

Worksheet

STEP 1

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)



TIP 1:

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

STEP 2

Make a list of all the things that help you get through stress or worry.

Like:

- Going for walks
- Talking with friends
- Drawing
- Exercising
- Baking

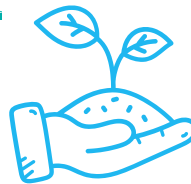


TIP 2:

Look around your room, go for a walk, stroll through a thrift store, dig through the recycling bin. Ask yourself: How could this object be used in a project?

STEP 3

Make a list of other ideas that you don't do yourself, but that you think could be helpful.



TIP 3:

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

TIP 4:

Think about some things you liked to do when you were younger. What kinds of activities made you feel happy and calm?

PROJECT 3

TAKE YOUR BRAIN ON VACATION

SOMETIMES, AFTER SO MUCH THINKING AND WORRYING, YOUR BRAIN JUST NEEDS TO GET AWAY FOR AWHILE. IT'S A GOOD THING BRAINS ARE SO GOOD AT DREAMING UP VACATION SPOTS!

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. MAYBE IT'S ON ANOTHER PLANET WHERE 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 LOOK LIKE?
- WHAT DOES IT SMELL LIKE?
- WHAT DOES IT SOUND LIKE?
- WHAT GROWS HERE?
- ARE THERE ANIMALS?
- WHAT'S THE WEATHER LIKE?

WHAT ELSE WOULD MAKE YOUR ISLAND COMFORTABLE? A HAMMOCK? A TREEHOUSE? A PERFECT VIEW FROM A GRASSY HILL? A TREE THAT GROWS YOUR FAVORITE FOOD?

STEP 5

FINALLY, YOUR ISLAND WILL NEED A NAME!

YOUR OWN ISLAND YOU CAN...

CREATE A POSTCARD, DESIGN AN ISLAND T-SHIRT, INVENT GIFT SHOP 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 3

NOW THAT YOU'VE WRITTEN WHAT'S ON YOUR ISLAND, WRITE DOWN WHAT ISN'T ALLOWED 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.



Here are a few examples!

Your project doesn't need to have as many words as these. And you can use drawings, photos, or cut-out pictures.

Nature Mandalas

You can find mandala shapes in nature around us in snowflakes, spiderwebs, pinecones, and sunflowers.

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 peaceful walk collecting sticks, rocks, leaves even weeds. 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.
- 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!



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 rockstar, 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!

