

## BE KIND TO YOUR HEART & OTHERS

The past year has been challenging for everyone. We have spent a lot of time at home and in front of computer screens. We have learned how important it is to stay heart-healthy, positive and strong – and to show kindness to our parents, siblings, family, friends and neighbors as we go through these tough times together.



We make lots of choices each day, like what color socks to wear or how to do our hair. But did you know that some of the choices we make can help us stay healthy? We can be kind to our hearts by eating healthy, being active every day and making sure we have some quiet time for ourselves. There are so many fun things we can do! Like trying new fruits and vegetables, drinking water instead of soda, walking the dog, jumping rope, or taking time to relax and read a book.



Another choice we make each day is how we treat other people. Being kind and helping others can make everyone smile! There are so many ways to spread kindness. We can help our siblings with homework, help our parents cook dinner, call our grandparents to say hello, wave to a neighbor, check-in with a friend, or say thank you to our amazing teachers!



THE AMERICAN HEART ASSOCIATION and our partner organizations are working to ensure that the places where children live, learn and play make it easy and enjoyable to embrace a heart-healthy lifestyle. As we educate the public and decision-makers about important policy initiatives to address these issues, we want to take the extra step to get students involved and give them a voice as we strive to build a healthier Rhode Island.

## POSTCARD CONTEST DIRECTIONS:

*Students in Grades K-5...How Are You Kind to Your Heart and Others?*

Design a poster on any (8.5 x 11) paper you have available and show us! Remember to be creative. Simply draw a picture that highlights how you have been kind to your heart and others over the past year. In addition to being entered to win great prizes, your poster will help educate the public, decisionmakers and other students about heart health and spreading kindness!

## RULES:

Teachers can do this as a classroom activity or share this document with students and ask them to:

1. create a 8.5x11 poster on paper of their choice
2. submit the entry directly to the American Heart Association.

## SUBMISSION:

Entries should be emailed to Jamie Oriol at [Jamie.Oriol@heart.org](mailto:Jamie.Oriol@heart.org) with subject line 'Kind Hearts RI'

OR mailed to the address below:

American Heart Association – Kind Hearts RI  
One State Street, Suite 200  
Providence, RI 02908

**DEADLINE:** Entries must be received by May 31, 2021

## PRIZES:

Each submission will go through a review process. Prizes will be awarded in two age categories – Grades K-2 and Grades 3-5.

- **1st Place:** \$100 Dick's Sporting Goods Gift Card and four (4) passes to Roger Williams Park Zoo.
- **2nd Place:** \$50 Dick's Sporting Goods Gift Card and four (4) passes to Roger Williams Park Zoo.
- **3rd Place:** Four (4) passes to Roger Williams Park Zoo.
- Top Finalists will be featured on the American Heart Association's local social media pages.
- **NEW THIS YEAR:** Awards will be presented virtually.

## Entry Form

Student's Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Age \_\_\_\_\_ Grade Level \_\_\_\_\_

School \_\_\_\_\_

Teacher's Name \_\_\_\_\_

## Parent/Guardian Waiver

I, the parent or guardian of \_\_\_\_\_ understand my child is submitting an entry into the Kind Hearts RI Poster Contest run by the American Heart Association. Entries / postcards will become the property of the American Heart Association and may be used in events, media, social media, and reproduced in other ways. All judging decisions are solely those of the American Heart Association. The American Heart Association will not be held liable for any issues with submissions.


Parent/Guardian's Name \_\_\_\_\_


Signature \_\_\_\_\_

Parent/Guardian's Telephone \_\_\_\_\_

Parent/Guardian's Email \_\_\_\_\_

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