




NATIONAL PTA®
REFLECTIONS™

2024-2025

**CALL FOR
ENTRIES!**

*Accepting
Imperfection*



“‘Accepting Imperfection’ is a reminder to myself that mistakes are welcome because they are a part of being human. Our flaws are as much a part of us as our strengths, so being imperfect should be perfect enough for us.”

Paige Opaska

This theme serves as a powerful reminder that our flaws and mistakes are just as much a part of us as our strengths and are a natural and beautiful part of being human.

Understanding “Accepting Imperfection”

Perfection is most often subjective and created by societal or community standards and, increasingly, it has become especially important across our fast-paced, perfection-driven society. Despite everyone feeling the pressure to be perfect, “Accepting Imperfection,” which means embracing flaws rather than rejecting them, is a deeply personal journey for students—and adults.

Some students may feel pressure to be flawless, which can come from themselves, their families or society, and will pursue perfection relentlessly. However, their pursuit will often end in disappointment because perfection, as many of us envision it, is unattainable. This can lead to stress, anxiety and a sense of never being good enough.

In contrast, some students may view imperfections as part of the journey to excellence. To them, mistakes and flaws are seen as steppingstones, each one contributing to the development of skills, character and resilience. In this way, imperfection becomes a powerful motivator.

“Accepting Imperfection” is not just for students to explore on their own and in their PTA Reflections submissions—it’s also an opportunity for families to foster and engage in meaningful conversations. Simply talking openly about imperfection can help normalize the idea that nobody is perfect, and that’s okay.

Here are some discussion questions for families to explore the theme of “Accepting Imperfection” together:

Questions for Parents/Guardians:

- How do you define perfection, and how have your views on imperfection evolved?
- Can you share examples of how you’ve accepted imperfections in yourself or others?

Questions for Students:

- How do you react to making mistakes? Do you learn from them or get frustrated?
- Can you recall a time when an imperfection helped you grow?

Questions for Families:

- What are practical ways we can celebrate imperfections at home, school or work?
- How do social media and cultural norms influence our views on perfection?
- What imperfections in the world around us—like the irregularity of nature, handmade crafts, or a loved one’s quirks—do we find beautiful or endearing?

Explore the arts and express yourself!



DANCE
CHOREOGRAPHY



FILM
PRODUCTION



LITERATURE



MUSIC
COMPOSITION



PHOTOGRAPHY



VISUAL ARTS

Get involved! [PTA.org/Reflections](https://pta.org/reflections)

Exploring Creative Interpretations of the Theme

Because “Accepting Imperfection” is a personal experience and concept, there are endless possibilities for artistic expression across the PTA Reflections arts categories:

- **Dance Choreography:** A dancer might choreograph a piece that highlights moments of imbalance or missteps, weaving these “mistakes” into the performance to show that they are expressions of humanity and growth.
- **Music Composition:** Musicians can explore imperfection by embracing the natural variability in performances. A piece doesn’t need to be flawless to be powerful; often, it’s the slight deviations and emotional nuances that make it memorable.
- **Photography:** Photographs can capture the beauty of candid, unposed moments or highlight unique flaws—wrinkles, scars or everyday messiness—which can tell a more compelling story than a picture-perfect image.
- **Literature:** Writers can explore imperfection through storytelling about a character who finds strength in their flaws or through an acrostic poem that uses each line to celebrate a different, personal imperfection.
- **Visual Arts:** Drawings, paintings and sculptures can elevate imperfections as the true standard of beauty, contrasting them with traditionally “perfect” elements to emphasize the value of the imperfect.
- **Film Production:** Film makers can capture and edit day-to-day footage to create a narrative that showcases the beauty of everyday life, using cinematic techniques to explore how the world would look if ordinary people, not Hollywood, defined perfection.

REFLECTIONS ART PROGRAM STUDENT PARTICIPANT FORMS

Current Student Packet – available in English ([fillable PDF form](#)) and Spanish ([non-fillable PDF](#), or [fillable PDF](#) with entry form only).

Rules by Category:

- [Accessible Arts Division Guidelines \(en español\)](#)
- [Dance Choreography Guidelines \(en español\)](#)
- [Film Production Guidelines \(en español\)](#)
- [Literature Guidelines \(en español\)](#)
- [Music Composition Guidelines \(en español\)](#)
- [Photography Guidelines \(en español\)](#)
- [Visual Arts Guidelines \(en español\)](#)

PTA Reflections Student Submission Entry Form

This section to be completed by PTA before distribution.

LOCAL PTA _____ LOCAL PTA ID _____
LOCAL PROGRAM CHAIR _____ EMAIL _____ PHONE _____
COUNCIL PTA _____ DISTRICT PTA _____ REGION PTA _____
STATE PTA _____
MEMBER DUES PAID DATE _____ INSURANCE PAID DATE _____ BYLAWS APPROVAL DATE _____

STUDENT NAME _____ **GRADE** _____ **AGE** _____

PARENT/GUARDIAN NAME(S) _____

EMAIL _____ **PHONE** _____

MAILING ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

Ownership in any submission shall remain the property of the entrant, but entry into this program constitutes entrant's irrevocable permission and consent that PTA may display, copy, reproduce, enhance, print, sublicense, publish, distribute and create derivative works for PTA purposes. PTA is not responsible for lost or damaged entries. Submission of entry into the PTA Reflections program constitutes acceptance of all rules and conditions. I agree to the above statement and the National PTA Reflections Official Rules.

STUDENT SIGNATURE (Required.) _____

PARENT/GUARDIAN SIGNATURE (Required.) _____

GRADE DIVISION (Check One)

- ☐ PRIMARY (Pre-K-Grade 2)
- ☐ INTERMEDIATE (Grades 3-5)
- ☐ MIDDLE SCHOOL (Grades 6-8)
- ☐ HIGH SCHOOL (Grades 9-12)
- ☐ ACCESSIBLE ARTS (All Grades)

ARTS CATEGORY (Check One)

- ☐ DANCE CHOREOGRAPHY
- ☐ FILM PRODUCTION
- ☐ LITERATURE
- ☐ MUSIC COMPOSITION
- ☐ PHOTOGRAPHY
- ☐ VISUAL ARTS

TITLE OF ARTWORK (Required.) _____

QUESTIONS?

Join one of our Zoom information sessions

WED. SEPT 18TH 7:30PM

WED. SEPT 25TH 7:30PM

Join Zoom Meeting Below

Link:

<https://cnusd-k12-ca-us.zoom.us/j/96309981407?pwd=NFRkaXZpQjVyVkZmcWNROVpUZTNwUT09>

Meeting ID: 963 0998 1407

Passcode: 2022

Having trouble brainstorming imperfection?

<https://www.genieacademy.com/blog/imperfection-will-make-your-child-bloom>

What are some strategies a perfectionist can use to embrace imperfection?

Whenever I find myself falling into a perfectionist mode I pay more attention to the world around me, to see how imperfect life is, and to appreciate how perfect that reality is. There's beauty in all the rough edges, in that which is unpolished.

Look inward. Ask yourself:

- Can you think of a time when you made a mistake but learned something valuable from it?
- What is an imperfection you have that you are learning to accept or even appreciate?
- How can accepting each other's imperfections make friendships stronger?
- How do mistakes and imperfections help you learn and grow?

Look outward. Ask yourself:

- What are some examples of imperfections in nature that you find beautiful or interesting?
- How can imperfections make a piece of art more unique or special?
- How do animals show us that imperfections can be a natural and normal part of life?

<https://www.youtube.com/watch?v=0JsnciXX7CE>.

<https://www.youtube.com/watch?v=g9ICjwMu0DA>.

