

NOT A FOLLOWER

INFORMED

COURAGEOUS

STRONG

CARING

MY FUTURE

FAMILY

ONE OF A KIND

UNIQUE

PASSIONATE

BE A LEADER

LOVE

FRIENDS

CONCERNED

BOLD

HEALTH

HONEST

PROUD

ENGAGED

SUPPORTIVE

CONFIDENT

INSPIRING

My Reason to Write

POEM • ESSAY • LYRICS



Describe the Ways You Can Live Tobacco & Nicotine Free

SHOW YOUR FRIENDS HOW TO DO THE SAME!

ESSAY ENTRIES

Grades 2-5: 200-450 Words
Grades 6-8: 300-750 Words
1st, 2nd & 3rd Place Awards

LYRICS/POETRY ENTRIES

Grades 2-5 and Grades 6-8:
100-150 Words (two verses & a chorus/lyrics)
1st, 2nd & 3rd Place Awards

Entries should focus on the assigned topic and must be written by students.
Entries that are graphic or violent in nature will not be eligible.

Entries must be submitted by mail, email, or to the website by 5 p.m. on Monday, April 15, 2019.

Laura Taylor
Arkansas Children's Hospital
1 Children's Way | Slot 669
Little Rock, AR 72202
taylorlb@archildrens.org

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