**OLYMP-I-A CHALLENGE INSTRUCTIONS FOR [Insert Your School/ Group/ Organization Name or Logo]**

**Olymp-i-a Challenge: For Children (Ages 3-8)**

**Instructions for the Group Leader**

1. Tell the children about the “Olymp-i-a” Game (see below) and set aside a time every day for them to write or draw. Make it a routine! Stay positive and excited. 2. Tell the children the number of days they will do the Game (ideally at least 21 days but you can start with less).

3. You may want to do the challenge yourself!

4. Use the “Tips for Explanation” and the “Daily Motivation Questions and Action Prompts” to get started and to help keep the children engaged.

5. You may want to use the challenge to support a project you are doing with the children that relates to peace, green-living, or health (e.g. have the children write or draw about something they learned or did that day as part of the project and think about how it applies to their everyday lives).

6. Each child uses paper or a notebook or journal (you can make a notebook by binding/stapling papers together) for their positive ideas and actions.

7. Be VERY interested in what they write and draw each day- ask them about it. You may want to talk about various ideas and actions. You may want to give suggestions of positive ideas or actions, good books for them to read, educational resources, etc.

8. Help them make the simple connection between what they think and do during the day and how that relates to health, green-living, and peace. Make each day a fun “treasure hunt” of discovery.

9. You may want to recognize the children for generating their positive idea or action for the day. You can make a chart (a chart listing the children in your class/group and the days of the challenge) and put a checkmark for each day a child writes or draws about a positive idea or action. **(OVER)**

**The Way It Works**

1. Children write down or draw about at least ONE positive idea or action each day about what they think or do to be healthy, help the earth, or help others.

2. They get encouragement and support each day to do it.

3. They can write down more than one idea or action in a day if they want. The goal is to write down or draw about at least one positive idea or action each day for as many days as possible in the time period of the game.

4. If they miss a day, that’s no problem. They are encouraged to continue. The more days they can do, the better, even if they miss a day or days here and there.

5. They can write the same idea or action again on more than one day. If you notice this, encourage them to think/do different things and you may want to review some examples with them (use the “Tips for Explanation” and the “Daily Motivation Questions and Action Prompts”). However, be sure to accept, acknowledge, and support anything positive they write/draw.

6. The ideas and actions must be POSITIVE (express what is, or can be, in positive words, not dwell on what is wrong).

7. If a child writes something that indicates they are missing the point of the game, help them by explaining to them what it is they should be doing. Give examples (use the “Tips for Explanation” and the “Daily Motivation Questions and Action Prompts”).

8. At the end of the time period for the game, tally up how many days the children generated positive ideas and actions for health, green-living, and peace. Tally up how many ideas and actions they generated. Read some of them to the children. Celebrate the importance of what they have done. Encourage them to keep going.