

OKCHALLENGE²⁰²⁵

TIPS FOR EDUCATORS, FACILITATORS & CAREGIVERS

1

The OK Challenge is a great project for classrooms, small groups, affinity groups, and clubs.

2

On the Challenge website (url below in red), you'll find a downloadable poster to hang in your space and to email to youth and families.

How do you get through stress and worry?
We're looking for your creative ideas!

OKCHALLENGE²⁰²⁵

OPEN TO ALL HIGH SCHOOL STUDENTS!



Work on your own or in a team



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



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



Finalists included in the OK Challenge e-book!



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 offers free creative resources for navigating big emotions and staying connected to our OK selves. Learn more at okyou.org

3

Teachers, the OK Challenge is also a great addition to your sub plan!

4

To introduce the OK Challenge to your group and guide them through the steps, download our slide presentation from the Challenge webpage (url below in red).

Walk your group through slides 1-5 then pause to facilitate our warm-up activity (see #5).



5

To get your students warmed up and ready to think creatively, try this fun activity:

1. Divide your group into pairs.
2. Hand out random objects, like a ball of string, empty tissue box, or deck of cards.
3. Set a timer for 10-15 minutes and ask each pair to brainstorm ways to use their object in a project that could help with stress or worry. For example, maybe the deck of cards could be a deck of affirmations.
4. Share ideas as a group.
5. Let students know that they if they like their ideas, they can develop and submit them to the Challenge.

6

After your group is warmed up, hand out the OK Challenge worksheet (downloadable from the webpage) and use slides 6 - 16 to go over each step.

That's all there is to it! If you have questions or would like support, feel free to reach out to us anytime at hello@okyou.org.