**The Olymp-i-a Challenge- Model Approaches**

**Purpose:**  The Challenge helps children and youth build strong leadership skills and create positive change in the world for peace, green-living, and health.  It is a simple exercise that helps youth practice using such skills in day-to-day life.  The Challenge engages youth in the daily practice of positive ideas and actions for peace, green-living, and health.  We grow stronger in what we practice!  Youth completing the Challenge (as described below) earn recognition as “Olymp-i-a Challenge Champions”.

 **Start Time for the Olymp-i-a Challenge:**  The Challenge can be started at any time. Or, youth group leaders may want to kick off the Challenge to highlight an event, e.g. the International Day of Peace, Earth Day, etc. The Challenge can be used in conjunction with a youth project or any youth group/club activities that can relate to peace, green-living, and health. It helps youth integrate the project and activities into their daily life experience.

**School Classroom**

 **Preparation:** The teacher selects the Olymp-i-a Challenge topic (peace, green-living, or health). The teacher decides the # of days for the Challenge (suggested 7-21 days).  **Use the supplied "To Do" lists of things the youth can do each day for Peace, Green-Living, or Health**.  Each time youth answer one of the "To Do" list questions or do one of the things on the list, that can be their positive idea or action for the day. There are 100 things listed, enough for 100 days.  If the Challenge is 7 days, then the teacher selects 7 things from the list, one for each day of the Challenge.  If the Challenge is 21 days, the teacher selects 21 things from the list, etc.

 **Each Day of the Challenge:** At the beginning of each day, the teacher writes one “To Do” on the chalk board for the children or youth to do that day. Cards/papers are available in the classroom for children to use to write/draw. Each day, when done, children place their card/paper in a collection box in the classroom. A list of the names of the children in the class is on the box and the children put a check by their name each day they put a completed card/paper in the box.

 **Options:**  Notebook Option: Instead of using cards or paper, children may use a notebook or pieces of paper stapled/tied together which they keep and use each day for writing/drawing and then turn in to the teacher at the end of the Challenge. Computer Option: If children/youth have access to a computer in class (e.g. computer lab), they can type answers into a Word document. No Paper/Pencil Option: If the class has no paper/pencils, then the children/youth are asked to think about their answers and 1 or 2 students are asked to share their answers with the class. Then, if time permits, others can share or there can be a brief class discussion. Parent Invitation Option: Parents may be invited to take pictures of their child/family doing things for peace or green-living, or health (depending on the topic) and send them in to a specified website/location along with acknowledgments/permissions for use of the photos shared.

 **End of the Challenge:**  The class celebrates their accomplishment. The class may be awarded a class “certificate of completion” and/or may have a fun celebration of the teacher’s choosing.

\*\*A subset of the class can do the Challenge using the same process as above. In this case, only children/youth participating will write/draw their answers for the To Do each day. However, it is encouraged that the whole class do it.

 **Teachers may use creative themes for the Challenge. Examples of such themes are below:**

 Treasure Hunt- In this fun Challenge theme, children are looking to find “treasures” (positive ideas or actions or signs/indicators) of peace, green-living, or health during the day at school which lead them to the “treasure chest” (the championship celebration at the end of the Challenge). Throughout the day, each day of the Challenge, children are encouraged to keep an eye out to try to discover these treasures and catch people (including themselves) doing something kind, helpful, good for the environment, good for health, etc. Each day, the class teacher writes on the chalk board one of the “To Do’s” from the “To Do” list to guide children in the day’s hunt for the “treasures.” Children can discover the positive ideas and actions of friends, teachers, librarians, coaches, school staff, school signs/posters/bulletin boards, messages and characters in class films or books, etc. to provide answers. Children write or draw about what they find each day. They can use cards, paper, notebooks, or computers (Also see the “No Paper/Pencil Option”). For every discovery that they find and write/draw about, they get a gold bullion (or colored stone or sticker or stamp or some sign/reward) to indicate that they are on the path to the treasure chest. At the end of the Challenge, the children count all the “gold bullion” they have discovered and celebrate reaching the “treasure chest” (becoming “Olymp-i-a Challenge Champions”) with a fun celebration of their efforts.

 Investigative Reporters- In this fun Challenge theme, youth are challenged to be daily investigative reporters. They are to find out what others think and do for peace, green-living, or health and report on it. Throughout the day, each day of the Challenge, they keep an eye out to try to observe and catch people (including themselves) doing something kind, helpful, good for the environment, good for health, etc. Each day, the class teacher writes on the chalk board one of the “To Do’s” from the “To Do” list to guide the youth investigations. Youth write or draw about what they find. They can use cards, paper, notebooks, or computers (Also see the “No Paper/Pencil Option”). Youth can do their answers (reports) the same day or as “homework” to be completed by the next morning. Youth may want to interview parents, family, friends, and community members (stores, businesses, organizations) to find out and report on their answers. They may find things they want to investigate further or new ideas to investigate. At the end of the Challenge, the youth can put together a journal report of all the positive things happening in their school, home and community for peace, green-living, or health. Youth may want to make a video in which they speak as reporters about their findings. Youth may be awarded “Olymp-i-a Challenge Champion” certificates of excellence in investigative reporting for peace, green-living, or health in celebration of their accomplishment.

 **Classroom Items Needed:** Chalk Board and Chalk; Cards/Loose-Leaf Paper/or Notebooks; Pencils/Pens/Colored Markers; a Box; Dictionary (if available). Also, access to books/computers may be needed (depending on selection of “To Do’s”). **Note: There is also a “No Paper/Pencil Option.”** Additional Item for the “Treasure Hunt” Theme: “gold bullion” (colored stones, stickers, stamps, or other sign/reward).

**\*\*Note:  There is a “No Paper/Pencil” option for the Challenge.  If youth do not have paper or pencils/pens, in this case, the youth taking the Challenge can take turns telling the class/group about their discoveries (maybe share an interesting activity or idea).  If a chalkboard is available, youth can use it to write or draw. Also, the class/group may want to discuss one or more of the things on the “To Do” list and talk about their answers.  If the Teacher/Group Leader has some paper or a computer, the Teacher/Group Leader can write down some things that the youth say about their ideas and actions.**

**School Club (the Olymp-i-a Challenge can be a fun activity for an existing club or the school may want to establish a unique Olymp-i-a Challenge club, e.g. a Treasure Hunt - Olymp-i-a Gold Club or an Investigative Reporters- Olymp-i-a Gold Club)**

 The Club leader decides the topic (peace, green-living, or health). The Club leader decides the length of the Challenge (e.g. 7, 14, 21 days) and picks the same number of To Do’s from the To Do options list for the topic (one for each day of the Challenge). The Club meets and the importance and purpose of the club are explained to the children/youth.

 **The Club members can be given the prompts from the “To Do” list and asked to journal or draw about one “To Do” each day of the Challenge. It can be that simple.**

 **Clubs may use creative themes for the Challenge. Examples of such themes are below:**

 Treasure Hunt- the members are looking to find “treasures” (positive ideas or actions or signs/indicators) of peace, green-living, or health at their school, home, and community, leading them to the “treasure chest” (the Club celebration at the end of the Challenge). All day, each day, they keep an eye out to try to discover these treasures and catch people (including themselves) doing something kind, helpful, good for the environment, good for health, etc. Members can use one or more of the “To Do” themes from the list to hunt for their “treasures” and write or draw about what they find. Children can discover the positive ideas and actions of friends, family members, teachers, librarians, coaches, school staff, school and community signs/posters/bulletin boards/billboards, characters in films or books, etc. to provide answers. Community members (stores, businesses, organizations, etc.) can help give answers. When the club meets, the members bring with them what they have written or drawn about their daily discoveries. For every discovery that they find and write/draw about, they get a gold bullion (or colored stone or sticker or some sign/reward) to indicate that they are on the path to the treasure chest. At the end of the Challenge, the Club counts all the “gold bullion” they have discovered and celebrates reaching the “treasure chest” (becoming “Olymp-i-a Challenge Champions “) with a fun celebration of their efforts.

 Investigative Reporters- the members are challenged to be daily investigative reporters. They are to find out what others think and do for peace, green-living, or health and report on it. All day, each day, they keep an eye out to try to observe and catch people (including themselves) doing something kind, helpful, good for the environment, good for health, etc. Members can use one or more of the “To Do” themes from the list to guide their investigations and write or draw about what they find. Members can interview teachers, family, friends, and community members (stores, businesses, organizations) to find out and report on their answers. When the club meets, the members bring with them what they have written or drawn about in their daily investigative reporting. They compare notes and may find things they want to investigate further or new ideas to investigate. At the end of the Challenge, the Club can put together their papers into a journal report of all the positive things happening in the school and community and present it to their teachers and principal. Or, the members can make a video in which they speak as reporters about their findings and present the video to their teachers and principal. The Club members are awarded “Olymp-i-a Challenge Champion” certificates of excellence in investigative reporting for peace, green-living, or health in celebration of their accomplishment.

 **Items Needed:** Club Leader needs to supply:  A handout for each youth with the "To Do" list (and a note for parents about the Challenge, if needed).  Additional item needed for the “Treasure Hunt” theme: the symbolic “gold bullion” (check marks, colored stones, stickers, stamps, or other sign/reward).

Youth will need:  Paper/or Notebooks for writing/drawing;  Pencils/Pens/Colored Markers.  **(Note: there is a "No Paper/Pencil" option)**

Also, access to books/computers may be needed (depending on selection of “To Do’s”).

**\*\*Note:  There is a “No Paper/Pencil” option for the Challenge.  If youth do not have paper or pencils/pens, in this case, the youth taking the Challenge can take turns telling the group about their discoveries (maybe share an interesting activity or idea).   Also, the group may want to discuss one or more of the things on the “To Do” list and talk about their answers.  If the Club Leader has some paper or a computer, the Club Leader can write down some things that the youth say about their ideas and actions.**

**School Library**

 For classes visiting the library: The librarian selects the Olymp-i-a Challenge topic (peace, green-living, or health) and the # of days for the Challenge along with the same # of “To Do’s” from the “To Do” options list on the topic (one for each day of the Challenge). During the days of the Challenge, the librarian has library books and articles available in the library on the topic (peace, green-living, or health). The librarian also provides reading lists on the topic for the children/youth as appropriate for the age group. Each time the children/youth visit the library, the librarian may read from one of the books and/or may help children/youth discuss what they are reading on the topic. Also, the librarian will post in the library the “To Do” for the day. Students are asked to write/draw their answer to the “To Do” while visiting the library. Cards/papers are available in the library for children to use to write/draw. When done, children place their cards/papers in a collection box in the library. Librarians may also use the “Computer Option” and “No Paper/Pencil Option” described above (under “School Classroom”). When the Challenge is over, the Library posts an honor board of the classes that participated in the Challenge.

 This model can work in a Library Reading Club group as well.

**Roots & Shoots and Other Youth Groups**

 **Purpose:**  Youth in Roots & Shoots programs are building strong leadership skills and creating positive change in the world for peace, green-living, and health.  The Olymp-i-a Challenge is a simple exercise that helps youth practice using such skills in day-to-day life.  The Challenge engages youth in the daily practice of positive ideas and actions for peace, green-living, and health.  Roots & Shoots youth are role models for youth worldwide.  We grow stronger in what we practice!  Youth completing the Challenge (as described below) earn recognition as “Olymp-i-a Challenge Champions”.

 **Preparation:**  The Roots & Shoots group leader and group members select one Olymp-i-a Challenge topic (peace, green-living, or health).  The group leader decides the # of days for the Challenge (suggested 7-21 days).  **Use the supplied "To Do" lists of things the youth can do each day for Peace, Green-Living, or Health**.  Each time youth answer one of the "To Do" list questions or do one of the things on the list, that is their positive idea or action for the day. There are 100 things listed, enough for 100 days.  If the Challenge is 7 days, then the group leader selects 7 things from the list, one for each day of the Challenge.  If the Challenge is 21 days, the group leader selects 21 things from the list, etc.

 **The Group members can be given the prompts from the “To Do” list and asked to journal or draw about one “To Do” each day of the Challenge. It can be that simple.**

 **Groups may use creative themes for the Challenge. Examples of such themes are below:**

 Champion Reporters-  In this fun Challenge theme, Roots & Shoots youth are reporters, helping make the world stronger for peace, green-living, and health.   Youth are challenged to become daily investigative reporters.  They are to find out what others think and do for the focus topic selected (peace, green-living, or health) and report on it.  Each day of the Challenge, they keep an eye out to try to observe and catch people (including themselves) doing something kind, helpful, good for the environment, good for health, etc.   They use the things from the “To Do” list (one each day) to guide their investigations and write or draw about what they find.  Youth can interview other youth in the Roots & Shoots group, family, friends, teachers, other school staff, and community members (stores, businesses, organizations) to find out and report on their answers.  When the Roots & Shoots group meets, youth bring with them what they have written or drawn about in their daily investigative reporting.  They can share and discuss their findings and may find things they want to investigate further or new ideas to investigate.  At the end of the Challenge, the youth may want to compile their daily reports into a final journal report, including photos, of all the positive things happening in the Roots & Shoots group, their school, their homes, and their community and present it to their school, family, and others (possibly even a local newspaper or news station).  Or, Roots & Shoots youth may want to make a video, speaking as reporters about their findings and present the video to their school and others.  As a celebration of their accomplishment, youth may be awarded the “Olymp-i-a Challenge Champion” certificate of excellence in investigative reporting for peace, green-living, or health.  To honor the youth for completing the Challenge, perhaps a school or local organization (focusing on peace, green-living, and health) may help host/sponsor a celebration for the group.

 Treasure Hunt Champions-  In this fun Challenge theme, Roots & Shoots youth increase awareness and strengthen daily life skills in peace, green-living, and health.   Youth search to find “treasures” (positive ideas or actions or signs/indicators) of peace, green-living, or health in their Roots & Shoots group, home, school, and community, leading them to the “treasure chest” (recognition as an “Olymp-i-a Challenge Champion”).  Each day of the Challenge, they keep an eye out to try to discover these treasures and catch people (including themselves) doing something kind, helpful, good for the environment, good for health, etc.  They use the things from the “To Do” list (one each day) to guide them in their hunt for “treasures.”  Each day, youth write or draw about what they find.  They can discover the positive ideas and actions of other Roots & Shoots group members, other friends, family members, teachers, librarians, coaches, community signs/posters/bulletin boards/billboards, characters in films or books, etc.  Community members (stores, businesses, organizations, etc.) can help give answers.  When the Root & Shoots group meets, the youth bring with them what they have written or drawn about their daily discoveries.  For every discovery that they find and write/draw about, they receive a symbol of a “gold bullion” (this can be a simple check mark or colored stone or sticker or stamp or some sign/reward) to indicate that they are on the path to the treasure chest.  At the end of the Challenge, the youth count all the “gold bullion” they have discovered.  The youth can make a collage of all their “treasures” (the positive ideas and actions), including photos, and present this to their school and others.   The youth celebrate reaching the “treasure chest” (becoming “Olymp-i-a Challenge Champions”) with a fun celebration of their efforts. To honor the youth for completing the Challenge, perhaps a school or local organization (focusing on peace, green-living, and health) may help host/sponsor a celebration for the group.

 **Items Needed:** Group Leader needs to supply:  A handout for each youth with the "To Do" list (and a note for parents about the Challenge, if needed).  Additional item needed for the “Treasure Hunt Champions” theme: the symbolic “gold bullion” (check marks, colored stones, stickers, stamps, or other sign/reward).

Youth will need:  Paper/or Notebooks for writing/drawing;  Pencils/Pens/Colored Markers.  **(Note: there is a "No Paper/Pencil" option)**

Also, access to books/computers may be needed (depending on selection of “To Do’s”).

**\*\*Note:  There is a “No Paper/Pencil” option for the Challenge.  If youth do not have paper or pencils/pens, in this case, the youth taking the Challenge can take turns telling the group about their discoveries (maybe share an interesting activity or idea).   Also, the group may want to discuss one or more of the things on the “To Do” list and talk about their answers.  If the Group Leader has some paper or a computer, the Group Leader can write down some things that the youth say about their ideas and actions.**

**Home School (Family Setting)**

 **Preparation:** The parent selects the Olymp-i-a Challenge topic (peace, green-living, or health), decides the # of days for the Challenge, and selects the same # of “To Do’s” from the “To Do” options list for the topic (one for each day of the Challenge). The parent may prefer to create their own “To Do” list for the Challenge.

 **Each Day of the Challenge:** At the beginning of each day, the parent presents one “To Do” for the child to do that day. A card, paper, notebook or computer is provided for the child to use to write/draw.

 **Option:** No Paper/Pencil Option: If no paper or pencils are available, then the child is asked to think about their answer for the “To Do” and share about it.

Of course, the parent may assist with/augment the Challenge as needed/desired. There may be time for discussion or other creative expression regarding the “To Do” for the day. Parents are encouraged to chronicle the Challenge in photos and/or videos. Children may want to create a photo collage or video collection to honor their efforts as champions for peace, green-living, or health. Also, children can create a special journal of all their positive ideas and actions.

 **End of the Challenge:** The child is celebrated for completing the Challenge. The child may be awarded a “certificate of completion” and/or have a fun celebration of the parent’s choosing.

 **Parents may use creative themes for the Challenge. Examples of such themes are below:**

 Treasure Hunt- In this fun Challenge theme, children are looking to find “treasures” (positive ideas or actions or signs/indicators) of peace, green-living, or health at home and in the community which lead them to the “treasure chest” (the championship celebration at the end of the Challenge). Throughout the day, each day of the Challenge, children are encouraged to keep an eye out to try to discover these treasures and catch people (including themselves) doing something kind, helpful, good for the environment, good for health, etc. Each day, the parent can emphasize one or more of the “To Do’s” from the “To Do” list to guide children in the hunt for the “treasures.” Children write or draw about what they find. Children can discover the positive ideas and actions of friends, family members, librarians, coaches, community signs/posters/bulletin boards/billboards, characters in films or books, etc. to provide answers. Community members (stores, businesses, organizations, etc.) can help give answers. Each day, the child shares what they have written or drawn about their daily discoveries. For every discovery that they find and write/draw about, they get a “gold bullion” (a colored stone or sticker or stamp or some sign/reward) to indicate that they are on the path to the treasure chest. At the end of the Challenge, the children count all the “gold bullion” they have discovered and celebrate reaching the “treasure chest” (becoming “Olymp-i-a Challenge Champions”) with a fun celebration of their efforts.

 Investigative Reporters- In this fun Challenge theme, youth are challenged to be daily investigative reporters. They are to find out what others think and do for peace, green-living, and health and report on it. Throughout the day, each day of the Challenge, they keep an eye out to try to observe and catch people (including themselves) doing something kind, helpful, good for the environment, good for health, etc. Each day, youth use one or more of the “To Do’s” from the “To Do” list to guide their investigations and write or draw about what they find. They can interview parents, family, friends, and community members (stores, businesses, organizations) to find out and report on their answers. Each day they share what they have written or drawn about in their daily investigative reporting. They may find things they want to investigate further or new ideas to investigate. At the end of the Challenge, the youth can put together a journal report of all the positive things happening in their home and community for peace, green-living, or health. Youth may want to make a video in which they speak as reporters about their findings. Youth may be awarded “Olymp-i-a Challenge Champion” certificates of excellence in investigative reporting for peace, green-living, or health in celebration of their accomplishment.

 **Items Needed:** Cards/Loose-Leaf Paper/or a Notebook; Pencils/Pens/Colored Markers; Dictionary (if available). Also, access to books/computers may be needed (depending on selection of “To Do’s”). **Note: There is also a “No Paper/Pencil Option.”** Additional Item for the “Treasure Hunt” Theme: “gold bullion” (colored stones, stickers, stamps, or other sign/reward).

**Home School (Group Setting)**

 The Challenge can be done with a group of children who are home-schooled as a fun group activity. An approach similar to that in the “Home School (Family Setting)” can be used and adapted for a group of children/youth.

**Public Library- reading groups/clubs- Peace Club, Green Club, Health Club, Treasure Hunt- Olymp-i-a Club, Investigative Reporters- Olymp-i-a Club**

 For a reading group: The group leader/librarian selects the Olymp-i-a Challenge topic (peace, green-living, or health) and the # of days for the Challenge along with the same # of “To Do’s” from the “To Do” options list on the topic (one for each day of the Challenge). During the days of the Challenge, the group leader/librarian has library books and articles available in the library on the topic (peace, green-living, or health). The group leader/librarian also provides reading lists on the topic for the children/youth as appropriate for the age group. The group leader/librarian selects one book on the topic to read to the children each time they come to the reading club. Also, the group leader/librarian may help children/youth discuss what they are reading on the topic. The group leader/librarian will post the “To Do” for the day. Children are asked to write/draw their answer to the “To Do” while visiting the library for the reading club. Cards/papers are available in the library for children to use to write/draw. Or children may be provided notebooks to use. When done, children place their cards/papers or notebooks in a collection box in the library. The group leader/librarian may also use the “Computer Option” and “No Paper/Pencil Option” described above (under “School Classroom”). When the Challenge is over, the Library posts the reading group on an honor board highlighting the reading groups that complete the Challenge and the date, etc.

**Special Olympics (Youth Teams)**

 **Purpose:**  The Olymp-i-a Challenge is a daily practice exercise (just like an athletic exercise) that engages youth to be aware of and generate positive ideas and actions for peace, green-living, or health.  The "i" and "a" in "Olymp-i-a" stand for positive "ideas" and "actions."  Just as we want to strengthen our athletic skills, we also want to strengthen our life skills and positive habits in peace, green-living, and health.  Special Olympians will be leaders and role models for youth worldwide, helping to make the world a better place.  We grow stronger in what we practice!

**Preparation:** The Special Olympics youth team coach selects the Olymp-i-a Challenge topic (peace, green-living, or health).  The coach decides the # of days for the Challenge (suggested 7-21 days).  To help guide youth in the Challenge, the coach can use the "To Do" lists of things the youth can do each day for Peace, Green-Living, or Health.  Each time youth answer one of the "To Do" list questions or do one of the things on the list, that is their positive idea or action for the day. There are 100 things listed, enough for 100 days.  If the Challenge is 7 days, then the coach selects 7 things from the list, one for each day of the Challenge.  If the Challenge is 21 days, the coach selects 21 things from the list, etc. The coach sends an information paper home to parents, introducing the Challenge and including the daily “To Do” list so parents can follow along with the Challenge and help support their youth.

 **Simplest Approach:**  Youth are asked to do one thing from the list each day for the duration of the Challenge (7 or more days).  Parents, coaches, friends, etc. can help.  Youth show their work to the coach at each team practice/meeting and get positive feedback/praise from the coach for their practice and encouragement to keep going.  To share with the coach and teammates, youth bring their list along with what they have written or drawn to show how they have done the things on the list.  If desired, parents or friends may be asked to sign off on the paper for each day of the challenge, indicating the date on which the youth did it.  The goal is for the Challenge to be a daily practice exercise (in order to form habits and build strength).  Ideally, the youth do one thing on the list each day of the Challenge. However, there is plenty of flexibility.  The point is to get the youth practicing, thinking, and doing.  Whatever the youth do is a step forward and should be celebrated.   If youth cannot write or draw, they can be asked to tell about what they have thought about and done.  This is wonderful.  At the end of the Challenge, youth may be awarded certificates (or medals) of excellence as “Olymp-i-a Challenge Champions” for peace, green-living, or health in celebration of their accomplishment.

 **A Fun Theme Option for the Challenge:**  "Champion Reporters":  In this fun Challenge theme, Special Olympics youth help make the world stronger for peace, green-living, and health.   Youth are challenged to be daily “live coverage” reporters.  They are to find out what they and others think and do for peace, green-living, or health and report on it.  Each time the team meets for athletic practice, the coach gives them one new “To Do” from the “To Do” list to guide the youth in their reporting until the next practice.  Then, youth keep an eye out to try to observe and catch people (including themselves) doing something kind, helpful, good for the environment, good for health, etc.  Parents and others lend support to the youth.  Youth can discover and report on the positive ideas and actions of friends, family members, teachers, librarians, coaches, community signs/posters/bulletin boards/billboards, characters in films or books, etc.  Community members (stores, businesses, organizations, etc.) can help give answers.   Youth keep a journal and write or draw about what they find out.  At every athletic practice, the youth bring with them what they have written or drawn about in their daily reporting.  Youth may want to share with the others in the team.  The coach keeps the reports in a box.  Youth get a sticker or stamp or other sign/reward for every daily report they bring to practice.  At the end of the Challenge, the team may want to put together their reports into a collective journal report of all the positive ideas and actions happening in the team, their homes, and their community and present it to a local news station.  Or, the team members may make a video in which they speak as reporters about their findings.  The team members may be awarded certificates (or medals) of excellence as “Olymp-i-a Champion Reporters” for peace, green-living, or health in celebration of their accomplishment.

 **Other Themes:**  Other themes can be created and used for the Challenge as desired.

 **Items Needed:**

 The coach needs to supply: A handout for each youth with the "To Do" list and a note for parents about the Challenge.  Youth may be able to supply themselves:  Notecards/Loose-Leaf Paper/or Notebooks for writing/drawing; Pencils/Pens/Colored Markers.

 Also, access to books/computers may be needed (depending on selection of “To Do’s”).

**\*\*Note:  There is a “No Paper/Pencil” option for the Challenge.  If youth do not have paper or pencils/pens, in this case, when the Special Olympics team meets, the youth taking the Challenge will "report" to the coach and team and discuss their discoveries (maybe share an interesting activity or idea).  Also, the meeting can be a time when the youth discuss one or more of the “To Do’s” from the “To Do” list and talk about their answers.**

**Special Olympics (Unify/ Meet in the Middle)**

Meet in the Middle youth in partnership with Special Olympics youth help each other to do the Challenge.  (See “Special Olympics (Youth Teams)” above for details.)

**Special Olympics (Athletic Competition Events)**

Each youth, as part of registering for an event (such as the “Fall Classic”), is asked to submit a positive idea or action for peace, green-living, or health as part of the registration process.  Youth will receive an online certificate honoring them as [Event Name] Olymp-i-a Challenge Champions.    Youth teams that enter at least 5 written or drawn positive ideas or actions for peace, green-living, or health will be recognized as [Event Name] Olymp-i-a Challenge Team Champions.

**Girl Scouts**

 **Purpose:** The Olymp-i-a Challenge is a practice exercise that engages children and youth to be aware of and generate positive ideas and actions for peace, green-living, or health. Girl Scouts (and Boy Scouts) are building strong leadership skills. It is important to practice using such skills to promote peace, green-living, and health. Girl Scouts are role models for youth worldwide. We grow stronger in what we practice! Completing the Challenge (as described below) earns the “Olymp-i-a Challenge Champion” badge.

 **Preparation:** The Girl Scouts troop leader selects the Olymp-i-a Challenge topic (peace, green-living, or health). The troop leader decides the # of days for the Challenge (suggested 14-21 days) and selects the same # of “To Do’s” from the “To Do” options list for the topic (one for each day of the Challenge). The troop leader sends an information paper home to parents, introducing the Challenge and including the daily “To Do” list so parents can follow along with the Challenge and help support their youth if they decide to earn the “Olymp-i-a Challenge Champion” badge. As part of earning the badge, the Girl Scout works with the troop leader and others to create the emblem for their badge.

 **The Girl Scouts can be given the prompts from the “To Do” list and asked to journal or draw about one “To Do” each day of the Challenge. It can be that simple.**

 **Troops may use creative themes for the Challenge. Examples of such themes are below:**

 Champion Reporters- In this fun Challenge theme, Girl Scouts help make the world stronger for peace, green-living, and health. Scouts are challenged to be daily investigative reporters. They are to find out what others think and do for peace, green-living, or health and report on it. All day, each day of the Challenge, they keep an eye out to try to observe and catch people (including themselves) doing something kind, helpful, good for the environment, good for health, etc. They can use one or more of the “To Do’s” from the “To Do” list to guide their investigations and write or draw about what they find. Scouts can interview members of the troop, family, friends, teachers, and community members (stores, businesses, organizations) to find out and report on their answers. When the Scout troop meets, the Scouts working to earn the badge bring with them what they have written or drawn about in their daily investigative reporting. They can share and discuss their findings and may find things they want to investigate further or new ideas to investigate. At the end of the Challenge, the Scout can compile their daily reports into a final journal report, including photos, of all the positive things happening in the troop, their home, and their community and present it to their troop leader and others. Or, the Scout may want to make a video, speaking as a reporter about their findings and present the video to their troop leader and others. During the Challenge, the Scout has worked with the troop leader and others to create the emblem for their badge. The Scout is awarded the “Olymp-i-a Challenge Champion” badge for excellence in investigative reporting for peace, green-living, or health.

 Treasure Hunt Champions- In this fun Challenge theme, Girl Scouts increase awareness and strengthen life skills in peace, green-living, and health. Scouts search to find “treasures” (positive ideas or actions or signs/indicators) of peace, green-living, or health in their troop, home, school, and community, leading them to the “treasure chest” (earning the “Olymp-i-a Challenge Champion” badge at the end of the Challenge). All day, each day of the Challenge, they keep an eye out to try to discover these treasures and catch people (including themselves) doing something kind, helpful, good for the environment, good for health, etc. They can use one or more of the “To Do’s” from the “To Do” list to guide them in their hunt for “treasures.” Each day, Scouts write or draw about what they find. They can discover the positive ideas and actions of other troop members, other friends, family members, teachers, librarians, coaches, community signs/posters/bulletin boards/billboards, characters in films or books, etc. Community members (stores, businesses, organizations, etc.) can help give answers. When the Scout troop meets, the Scouts working to earn the badge bring with them what they have written or drawn about their daily discoveries. For every discovery that they find and write/draw about, they get a gold bullion (or colored stone or sticker or stamp or some sign/reward) to indicate that they are on the path to the treasure chest. At the end of the Challenge, the Scout counts all the “gold bullion” they have discovered. The Scout can make a collage of all their “treasures,” including photos, and present this to the troop leader and others. During the Challenge, the Scout has worked with the troop leader and others to create the emblem for their badge. The Scout is awarded the “treasure chest “(the “Olymp-i-a Challenge Champion” badge).

 **Other Themes:** Other themes can be created and used for the Challenge as desired.

 **Girl Scout Troop Challenge:** The troop as a whole may choose to work on the badge and complete the Challenge as a team. Each troop member earns the badge.

 **Items Needed:** Troop Leader needs to supply:  A handout for each youth with the "To Do" list (and a note for parents about the Challenge, if needed).  Additional item needed for the “Treasure Hunt Champions” theme: the symbolic “gold bullion” (check marks, colored stones, stickers, stamps, or other sign/reward).

Youth will need:  Paper/or Notebooks for writing/drawing;  Pencils/Pens/Colored Markers.  **(Note: there is a "No Paper/Pencil" option)**

Also, access to books/computers may be needed (depending on selection of “To Do’s”).

**\*\*Note:  There is a “No Paper/Pencil” option for the Challenge.  If youth do not have paper or pencils/pens, in this case, the youth taking the Challenge can take turns telling the troop about their discoveries (maybe share an interesting activity or idea).   Also, the troop members may want to discuss one or more of the things on the “To Do” list and talk about their answers.  If the Troop Leader has some paper or a computer, the Group Leader can write down some things that the youth say about their ideas and actions.**