
RED RIBBON WEEK

WRITING COMPETITION • ELEMENTARY SCHOOL

Division: Elementary School (K–5)	Theme: My Natural High!
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YOUR WRITING CHALLENGE

“What makes you happy, helps you feel proud, and makes you excited to be you?”

During Red Ribbon Week, we celebrate making healthy choices and keeping our minds and bodies safe. A **natural high** is the happy, excited, or proud feeling you get from doing something positive that you love—like playing outside, drawing, dancing, playing a sport, helping someone, or spending time with family and friends.

Write a poem or essay about your favorite natural high. Tell us what makes it special, how it makes you feel, and why you want to make healthy choices as you grow up. How can you encourage other kids to stay safe and drug-free?

Your message: You are special, your dreams matter, and you can make choices that help you shine!

CHOOSE YOUR FORMAT

Write either an original poem or an essay in response to the prompt. Make your message clear, use your own ideas and words, and connect your work to the Red Ribbon Week theme.

SUGGESTED LENGTH

Poem: 4–12 lines • Essay: 1–3 paragraphs (suggested; teachers may adjust by grade).

Remember: Your voice matters. Your choices matter. Your future matters. Find your natural high and choose a healthy, drug-free future!

Student name: _____ **Grade:** _____