



## **ADHASA ESSAY COMPETITION FOR ADHD AWARENESS DAY**

This essay competition is to have our children think about the positives of ADHD, rather than concentrate on the challenges that may accompany it. Entering this competition may help people with ADHD recognise and start to use their own talents and gifts. It doesn't matter if they cannot spell, punctuate etc as long as we are able to read it.

**Younger age groups:** 6 – 9 years and 10 – 13 years.

The title of your essay is: **ADHD and Me.**

Tell us how ADHD has helped you and what it is about ADHD that makes you special.

*Length of essay: between 50 and 200 words.*

**Older groups:** 14 – 16 years and 17 – 18 years.

Title of Essay: **ADHD – the Key to the Future.**

Write about ADHD and the future; or you could write about your own future and how ADHD is going to assist you in your chosen path. You could also include past successes and how you're going to build on them. Be creative, the choice is yours.

*Length of essay: Not more than 350 words.*

Bear in mind that people like Richard Branson, Whoopie Goldberg and many others with ADHD have changed this world for the better. If anything, ADHD equipped them to rise above the challenges and make the earth a better place. If they can, so can we!

**Send your entry to** ADHASA National Office at PO Box 3704, Randburg 2125 or fax to 086 604 7124. Please include the child's full name, age, address, telephone number, and (if possible) their email address.

**Please note:** Age of child also to be put clearly on top right hand side of front page.

All entries to reach us by Friday 28 August, winners to be announced on 14 September.

**Trophies and prizes** will be awarded to the winners of each section. We'll send more info about them as soon as details have been finalized.



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