



ASTHMA 411

Breathe with Ease Art Contest: Rules and Guidelines

Purpose: The purpose of the Breathe with Ease Art Contest is to give students the opportunity to promote respiratory health through artwork that inspires people to think, discuss solutions, and take action to keep their lungs healthy.

2026 Theme: Healthy Earth, Healthy Lungs

Eligibility: All students in grades 1st -12th attending school in the state of Texas.

Contest rules:

One entry per student.

1. All entries must be submitted electronically by students, parents/guardians, or teachers to Asthma411@unthsc.edu by Tuesday, March 31st 2026. Late entries will be disqualified.
2. Winners' artwork will be displayed at UNT Health Fort Worth. Winners will schedule a time to turn in their original artwork to the Asthma 411 team as well as a release form signed by their parent/guardian.
3. Each entry must include a completed contest entry form and a consent form. Email all forms to asthma411@unthsc.edu.
4. Ownership of the underlying intellectual property of the artwork remains with the entrant, with the following exceptions.
5. Entrants grant Asthma 411 and UNT Health Fort Worth the right to use their names, photographs, statements, quotes, testimonials, and artwork submissions for advertising, publicity, and promotional purposes without notification or further compensation.
6. Entrants also grant Asthma 411 and UNT Health Fort Worth the right to use, reproduce, reprint, distribute, and/ or display the entrant's artwork without further compensation or notification to the entrant.
7. Asthma 411 and UNT Health Fort Worth maintain the right to reproduce, reprint, distribute, display or exhibit the artwork for advertising publicity, and promotional purposes on their website, at partner locations, at conferences and trainings, or at any other venues.

8. By accepting the prizes, winners agree to hold Asthma 411 and all UNT Health Fort Worth employees harmless against any and all claims of liability arising out of use of such prizes. Winners assume all liability for any injury or damage caused from participation in the contest or use/redemption of any prize.
9. Entrant agrees to be bound by the official contest rules and decisions of the judges.

Design rules:

Artwork must follow our 2026 theme

Artwork must be two-dimensional and can be any paper medium or canvas board, using any of the following: colored pencils, pastels, water colors, acrylics or oils, colored markers, ink, charcoal, or crayons. Collages, computer-generated artwork, photography, traced images or photocopies will be disqualified.

All artwork must be in an 8.5” X 11” format.

Entries must not be framed or mounted.

If an entry includes text, all words must be spelled correctly. If text is not in English, an English translation should be included.

Contest deadline and submission instructions:

1. Entries must be submitted no later than Tuesday, March 31st 2026. All entries must be submitted electronically by students, parents/guardians, or teachers.

3. To submit an entry, please email a photo of the artwork, contest entry form, and consent form to asthma411@unthsc.edu

Judging: Judges will score each entry based on the following 5 categories:

1. Theme expression
2. Technical ability
3. Creativity
4. Overall Impression

Contact Information: If you have any questions regarding the Breathe with Ease Art Contest, please call us at (817) 735-7642 or send an email to leslie.reyna@unthealh.edu

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