



Julia's Grace Foundation is gathering artwork for our 2023 *Julia's Grace*® Calendar. Of course, this year's theme will come from Julia's list of *Ten Things to Do to Make You Happy*.

We would love to see your child's artwork based on one of the items on Julia's list. All calendar submissions are due by **October 30, 2022**.

After reviewing all submitted artwork, we will select one piece of art to represent each of the ten things on Julia's list. Selected artists will be notified by November 5, 2022 and will receive a copy of the printed calendar and a bag of Julia's Grace Swag! Even if your child's artwork is not selected for the calendar, you might see it featured on our website or social media pages.

Artwork can be submitted via US mail, at a school drop-off site, or via a high-quality jpeg file. Please note that if your child's artwork is selected and you submitted it via an electronic file, you will be asked to provide the original version to *Julia's Grace*®.

Please complete and return this form with the following information with your submission:

Child's Name:

Child's Age:

Address:

Parent Email:

Parent Contact Name

All artwork will become the property of *Julia's Grace Foundation*®.

Julia's Grace

"Do you ever feel down and blue?"

"I know what you can do to help. I have a list."

"Are you paying attention?"

1. Grab some friends and have a lunch date.
2. Think of happy thoughts.
3. Watch a funny movie.
4. Hear some nice music.
5. Think about puppies.
6. Think about your children.
7. Think about what you are going to do in the future.
8. Have waffles and ice cream.
9. Think about your favorite things in the world.
10. Give someone a hug.

Julia Grace Eveland
August 31, 2013