

Drawing and Writing Contest Details

Who: Children between the ages of 4-13.

What: Participate in our Action Anxiety Day Drawing and Writing contest! Participants can choose one of the following prompts to inspire their creativity:

- 1) How can you act on anxiety?
- 2) Where do you feel the most calm?
- 3) How does worry feel for you?

Anxiety Canada will award two winners: One winner between the age of 4-8 and one winner aged 9-13. Each will each receive a \$100 gift card.

Where: Any child from across Canada can participate! Teachers can bring the contest into their classroom for students to enter, or parents can submit the entry on behalf of their child.

When: The contest period is open from May 15-June 11, 2024. We will announce 2 winners on June 12th!

How: All entries should be submitted to info@anxietycanada.com with the subject line "Drawing and Writing Contest".

Why: Action Anxiety Day is all about normalizing talking about feelings! For many, creative projects can help children tap into how they are feeling.

Remember to Download the [Educator Toolkit](#) for comprehensive lesson plans all about anxiety.

Share our poster below to spread the word!



Drawing and Writing Contest for Action Anxiety Day

**Pick 1 Drawing or Writing Prompt.
Describe or illustrate the following:**

- How can you act on anxiety?
- Where do you feel most calm?
- How does worry feel for you?

**SHOW US YOUR CREATION
AND BE ENTERED TO WIN!**

Enter: Send us your writing or a photo of your artwork to info@anxietycanada.com.

Prize: 1 of 2 \$100 Gift Cards.

Due: June 11, 2024.