

How do you  
work through  
stress and  
worry?

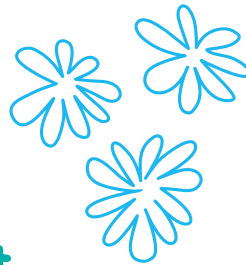
We're looking  
for your  
creative ideas!

# OK CHALLENGE 2024

OPEN TO ALL MIDDLE AND HIGH SCHOOL STUDENTS!



Work in a team  
of up to 3



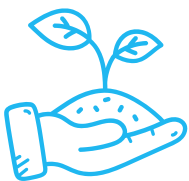
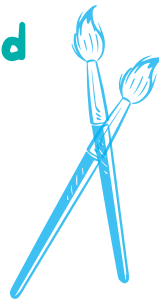
Come up with a  
creative activity that  
can help others when  
they're stressed or worried



Finalists   
included in the  
OK Challenge  
e-zine!



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



Scan QR code or go to  
[okyou.org/ok-challenge-2024](https://okyou.org/ok-challenge-2024)  
for rules & guidelines



Enter by  
December !!

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

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