

Play it Fair! Postcard Activity

Celebrate National Child Day (November 20th) and the Convention on the Rights of the Child (CRC) by sending a postcard to Parliament! Article 12 of the CRC (respect for the views of the child) states that all children have the right to express themselves and be heard. Adults should take children's ideas into consideration when making decisions that affect them.

Purpose of the postcards

- To promote children's participation by encouraging them to share their ideas with decision makers.
- To promote positive values such as inclusion, respect for diversity, responsibility and cooperation.

How to use the postcards

1. Choose one of the following activities before starting the postcard activity to remind children about their rights:
 - *Draw it Right* (activity 45)
 - *I Have the Right To* (activity 28)
 - *Human Rights Twister* (activity 16)
2. After the group discussion, hand out the postcards and ask the children to read what is written on the postcard.
3. Tell the group that they can always write to any member of the Canadian Parliament to share their ideas, and there is no cost to mail their letter! Remind the children that all children have the right to express themselves and be heard. Adults should take children's ideas into consideration when making decisions that affect them.
4. Provide children with markers or crayons and ask them to draw or write what children's rights mean to them.
5. The postcards are pre-addressed to the Prime Minister of Canada – **postage is free!** Children may choose to replace the name of the Prime Minister

of Canada on the postcard with the name of their local Member of Parliament in order to share their ideas with other national decision makers.

Use this link to help children learn how to find the name of their local MP:

www.parl.gc.ca/Parliamentarians/en/constituencies

6. If you include the return address of your organization or school you may receive a letter back from the Prime Minister!
7. Children may also choose to share their card with other adults who are important to them such as a parent, teacher, principal or afterschool program director. *Note: Stamps are required if a child decides to mail the postcard to a family member or teacher.*

Share and send the postcards

8. We love when you share children's work! Consider taking close-up photos of the children's postcards and sharing them on Facebook, Twitter and Instagram (#PlayItFair). You can also email your pictures to Equitas (pif@equitas.org).
9. Collect the completed postcards from your group and put them in the mail.



How to Order the Postcards?

Postcards are available free of charge (quantities are limited). Please contact pif@equitas.org to order.