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

**Tips for Group Leaders/Teachers/Parents**

**Explaining the Olymp-i-a Challenge to Children and Youth:**

**Definitions and Examples of Simple Positive Ideas and Actions**

**“Health”** is how we help build strong bodies and minds in ourselves and others.

Examples of simple ideas and actions for health:

Brush your teeth, go for a walk, ride your bike, rake up leaves, read about how to stay healthy, exercise by playing a sport, play outside, run a race, skip, skate, swim, clean your room, eat healthy food, eat less candy, visit someone who is sick, tell a joke to make someone laugh, give a hug, get plenty of sleep

**“Green-Living”** is how we help keep the earth healthy, how we help the plants, animals, the earth, the air, the water. We live in ways that help other living things grow and stay strong and healthy.

Examples of simple ideas and actions for green-living:

Plant a tree, pick up and throw away some trash, save some paper, make a place to recycle things, put things in the recycle, use only the water you need and not

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more, use only the paper you need and not more, plant a seed, help water a plant, help with gardening, learn about plants, trees, and animals and what makes them healthy, read a book or see a video about helping plants, trees & animals, see the beauty of the day, enjoy a walk outside, learn what the word “organic”means, write down what you think would make the earth more healthy, write a story about an animal, pick up your room

**“Peace”** is how we help bring kindness and peace to ourselves and others, how we help each other and how we are kind to each other.

Examples of simple ideas and actions for peace:

Share something with someone, say “thank you” to your teacher or parent, give a hug, say something to make someone feel better, think of a project to help with hunger or poverty, give food to a food pantry, learn ways to care about others, read about the Nobel Peace Prize, do a kind act, be helpful, listen politely when someone is talking