if you don't do those activities yourself, you can still come up with ideas! For example, even if you aren't a dancer, you can still come up with a project that involves dance.

STEP 4

Once you have a creative activity in mind, come up with a specific project idea.

For example, if you came up with baking as your activity, what is a baking project that would help us in times of stress? Maybe it's a layer cake with each layer representing a feeling.

Nature Mandalas



Artists from around the world especially in India and Tibet create mandalas using all types of materials like pen and ink, sand or even flowers, each one is unique and beautiful. Making one is the perfect project when you want to slow your brain down and have a quiet and creative moment to yourself.

SUPPLIES

Make a natural mandala from anything! Part of the fun is a painted with collecting sticks, rocks, leaves and seeds. See how many different colors of things you can find or look for interesting shapes.

1. Find a flat space like table or sidewalk to lay out your design. 2. To make your mandala put something special in the center and work your way out. 3. Add new objects and colors to each row. 4. As you lay things out what else do you notice? Do some things smell good, are some rocks smooth and others bumpy? Maybe you'll use the whole head of a yellow dandelion or take it apart and use the green and white seeds inside.

Natural mandalas are temporary, the flowers will wilt and turn brown or might all get blown away in the wind, but that is what makes them special. Often in life we think about finishing a project or getting something done, with a mandala we are living in the moment thinking deeply about the natural things around us. The idea behind making a mandala is to get lost in your work!



You can find mandala shapes in nature around us in seashells, spiderwebs, pinecones, and butterflies.

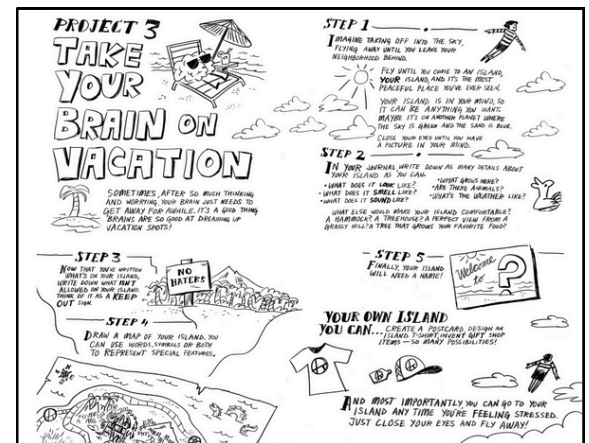
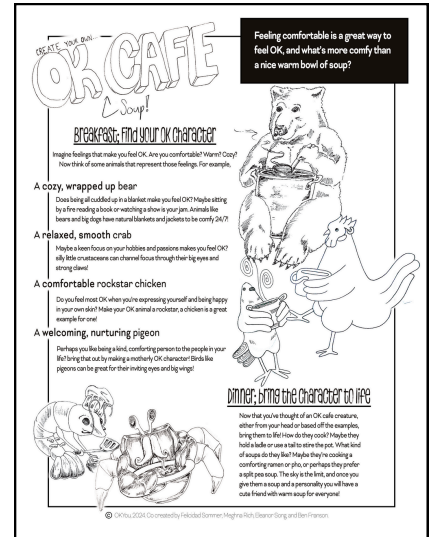


STEP 5

When you have an idea, share your project on an 8 1/2 x 11 piece of paper. You can face your paper in either direction, but please only use one side.

On your paper, include:

1. The name of your project
2. A description of your project that includes how it can help us stay connected to our OK selves.
3. Step-by-step instructions on how to do the project.
4. A drawing, photo, cut-out picture or other visual to go with each step.
5. (Optional) Any extra activities people can try with your project. For example, once someone creates their brain vacation spot, they can design postcards and island T-shirts.
6. A final message that encourages people to try the project.



FINAL STEP!

You are now ready to share your idea!

Scan the QR code to the right, or go to www.bit.ly/49J8y5f. This will take you to our submission form. Once there, follow the instructions carefully.

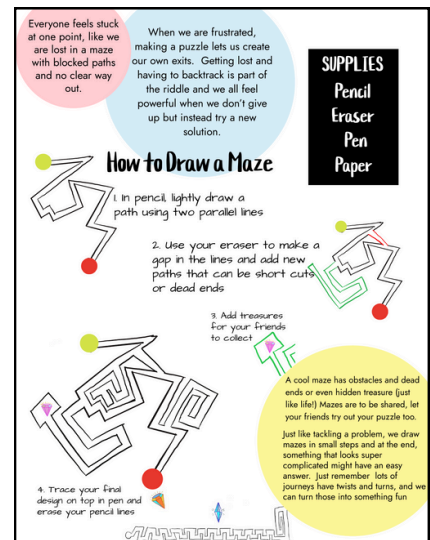
If you have questions or need assistance, email us at submissions@okyou.org.

Projects must be received by 11:59 PST December 1st, 2024.

WHAT'S NEXT?

A diverse panel of volunteer judges will review all of the projects to determine our finalists.

Finalists will be notified by January 20.



bit.ly/oksubmit2024