



Heart to Heart

Young Voices on Compassion

Call for Submissions –deadline Sept 1, 2023

The “Heart to Heart: Young Voices on Compassion” project invites children and teens to share their thoughts on what compassion means to them. The children’s writing will be displayed during the “Mandala of Compassion” event **at the University of Iowa’s Levitt Gallery from September 5–8, 9:30am to 5:30pm daily**. We will also offer an opportunity for the writers to read their work at the gallery on Thursday evening, September 7th, 7:00–8:00. More information: www.milarepaiowa.org/heart-to-heart/

PROMPT: “What does compassion mean to you?”

Please reflect on this question and share your thoughts, feelings, and personal experiences related to compassion. What matters most is your personal expression! This is not a contest –all submissions will be displayed. Here are some additional ideas to spark your creativity:

- Tell us about a time when someone showed compassion to you and how it made you feel.
- How do you think compassion can make a positive difference in the world?
- In what ways can we show compassion to others in our daily lives?
- Write a poem about compassion.
- Write about the kindest thing you have done for someone and how it made both of you feel.
- Interview an older family member or friend about their experiences with compassion in their life.
- Think of ways you can show compassion to animals and the environment.

HOW TO SUBMIT WRITING

Who can offer writing: Children and teens ages 7–17.

Please submit by: September 1, 2023

Number of words: at least 10 words –no more than 500 words

Where to send your writing: Please send your writing to admin@milarepaiowa.org (photo ok)

Language: Submit in either English or Spanish.

Please include:

- Your name (*We will use only first name and last name initial.*)
- Your age
- Your address and email
- Please tell us if you would be interested in reading your work at the Levitt Gallery on Thursday evening, September 7th, 7:00–8:00?

ABOUT THE MANDALA OF COMPASSION EVENT: During the Mandala of Compassion event a Tibetan Buddhist sand mandala will be constructed by visiting teachers. The mandala is a symbol of kindness and compassion. www.milarepaiowa.org/mandala/

CONTACT:

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SPONSORS:

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