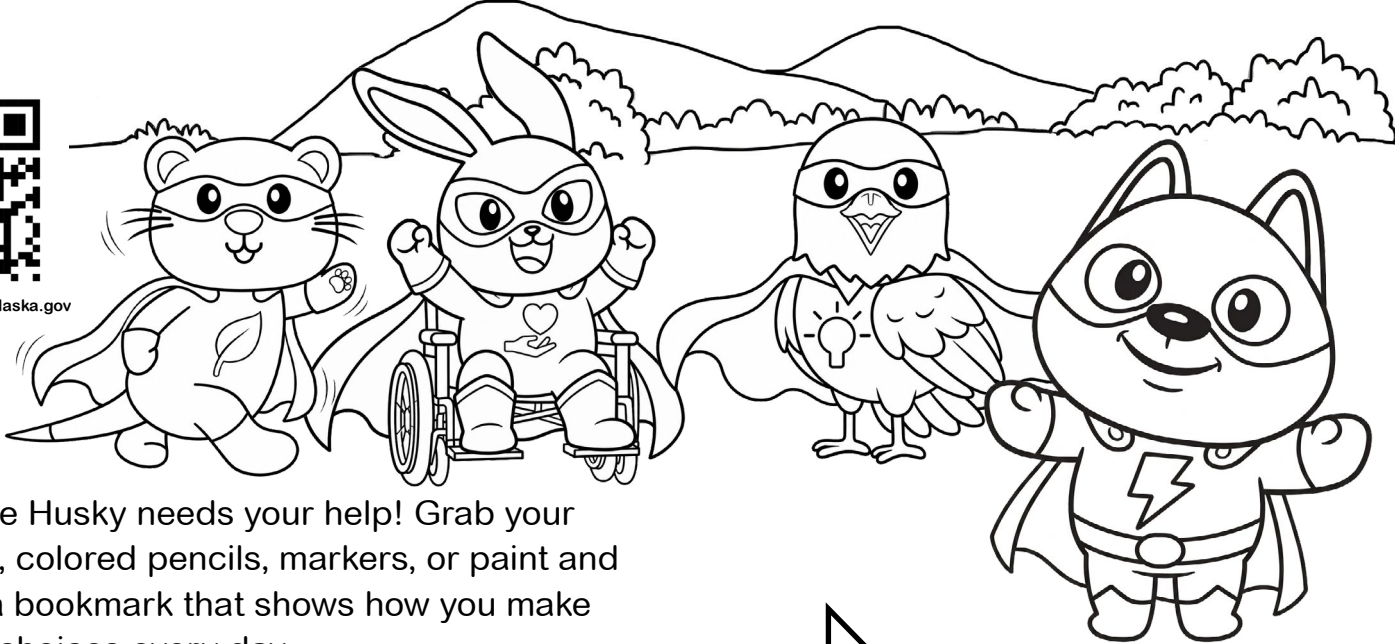




A BOOKMARK CHALLENGE FOR HEALTH HEROES!



ConnectionsForKids.alaska.gov



Hope the Husky needs your help! Grab your crayons, colored pencils, markers, or paint and create a bookmark that shows how you make healthy choices every day.

Maybe you eat colorful fresh foods, stay active, help others, stay safe, get good sleep, or take deep breaths when you have big feelings.

Every healthy choice is a super power.

Tell us about your artwork! How does your super power keep you healthy? _____

Full Name: _____

Grade: _____ **School:** _____

Mailing Address: _____

Submit your entries by 10/09/2026 in one of the following ways:

- Scan or photograph your page and submit by QR code or email:
doh.communications.team@alaska.gov

- Drop off or snail mail:
Alaska Department of Health
Attn: Communications Team
3601 C St. #902, Anchorage, AK 99503

