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

**Olymp-i-a Challenge: For Youth (Ages 8 thru Teens)**

**Instructions for the Group Leader**

1. Tell the youth about the “Olymp-i-a” journaling challenge (see below) and set aside a time every day for them to journal. Make it a routine! Stay positive and excited.

2. Tell the youth the number of days they will do the challenge (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 youth engaged.

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

6. Each youth 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 acknowledge that a youth has generated a positive idea or action for the day. You can make a chart (a chart listing the youth in your Group and the days of the challenge) and put a checkmark for each day a youth writes or draws about a positive idea or action. **(OVER)**

**The Way It Works**

1. Youth journal (write down or draw) at least ONE positive idea or action each day about what they think or do for health, green-living, or peace. What they write/draw can be very simple or complex. They can do artwork or write poetry. They may describe a simple action or something they do as part of a more complex project.

2. They get lots of encouragement each day to do this.

3. They can write down more than one idea or action in a day if they want.

4. The goal is to do this journaling for as many DAYS as possible in the time period of the OLYMP-I-A journaling challenge. The message is that practice makes us stronger.

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

6. 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 (use the “Tips for Explanation” and the “Daily Motivation Questions and Action Prompts”). However, still accept, acknowledge, and encourage anything positive they write/draw.

7. The ideas and actions must be POSITIVE. They may need help orienting their ideas or actions in a positive way (express what is, or can be, in positive words, not dwell on what is wrong).

8. At the end of the journaling challenge, recognize the number of days they generated positive ideas and actions. Recognize the number of ideas and actions generated by the group. Encourage the youth to continue the daily journaling challenge to build their strength in habits of health, green-living, and peace.