

How do you get through
stress and worry?

We're looking for your
creative ideas!

OKCHALLENGE 2025

OPEN TO ALL HIGH SCHOOL STUDENTS!



Work on your own
or in a team



Cash
prizes!

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

Finalists
included in the
OK Challenge
e-book



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



Great
resume-builder!



Scan QR code or go to
okyou.org/ok-challenge-2025
for rules & guidelines



Enter by
March 31!

Questions? Email us at submissions@okyou.org

OK You is a nonprofit that shares free creative resources for navigating big emotions and staying connected to our OK selves. Learn more at okyou.org