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

**Daily Motivation Questions and Action Prompts: Page 1**

…to stimulate positive ideas and actions for health, green-living, and peace.

**Simple Awareness Tip:** During the day, go for a “treasure hunt” for health, green-living, and peace. Find it all around you. The more you practice, the more you will find.

**Questions for Health:**

Did you read about something that is good for health today? What did you read? What did you learn? Did you tell others about it?

Did you see someone doing something good for health? What was it? Do you think you can do it too?

Did you do something healthy today? What was it? How did you feel when you did it?

What did you see, hear, smell, or feel today that made you feel good and strong? When and where was it and why did it make you feel that way?

What happened today that made you feel happy? Where were you? What did you do when you felt happy?

**(OVER)**

**Daily Motivation Questions and Action Prompts: Page 2**

**Simple Action Prompts for Health:**

Read a book or magazine and find healthy things that happen in the book or magazine.

Learn something new about health.

Catch someone doing something healthy.

Find a group or organization of people who work to help people with health and learn more about that group.

Do some exercise.

Sit quietly and breathe in slowly (counting to 10) and breathe out slowly (counting to 10).

Write a “thank you” note to what made you happy today.

**Questions for Green-Living:**

Did you read something about nature today? What did you read? What did you learn? Did you tell others about it?

Did you see someone doing something kind for the earth? What was it? Do you think you can do it too?

Did you do something kind for the earth? What was it? How did you feel when you did it?

Did you see, hear, touch, smell things in nature such as trees, grass, flowers, plants, leaves, earth, bugs, animals, birds, sky, stars, water, oceans, fish, sand, mountains, valleys? What did you find when you paid attention to the details? Did you find anything new and different?

**Daily Motivation Questions and Action Prompts: Page 3**

**Questions for Green-Living (Continued):**

How did it make you feel when you paid close attention to nature?

Did you find something in nature that made you feel good? What was it? Why do you think it made you feel good?

**Simple Action Prompts for Green-Living:**

Read a book or magazine or look at pictures of nature and find out something new about nature.

Catch someone doing something kind for the earth.

Find a group or organization of people who work to help the earth and learn more about that group.

Go outside and enjoy nature.

Think about something beautiful in nature and breathe in slowly (while counting to 10) and breathe out slowly (while counting to 10)

Write a “thank you” note to something in nature that makes you feel good.

**Questions for Peace**

Did you read something about people helping each other today? What did you read? What did you learn? Did you tell others about it?

Did you read something about people who live in different places, or who speak different languages, and or who do different things than you do?

**(OVER)**

**Daily Motivation Questions and Action Prompts: Page 4**

**Questions for Peace (Continued):**

What did you read? What did you learn? Did you tell others about it?

Did you see someone doing something kind and helpful? What was it? Do you think you can do it too?

Did you do something kind and helpful today? What was it? How did you feel when you did it?

What did you see, hear, smell, or feel today that made you feel calm and relaxed? When and where was it and why did it make you feel that way?

What happened today that helped you understand another person’s feelings? Where were you? What did you find out? How did it make you feel?

**Simple Action Prompts for Peace:**

Read a book or magazine and find examples of people helping people.

Read a book or magazine and find out something new about people from different countries and how they live.

Catch someone doing something kind and helpful.

Find a group or organization of people who work to help people live better lives and learn more about that group.

Smile at people.

Look for ways to be helpful.

Sit quietly and breathe in slowly (counting to 10) and breathe out slowly (counting to 10).

Write a “thank you” note to someone who was kind or helpful to you.