

Dancers lead with creativity, character, and care — your movement matters.

Whether you're part of a dance club, a National Honor Society for Dance Arts chapter, or simply someone who leads with creativity, you use your artistry to inspire others and strengthen your school community.

The #CreateConnectCare Challenge is your chance to use dance to support mental health, challenge stigma, and show what leadership through the arts looks like.



Literary Arts: Writing that reflect dance and emotions

Visual Arts: Dance-inspired drawing, painting, and photography

Performing Arts: Choreography, performance, improv

Film/Video Arts: Dance films, edited sequences, PSAs

Digital Arts: Graphic design, digital illustration, memes

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Creativity comes from imperfections. In my dance, I constantly fall or find myself on the floor; rather than forcing myself to get back off the ground, I take a moment to explore on the ground — to learn why I have found myself on the ground, and how I can make going back up a journey of finding oneself.

Rosie – Age 16

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Why Dance Students Join



Lead with Creativity

Use movement to spark conversations that matter and encourage honest dialogue.



Showcase Character

Share honest stories, uplift peers, and model empathy through your art.



Serve Your Community

Create work that supports mental health awareness and helps others feel seen and understood.



Global Recognition

Students featured in the Youth Gallery and eligible for the 2026 #CreateConnectCare awards.

How To Participate: Deadline March 31, 2026

- 1 Choose a Focus Area:** Explore resources and choose a focus area, such as awareness, stigma, connection, or self-care.
- 2 Create a Piece:** Share their mental health stories through your selected creative medium.
- 3 Share:** Submit their creative work to #CreateConnectCare by **March 31, 2026..**

- **40 Youth Awards:** Recognition grants of **\$100-\$500**
- **3 Educator Champion Awards: \$500 each.**
- **Creativity Journals:** Moleskine Journals for the first 500 U.S. entries.
- **Certificate of Participation:** All participants receive a digital certificate.