

LOVE YOUR TREE

Cultivating Compassion Through Art



FREQUENTLY ASKED QUESTIONS

What type of artwork can I submit?

Love Your Tree is all about creativity! Traditionally, entries have been in the form of posters (paintings, drawings, etc.) or other forms of visual art such as photography and digital design work. However, we were so inspired by all of the new submissions last year ([like this beautiful song](#)) that we're encouraging everyone to keep thinking outside the box! Posters, poems, collages, spoken word, TikTok videos, choreography, sculpture – as long as you can send it (or a photo of it) to us, it belongs in the *Love Your Tree* gallery! Here are some tips for submitting various forms of artwork:

- Visual 2D or 3D artwork (posters, paintings, drawings, graphic design, etc.)
 - Submit photo file (JPEG, PNG)
- Written works of art (poems, stories, lyrics, etc.)
 - Submit document file (.doc or PDF)
- Visual/Movement performances (spoken word, choreographed dance, theatrical performance, etc.)
 - Submit video file (MP4, FLV, MOV or AVI)
- Spoken/Musical performance (instrumental composition, song lyrics, etc.)
 - Submit audio or video file (MP3, MP4, FLV, MOV or AVI).

Is there a deadline to enter the program?

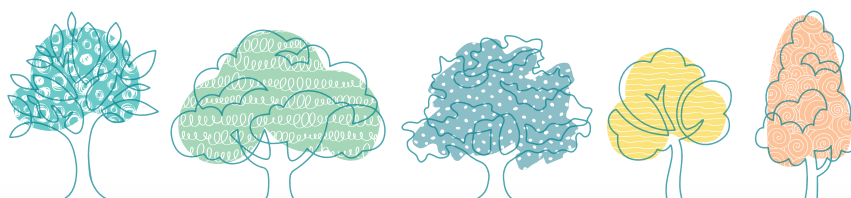
In 2021 the *Love Your Tree* campaign will be open and active from **June 21 through December 31, 2021**. If you will be hosting a workshop, submitting your own artwork or planning a *Love Your Tree* event for your own community, please keep these dates in mind. All entries for 2021 will need to be received prior to the December 31 deadline to be included in this year's online gallery.

I'm not much of an artist. Are there other ways for me to get involved?

We believe everyone is an artist in their own way and it can be fun and rewarding to let creativity flow no matter what comes out of it. Don't let a lack of formal artistic ability keep you from experimenting with art! However, if you're looking for a new way to get involved or spread the positive *Love Your Tree* message with others, check out our downloadable [Branches of Hope](#) and [Leaves of Inspiration](#) affirmation cards that you can easily fill in and share on social media, submit to the campaign or even print and give to someone you love who needs encouragement!

How old do I need to be to participate?

Exactly the age that you are right now. We've had the pleasure of hosting *Love Your Tree* events for preschoolers on up through senior citizens. Just like trees can keep growing and changing from tiny saplings to ancient redwoods, there's really no age limit to creativity and self-compassion. However, everyone who submits artwork to the campaign is required to submit a [Participant Consent and Entry Form](#) as well. If you're under 18, that means your parent or guardian needs to consent too, so you'll need their permission to participate.



STAY CONNECTED: We want to hear from you and see how you're getting involved!

To learn more, visit LoveYourTree.org
Email us at LoveYourTree@ERCPATHLIGHT.COM

Follow us on social media:
[@EatingRecovery](#) [@PathlightBH](#) [#LoveYourTree](#)

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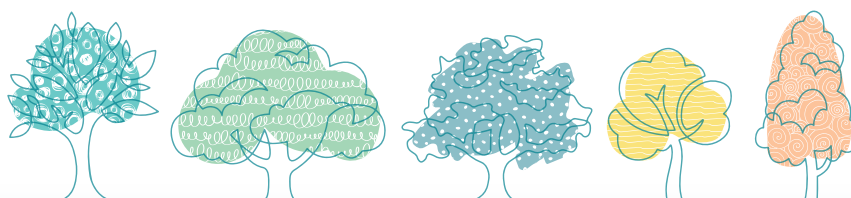


What's involved in hosting a workshop?

Workshops can look different depending on the age of your participants, how much time you have available, access to supplies or your individual goals for engagement. Workshops can be educational, relaxing, therapeutic or simply just for fun! The *Love Your Tree* campaign has easy-to-use activities and a ready-to-go PowerPoint presentation that can be helpful tools to walk participants through the *Love Your Tree* creative process, but many facilitators take these ideas and adapt them into even more beautiful creations. Over the years, *Love Your Tree* workshops have been hosted in a variety of settings:

- Middle and high school art curriculums
- Adult yoga/mindfulness classes
- Kindergarten murals
- Parent-child art workshops
- Campus-wide celebrations
- Support group activities
- Writing workshops and more

We encourage you to use the available materials here and put your own creative spin on the concepts! Remember, the only goal is to inspire self-compassion, body acceptance and positive mental well-being, and to help spread those themes through connection to the community. Need help hosting a workshop? Join our monthly [Love Your Tree Q&A sessions for workshop facilitators!](#)



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