

The “My Feelings are a Work of Art” Youth Art Contest is an activity to raise awareness about children’s mental health in Denton County. We encourage children and teens across the county to participate in this art contest as we recognize the importance of children’s mental health to every person in our community.

The theme of this year’s contest is **How I Say**. We often say it is okay to talk about how we are feeling. This year we are focusing on the different ways we can express our feelings and how that can look. For example, you might relieve tension by doing yoga or playing baseball. You might calm yourself by doing breathing exercises or painting. Whatever the emotion, we want to see how you express it!

### **Participation Requirements**

- The art contest is open to all school-aged children and teens in Denton County.
- There are five art categories – visual arts, literature, photography, physical activity, and sculpture. Children/teens may submit *up to one entry in each category*. See guidelines below for more details about each category.
- The Entry Form AND Art work Release must be complete with signatures and all contact information requested. Attach the forms to the artwork or literature before you submit. If you submit digitally, include the forms in your email.
- The artwork or literature must be the original work of a child/teen. This art contest is designed to encourage each child/teen to express themselves and their emotions. Help from an adult is not allowed, *except in the Special Artist division*.

### **Visual Arts Guidelines**

Visual Arts include many art forms that are visual in nature. The artist (child/teen submitting an entry) is a person who captures their own thoughts and ideas to create a visual piece of art.

Accepted forms of visual art include: original print, drawing, painting, collage, computer-generated, or photography. Artwork must not exceed 9 X 12 inches. Visual Arts entries must be 2D: flat and not more than one inch thick. Framed artwork is not accepted. The Artwork Releases must be submitted with the photo.

### **Literature Guidelines**

Literature is the art of writing. The author (child/teen submitting an entry) is a person who expresses their own thoughts and ideas through the use of words.

Accepted forms of literature include: prose, poetry, reflective essay, narrative, or short story. Literature may be fiction or non-fiction. Literature must not be more than 2,000 words. Hand written and typed entries are accepted on 8.5 X 11 paper, one-sided only. The Artwork Releases must be submitted with the photo.

### **Photography Guidelines**

Photography is the art or practice of taking and processing photographs. The artist (child/teen submitting an entry) is a person who captures their own thoughts and ideas through the use of photograph.

Portrait and landscape orientation photographs can be submitted. There is a possibility photos will be resized for display. For best results, submissions should be at least 900x720 pixels. Do not submit a photo with faces of anyone except the artist. The Artwork Releases must be submitted with the photo.

### **Physical Activity Guidelines**

Physical activity is defined as using energy to create bodily movement. The artist (child/teen submitting an entry) is a person who expresses their own thoughts and ideas through movement.

Submissions in the physical activity category **MUST** be submitted via photograph. There is a possibility photos will be resized for display. For best results, submissions should be at least 900x720 pixels. Do not submit a photo with faces of anyone except the artist. The Artwork Releases must be submitted with the photo.

### **Sculpture Guidelines**

Sculpture is the art of creating a three-dimensional image or representation. The artist (child/teen submitting an entry) is a person who expresses their own thoughts and ideas to create the sculpture.

Submissions in the sculpture category **MUST** be submitted via photograph. There is a possibility photos will be resized for display. For best results, submissions should be at least 900x720 pixels. Do not submit a photo with faces of anyone except the artist. The Artwork Releases must be submitted with the photo.

### **How to Submit**

All entries are due between **January 6 – March 6, 2020**. Complete, sign and attach the Entry Form and Artwork Release to the artwork. Submissions can be sent to [FeelingsArtContest@cookchildrens.org](mailto:FeelingsArtContest@cookchildrens.org), or, visit [watchdenton.org](http://watchdenton.org) for a list of local library collection sites, more information, and updates!