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

**Introduction to the Olymp-i-a Challenge:**

The Olymp-i-a Challenge is a simple, fun 10-15 minute activity (practiced daily over a 2-4 week period) that helps children and youth [and adults] strengthen essential life skills and become champions for peace, green-living, and health.

The  "**i**" and "**a**" in "Olymp-i-a" stand for positive "**i**deas" and "**a**ctions" for peace, green-living, and health.  When children and youth practice positive ideas and actions in these 3 areas, they develop empathy for self, others, and the Earth.  It is critical that children and youth recognize their roles as active contributors to peace, green-living, and health; practice and strengthen positive choices based on empathy; and understand that their daily simple steps do make a difference.

**To do the Challenge, children and youth go on a daily "treasure hunt" for peace, green-living and health and write (or draw for young children) about what they discover.**   **With daily journaling of their own discovered ideas and actions for peace, green-living, and health, children translate these universal global goals into their own daily reality and culture.  They increase awareness and internalize positive habits.  They practice and strengthen positive life skills in these areas and exercise empathy.  As a bonus, they practice creative writing/expression skills (drawing for young children) and immediately see themselves as the changemakers they are.**

You may choose to start the Challenge with a small group of children/youth or with an entire class or school.  Group leaders /teachers/youth mentors may be creative in their approach to encourage and support the basic Olymp-i-a Challenge "treasure hunt" and journaling technique.

**(OVER)**

Your youth are in an ideal position to implement the Challenge and serve as role models for youth in other schools, groups, and organizations.  **The Challenge has great potential for positive impact and is easy for teachers and youth group leaders to use to support their current activities.**

Lesa R. Walker, MD, MPH is the originator of the Olymp-i-a Challenge. She has developed basic instructions (enclosed in this packet) to facilitate doing the Challenge with children/youth at the group, class, and school levels.   These instructions are also helpful to orient adults to do the Challenge. Additional resources are available on her website  <http://www.idea4idea.com/> (specifically the "Children and Youth" page at <http://www.idea4idea.com/id125.html>).

We want children and youth to be the change they want to see in the world.  This is your opportunity to take 10-15 minutes/ day and launch children and youth [and yourself] on a brilliant path of discovery for peace, green-living, and health.  When we create positive change in these 3 areas, we make the world a better place.