

How do you get through
stress and worry?

OK You is looking for your
creative ideas!

OKCHALLENGE 20
25

OPEN TO ALL HIGH SCHOOL STUDENTS!

WHAT'S THIS ALL ABOUT?

OK You is a nonprofit with a mission to inspire more people to "create their own OK."

Think of **OKness** as that feeling of inner peace you get when you're feeling strong, calm and connected to your best self.

OK You believes we all have it in us to create that feeling for ourselves, and that high school students have the wisdom and imagination to create more **OKness** in the world.

3 REASONS TO PARTICIPATE:

1

Support wellness!
Spread OKness!



2

Win cash prizes!

1ST PLACE: \$350
2ND PLACE: \$250
3RD PLACE: \$150

3

25+ finalists will have
their ideas featured in
the OK Challenge e-book!



HOW IT WORKS:



Work on your own
or in a team
(you can submit up to 2 ideas)

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



No art experience
needed! OK You is
looking for new ideas!



Enter your idea by
midnight, March 31!



[View How-To Video](#)

STEP 1

Decide if you are going to work on your own, in a team, or both. (Cash prizes are split evenly among team members)

Alone

Team

Both

You can submit up to 2 ideas—
on your own, in a team,
or a combination.

STEP 2

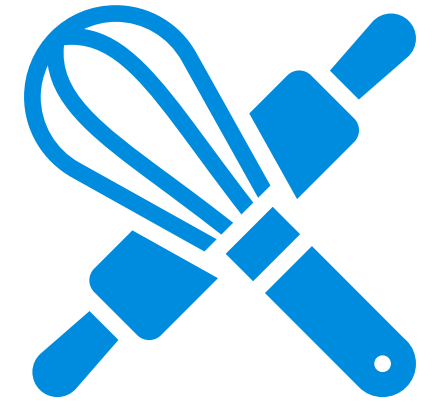
Make a list of all the things that help you get through stress or worry.

Like:

Going for walks
Talking with friends
Listening to music
Drawing
Baking

TIP 1:

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



TIP 2:

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

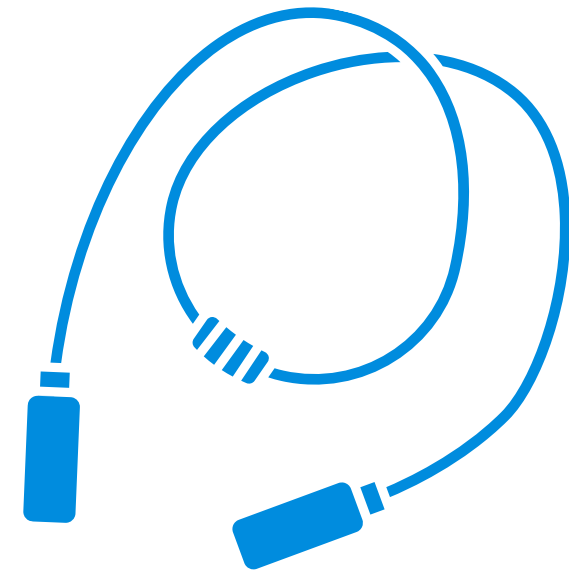


STEP 3

Make a list of new ideas that you've thought about trying, or that you think would help you or a friend get through stress and worry

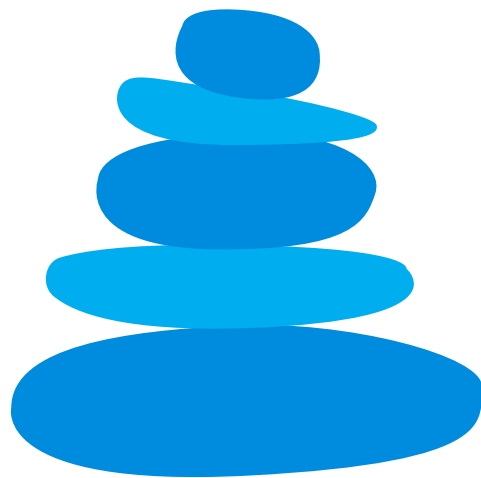
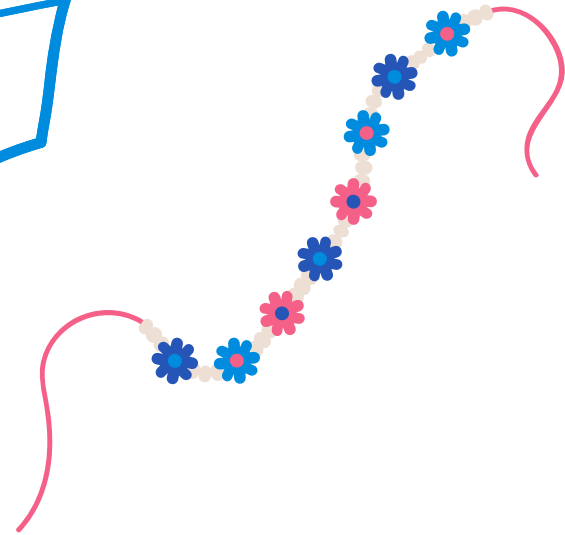
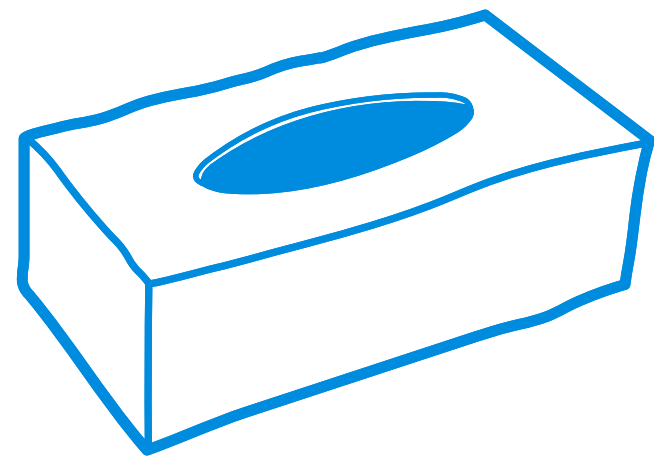
TIP 3:

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



TIP 4:

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 that helps people stay connected to their "OK selves"?



STEP 4

Using your list of ideas and gathered objects (see TIP 4) as inspiration, dream up some specific activities. If you like going on walks, what is a creative activity that you could do on a walk? If you're working with an object (cereal box, playing cards, an old T-shirt, etc.), how could your object be used in a project that helps with stress and worry?

STEP 5

Express your idea on an 8 1/2 x 11" piece of paper or digital document. You can face your paper in either direction, but please only use one side. Be sure to include everything on the checklist below.

- Name of project or activity
- How your activity can help with stress or worry
- List of supplies needed for your activity
- Instructions with images (drawings, photos, collage, or other visual)
- A short message that encourages others to try your activity

TIP 5:

Think about how to share your activity in a way that would get others excited to try it.

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!)

Supplies: For this project you will need: paper, a pencil, colored pencils or markers, and (if you decide to create a postcard or island wear) heavy cardstock and a plain T-shirt

PROJECT 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 GROWS HERE?
•WHAT DOES IT SMELL 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 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.

STEP 5
FINALLY, YOUR ISLAND WILL NEED A NAME!
WELCOME TO ?

NOW THAT YOU HAVE 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-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!

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!



This project was created by a team. Each member came up with a different character.

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!

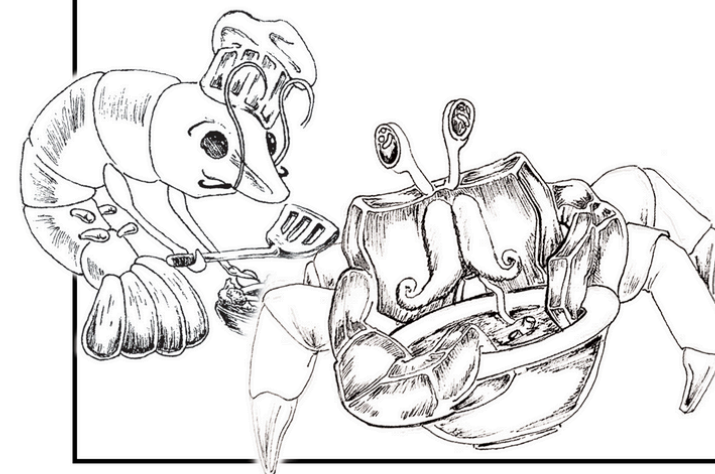
A comfortable rockstar chicken

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?



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



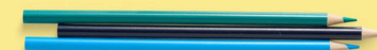
STEP 1:

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.

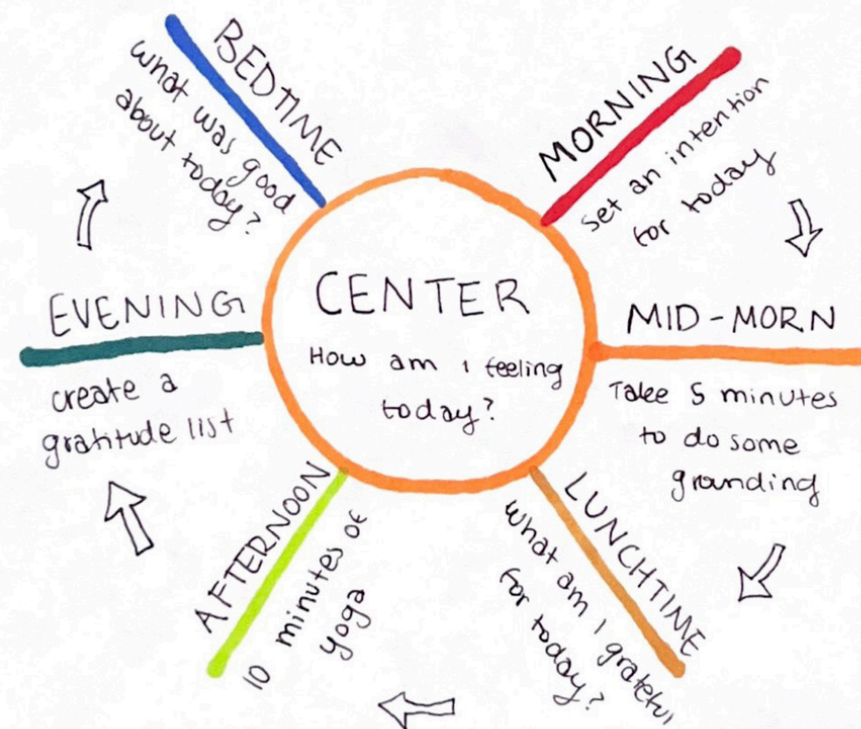


MINDFULNESS MAP MAYA ALTUG

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!

For more info
and guidelines:



okyou.org/ok-challenge-2025



To submit
your idea:



bit.ly/2025OKSubmission