

Atlantic Health System “Creative Expressions” Healing Arts Calendar Art Contest 2019



Who: Are you a child or teenager between the ages of 4 and 18? Do you have a chronic illness or experience chronic pain? If so, here is an ideal way for you to express your creative side. Enter your original mandala design into the 2019 “Creative Expressions” Health Arts Calendar Art Contest.

What is a mandala? A mandala is a Sanskrit word loosely meaning circle. They can be a form of self-expression and exploration of your internal world. Creating a mandala can be a wonderful activity that can be centering, meditative, and can aid in emotional expression and self-soothing. It is the process of creating a round, symmetrical image that is beneficial for healing.

How: Take a piece of paper and use a circular object to trace a circle. (ex: plate) Fill in the circle with patterns, colors and symbols with your favorite tools such as crayons, markers, pastels, water color paints, or colored pencils. You can also create your mandala using digital art. There are no rules how to create your mandala. Let your feelings inspire your mandala design. For examples, search the internet on how to create a mandala. Submit work up to 11”x 14” in size along with the entry form and bio.



We are looking for young artists to share their original
“mandala design”
with Atlantic Health System.

Sponsored by:

- › Goryeb Children’s Hospital
- › Pediatric Behavioral Medicine
- › Farris Family Center for Advanced Medicine in Pediatrics (CAMP)

“Sit down and close your eyes and take a few deep breaths. Imagine what you want your mandala to look like. What shapes, colors, sizes do you imagine? What physical and emotional feelings are you experiencing? How can you articulate this in your mandala? What do you want your mandala to say to its viewers? It could be about your hobbies, things that help you cope with chronic illness or stress, strength, your values, or community or it could be shapes you like that make you feel happy and calm. There is no right or wrong way to do this. Make it your own and have fun with it.”

Theme: “Self-Expression”

YOU DO NOT NEED TO BE AN ACCOMPLISHED ARTIST TO ENTER OR HAVE YOUR ARTWORK CHOSEN.

ALL PROJECTS MUST BE SUBMITTED BY October 15, 2018.

A panel of health professionals will review entries based on visual interest and creative expression. Twelve Mandalas will be selected for inclusion in the 2019 Calendar.

The artist whose work is chosen for the cover will receive a gift card to an art supply store.

QUESTIONS: Please contact Stacy Alper, LCSW, pediatric behavioral medicine at 973-971-5785 for further information or with any questions you may have.



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