





**Project Example 1**

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!

Supplies needed for your project

Name of project

Description of your project that includes how it can help us stay connected to our OK selves

(P.S. You can present your project in any way and order you want as long as it includes these parts!)

Step-by-step instructions on how to do the project

A drawing, photo, cut-out picture or other visual to go with each step

(Optional) Any extra activities people can try with your project

A final message of encouragement!

**PROJECT TAKE YOUR BRAIN ON VACATION**

**STEP 1** IMAGINE TAKING OFF INTO THE SKY, LEAVING EVERYTHING BEHIND.

FLY UNTIL YOU COME TO AN ISLAND, YOUR ISLAND, AND IT'S THE MOST PLEASANT 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?
- ARE THERE ANIMALS?
- WHAT DOES IT SOUND LIKE?
- 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 3** NOW THAT YOU'VE WRITTEN UP WHAT'S ON YOUR ISLAND, WRITE DOWN WHAT YOU THINK YOU'VE LEARNED FROM IT. 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.

**STEP 5** FINALLY, YOUR ISLAND WILL NEED A NAME!

**NOW THAT YOU HAVE YOUR OWN ISLAND YOU CAN...**

- DESIGN AN ISLAND T-SHIRT
- INVENT GIFT SHOP ITEMS — SO MANY POSSIBILITIES!

AND MOST IMPORTANTLY, YOU CAN GO TO YOUR ISLAND ANY TIME YOU FEEL DEPRESSED. JUST CLOSE YOUR EYES AND FLY AWAY!

## CREATE AN... Affirmation Monster!

Make a monster filled with affirmations to connect you with your OK self every morning!

### Materials

- a box (preferably a shoe box)
- paint & paintbrushes
- colored markers
- scissors
- liquid glue
- assorted sticky notes



Sprinkles, my affirmation monster :)

#### Step 1:



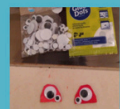
Use a pencil to draw teeth on the lips of the shoe box. Use scissors to cut over the lines. Using the scraps, cut out two pieces for the eyes.

#### Step 2:



Paint the body and the pieces for the eyes of your monster.

#### Step 3:



Glue googly eyes onto the cardboard for the eyes. Glue the bottom edge of each piece to the top of your box to create its eyes!

#### Step 4:

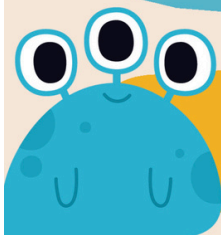


Use pom poms, jewels, crepe paper, or other craft supplies to complete your monster's finished look!

#### Step 5:



Cut sticky notes into different shapes and write affirmations for yourself. Fold, then put them inside your monster. Need ideas? Click [here!](#)



Now that you have finished your affirmation monster, tell your friends to make one too. That way, you can share affirmations from each other's monsters!





Project  
Example  
3

This project was created by a team of four people. Remember, you can submit up to two projects, either on your own, in a team, or one of each. Keep in mind that cash prizes are divided evenly among members.

CREATE YOUR OWN...  
**OK CAFE**  
↳ 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!

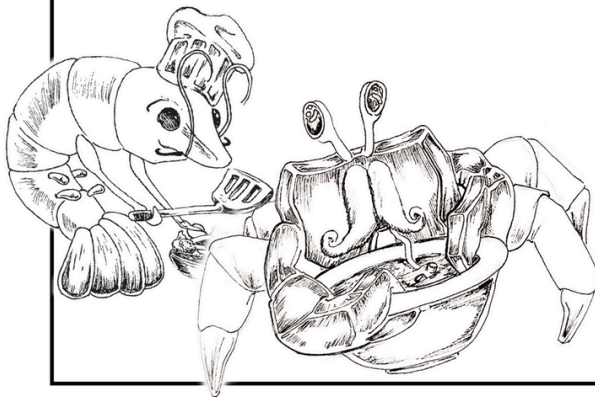
Feeling comfortable is a great way to feel OK, and what's more comfy than a nice warm bowl of soup?

For this project, you will need:  
A piece of paper and pens or pencils



**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!



# MAKE FRIENDS WITH A TREE!

When I'm sad or stressed, trees always help me feel calm again. I have a special tree that I visit whenever I go for a walk. It changes to a pretty orange color in the Fall and loses its leaves in the winter. Watching it change through the seasons helps me to remember that nothing is permanent and that my sadness or worry will eventually fall away like the leaves.

## SUPPLIES:

1. A tree!
2. A journal
3. Something to write and draw with, like colored pencils
4. Optional: A phone for taking photos of your tree



## STEP 1:

Go for a walk to find your special tree. It doesn't have to be a fancy or big tree, just one that speaks to you. Write notes in your journal about the tree – what it looks like, and where it is – so you can find it again. Take some photos if you want to.



## STEP 2:

Get to know your tree! What do the leaves look like? What does the bark feel like? Are there any bugs crawling on it? My special tree is kind of crooked, which I like, because it reminds me that you don't have to be perfect to be beautiful!



## STEP 3:

Visit your tree at least weekly. Keep track of any changes you notice. If you want to, you can even start a "dear tree" diary in your journal. Writing your thoughts to your tree can help when you're going through a hard time.

You can also draw in your journal and even press leaves and flowers between the pages!



I hope you try this project, and I hope that making friends with a tree helps you find more peace in your life.



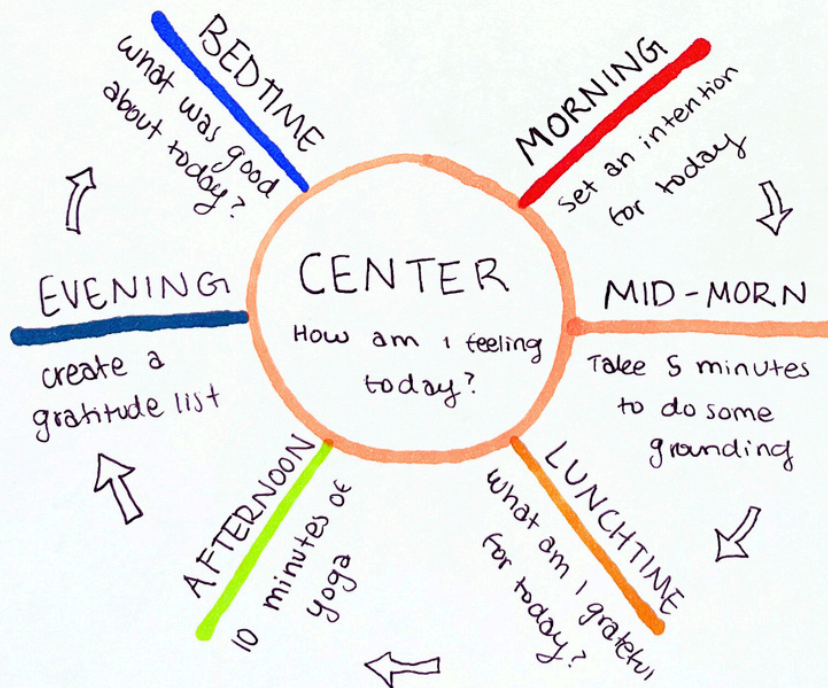


# MINDFULNESS MAP MAYA ALTOGI

What are some activities you do to practice mindfulness? Let's brainstorm and make a map together! Pick 5-6 times of day to check in and practice mindfulness. The goal of this map is to encourage you to stop and take breaks throughout the day. Allow this to serve as a visual reminder.

## EXAMPLE

create prompts or activities for each time of day. These can stay the same, or be refreshed every once in a while!



All you need is paper + markers!

HANG THIS SOMEWHERE VISIBLE, USE IT THROUGHOUT YOUR DAY!

**Project Example 5**

# Future You Mailbox:

-A writing and art activity to find your OKself-

By **Nguyen Hoang & Alaska Macaweera**

## Connecting to your OK self:

Future You Mailbox is a mix of a writing and art activity that helps us create a space to vent out our emotions and worries. Writings things down has always been an effective way to to relieve ourselves from stress. As we write letters to our future selves, we build up a sense of hope, that our problems will be resolved by then. When our Future selves open these letters, we can be reminded of what we've overcome and feel proud of ourselves. In this activity, there's also a space on the back of each letter for our future selves to respond to. These letters can be used to keep track of our character development and obstacles, as well as memories. It creates a positive effect for our present selves AND future selves.

### Materials:

- Shoebox
- Paint brush
- Paint
- Paint palette
- Stickers
- Glitter
- Washi tape
- Paper (to write on)
- Pens/Pencil
- Scissors
- X-Acto Knife

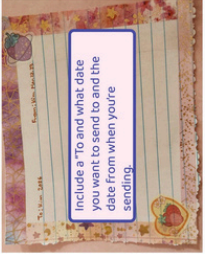


## Preparing your Future Letters:

**1** Cut out paper to your size of choice. Consider that this will be the size of each letter.



**2** Decorate the front of your letter with washi tape, stickers, etc.



**3** Decorate the backside of your letter. This will be for your Future self to reply on.



## Preparing your Future Mailbox:

**1** Paint your shoe box however you like, be creative!



**2** After the paint dries, decorate the exterior of the box. You can also decorate the interior.



**3** Lastly use the knife to create a slit on the lid of the box to slide your letters in.



**4 Write out your letter and send it!**

- Things to consider while writing:
- Is there a hard time in your life right now you would like to ask the future about?
  - Is there a wonderful memory you've just experienced you'd like to keep for the future?
  - Are there things you'd like to ask your future self about?
  - Plan when you will finally read your letters.

## Try it!

This project can help you put your feelings into words. These notes can give you something to look forward to, and keeps you in check for being 'OK'. Also, when you realize your feelings, it is easier to face them. This is a fun project that can help you keep in touch with your creative side!