

Heart&Stroke

SPEAK FROM THE

heart

2010 writing competition

My new game, Snow Speedster, is a race. It starts at the bottom of a hill, and kids have to run up to the top with their toboggan and ride it back down. The first one to cross the start line again is the winner!

– Aidan, 12 years old

My new activity is called Swancing, swimming pool dancing! Kids could play by themselves or hold a "Swance-off Contest" with their friends and have judges choose the best 'swancer'!

– Rebecca, 7 years old

My new sport, Whack, is like soccer, but instead of running after the ball, kids have to play on their hands and knees and hit the ball around the field with their hands!

– David, 9 years old

Just imagine!

You're a famous inventor and you've been put in charge of creating a new game that's lots of fun and gets kids really active.

What wild and wacky new activity would you invent that kids could play by themselves, or with their friends and family, to help them get moving and have heart-pumping fun?

Contest details

- Children must submit their entry in partnership with a school or community group.
- The entry must include a sentence from the child's school or community group telling us how they will use the prize money to support healthy eating or physical activity in their community.

Category A: Ages 6 – 8, maximum of 50 words

Category B: Ages 9 – 11, maximum of 150 words

Category C: Ages 12 – 14, maximum of 250 words

Children from all categories may submit a picture that illustrates their idea, with their entry.

Prizes

One \$200 individual prize and one \$200 organization prize (for the winning child's school or community group) will be awarded in each category.

Submissions

Don't forget to include your full name, age, address, phone number and the name of your school or community group with your idea!

Send your entries, no later than February 26, 2010 to:

Email speakfromtheheart@hsf.on.ca

Fax 416 489 0102

Attn: Speak from the Heart Writing Competition

Mail

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STROKE
FOUNDATION**

Finding answers. For life.