

Artwork Guidelines

Greeting Card

Dimensions: 5" x 7" card design

1. The artwork should be generic (but still creative!). Here are some considerations:
 - Gender-neutral artworks are best. They help prevent “mix-ups” and allow for easier distribution.
 - Don’t let these guidelines limit your originality—the more imaginative the better!
2. Messages written outside the cards should be as neutral and empowering as possible:
 - Please write in print.
 - Avoid spiritual and/or religious references.
 - Hospitals treat patients of all religions, as well as those who do not practice a religion.
 - Avoid phrases such as “God Bless you” or “I’m praying for you”.
 - DO NOT write "Get well soon", "Feel better soon", “Hang in there”, or other illness-related comments.
 - Some patients have chronic, life-long, progressive and/or terminal medical conditions.
 - Some patients have been in the hospital for a long time and are struggling to keep up their spirits.
 - Use uplifting messages such as:
 - Stay strong
 - You are awesome
 - Never forget how amazing YOU are
 - You rock
 - I hope you have a great day today
 - You inspire me
 - You are so brave!
 - I believe in YOU
 - You make me smile!
 - Thinking of you
 - Sending you good wishes
4. Kids love jokes and riddles. Child-friendly and seasonal jokes can be found on the internet. These are a great way to make a child smile and laugh!

5. Submission Form Fields:

- Name of the artist (optional)
- Title of the artwork
- Category (Prek - 5th grade, 6th-8th grade, 9th- 12th grade)
- Description of the artwork (Optional: up to 250 words)
- Format: Acceptable file formats (JPEG, PNG, PDF).
- Resolution: Minimum image resolution (300 DPI for clarity).
- Size: Specify file size limits (under 10 MB).
- Originality: Artwork must be original and created by the participant.
- Email address for result announcement