

# Play It Fair! Day

<b>Suggested Date:</b>	<b>Around August 12, International Youth Day (optional)</b>
<b>Age:</b>	<b>6-12 years old</b>
<b>Time:</b>	<b>Variable</b>
<b>Group Size:</b>	<b>Variable (you can combine several groups or camps)</b>
<b>Location:</b>	<b>At your camp or at a nearby park</b>
<b>Values:</b>	<b>Cooperation, respect, fairness, inclusion, respect for diversity, responsibility, acceptance</b>



## What is *Play it Fair!* Day?

*Play it Fair!* Day is a chance for the children and staff to join in activities that highlight positive values, children's rights and participation through games and group discussions. It is also a good opportunity to promote your program by inviting parents, members of the community or local press to see what you are doing.

*Play it Fair!* Day can be as simple or as elaborate as you like and can last anywhere from a couple of hours to a full day. Choose 1 or more of the ideas included in this booklet to celebrate your *Play it Fair!* Day.

## What are the Goals for the Day?

- To promote children's active participation and human rights values while having fun
- To promote children's rights and *Play it Fair!* in your local community
- To participate in a national event in support of children's rights

## How Can Your Camp Get Involved?

Getting involved in *Play it Fair!* Day is as simple as 1-2-3!

1. Read this planning guide and order free *Play it Fair!* Day materials.
2. Decide which elements of the day your camp will take part in and start planning.
3. Host your *Play it Fair!* Day and have fun!

## What is in This Booklet?

This *Play it Fair!* Day booklet features 4 main activity ideas, a list of easy and fun ways to celebrate *Play it Fair!* Day, as well as tips on how to organize *Play it Fair!* Day we have received from our partners across Canada.

You can find an index for *Play it Fair!* Day ideas on the following page.

## Index of *Play it Fair!* Day Ideas

### Rights Olympics

In teams, children participate in *Play it Fair!* activities (games and group discussions) and collect stickers or stamps on their own medal for each human rights value.

### Let's Celebrate Diversity

Children, families and other members of the community participate in 2 or 3 *Play it Fair!* activities (games and group discussions). *Let's Celebrate Diversity* helps strengthen bonds between children, families and members of the wider community while celebrating diversity among families and cultures.

### Children's Rights Graffiti

Children participate in a *Play it Fair!* activities (games and group discussions) then create a collective work of art illustrating children's rights.

### Play it Fair Heroes

In groups, children create a *Play it Fair!* Hero and matching slogan (memorable motto or phrase) who exemplifies 1 of the 7 human rights values included in the *Play it Fair!* Toolkit.

### Other Fun & Easy Ideas

5 fun and easy ways to celebrate *Play it Fair!* Day.

### Tips for Organizers

Tips for organizing *Play it Fair!* Day from *Play it Fair!* partners across Canada.

### Photo Consent Form

**Be sure to photograph the day and send the pictures to us.** We would love to share your ideas and success with the *Play it Fair!* community coast to coast! Make sure to distribute the photo consent form before the activity to get permission to take and distribute photographs of the children.

### How can we help?

Do you have questions or comments regarding *Play it Fair!* Day? Please contact us at [pif@equitas.org](mailto:pif@equitas.org) or 514-954-0382. We look forward to hearing from you!

# Rights Olympics<sup>1</sup>

Age:	6-12 years old
Time:	2 hours
Group Size:	Variable (you can combine several groups or camps)
Location:	At your camp or at a nearby park
Values:	Cooperation, respect, fairness, inclusion, respect for diversity, responsibility, acceptance



## Description

In teams, children participate in *Play it Fair!* activities (games and group discussions) and collect stickers or stamps on their own medal for each human rights value.

## Preparation

1. Choose several *Play it Fair!* activities to include in your *Rights Olympics* event, each of which will be an activity station (see suggestions on following page). For each of the activities, select a leader who will be in charge of preparing the materials and leading the game and group discussion with different teams.

**Tip!** Ask the older children in your camp to help choose and lead the activities.

2. Choose a suitable spot for each game. Keep in mind that the activities will take place in the same spot and be led by the same person; the teams of children will rotate between activity stations.

**Tip!** Choose a suitable date and place. Have a back-up plan in case of rain. Make sure you have access to the necessary services: bathrooms, lunch or picnic area, water, shade, etc.

3. Prepare enough medals for each child (see template on following page). Prepare 7 stickers per child, each one representing a different human rights value. You can use a different shape or colour for each sticker so that each value will be easily distinguishable. Alternatively, you can prepare 1 stamp per activity station, each one representing a different human rights value.

4. Prepare participation prizes to be distributed to the children at the end of the *Rights Olympics* (optional).

## How to Play

1. Greet the children in some special way, for example, by wearing costumes, playing music, decorating the site, etc.
2. Explain how the *Rights Olympics* will work.
3. Form teams. Give 1 medal to each child.

**Tip!** Form 'country' teams a few days before the event. Ask children to prepare flags and dress up in the colours of their country.

**Tip!** Ask team leaders to hold on to the medals for each child while participating in the activities. Make sure each child writes their name on their medal.

<sup>1</sup> This is an adaptation of an activity suggested by the summer camp run by the Borough of LaSalle in Montreal. Thank you for the suggestion.

4. Ask the leaders to get ready to lead their activity.
5. Send each team to a different station.
6. Allow 15 to 20 minutes for each activity. Leaders facilitate the *Play it Fair!* game and the group discussion that follows, then place one sticker or stamp in each child's medal.
7. After 15 to 20 minutes, ring a bell or play some music to let the teams know that it is time to switch stations.
8. Allow about 5 minutes between activities and plan for breaks, if necessary.
9. At the final station, leaders help their teams discuss the values inscribed on the medals they collected and why these values are important to them.
10. Gather all the teams and thank and congratulate everyone. Give out participation prizes (optional).

## Suggested Activities

For the *Rights Olympics*, select:

- **At least 4 activities.** If, however, you are planning to form more than 4 teams, you will need to select more *Play it Fair!* activities (or, alternatively, plan to have 2 stations of the same activity).
- **Activities that address different values.** After having participated in a *Play it Fair!* activity, each team receives a sticker or stamp for the value that was fostered during the game and group discussion inscribed on it. Each activity should address a separate value so that each team can "collect" 4 (or more) different values.
- **Activities that are suitable to the ages of the children.** If you are thinking of forming teams with children of varying ages, it might be easier to choose activities that are appropriate for children of any age, such as the ones suggested below.

<p><b>Cooperation</b></p> <p>01 Cooperative Musical Chairs</p> <p>02 Crocodile</p> <p>04 Tropical Storm</p> <p>05 Around the World with a Hula Hoop</p>	<p><b>Respect</b></p> <p>54 The Curtain Comes Down</p> <p>25 The Noisiest Game in the World</p> <p>26 Rock- Paper-Conflict</p>
<p><b>Respect for diversity</b></p> <p>06 Kulit K'rang</p> <p>56 Talyat-Malyat</p> <p>62 What Are You Doing?</p> <p>14 From Saturn to Jupiter</p>	<p><b>Responsibility</b></p> <p>53 Your Smile is Contagious</p> <p>28 I Have the Right to...</p> <p>45 Draw it Right</p>
<p><b>Inclusion</b></p> <p>07 Exclusion by Numbers</p> <p>23 Tra-la-la...Silence</p> <p>24 Inclusion... Exclusion...</p>	<p><b>Acceptance</b></p> <p>30 I Have a Disability</p> <p>58 Random Words</p> <p>48 Colour Portraits</p>



Play It fair!



Name:

All children have the right to be respected

All children have the right to play

All children have the right to express their opinions

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International Centre for Human Rights Education

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Immigration  
nouvelles  
cultures  
Québec

Montréal



THE J.W. MCCONNELL  
FAMILY FOUNDATION  
LA FONDATION DE LA  
FAMILLE J.W. MCCONNELL

1. Cut this paper in half.
2. Fold each medal in half and cut around the solid line.
3. Punch a hole through the top of each medal to attach a ribbon.

Play It fair!



Name:

All children have the right to be respected

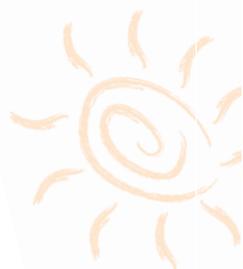
All children have the right to play

All children have the right to express their opinions

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Fondation du Grand Montréal  
Foundation of Greater Montreal

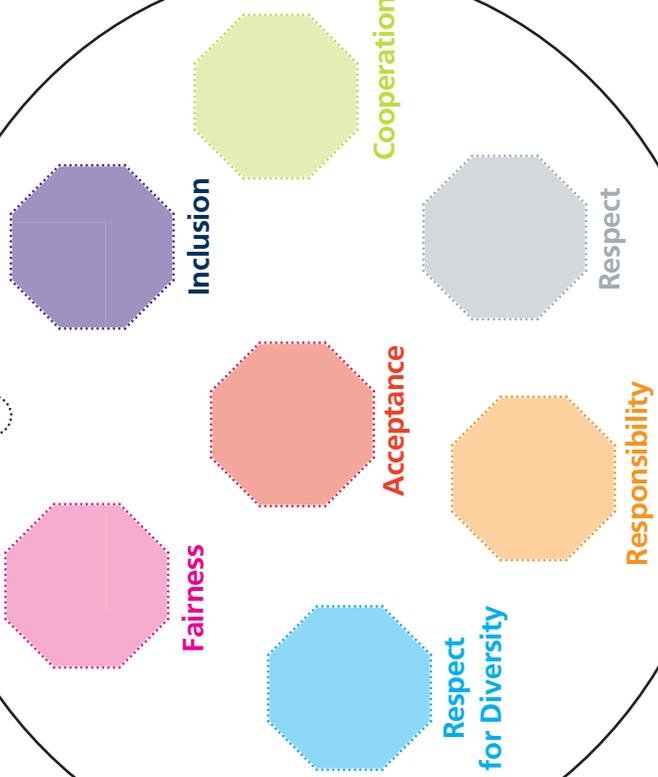
Immigration  
et Communautés  
culturèles  
Québec

Montréal

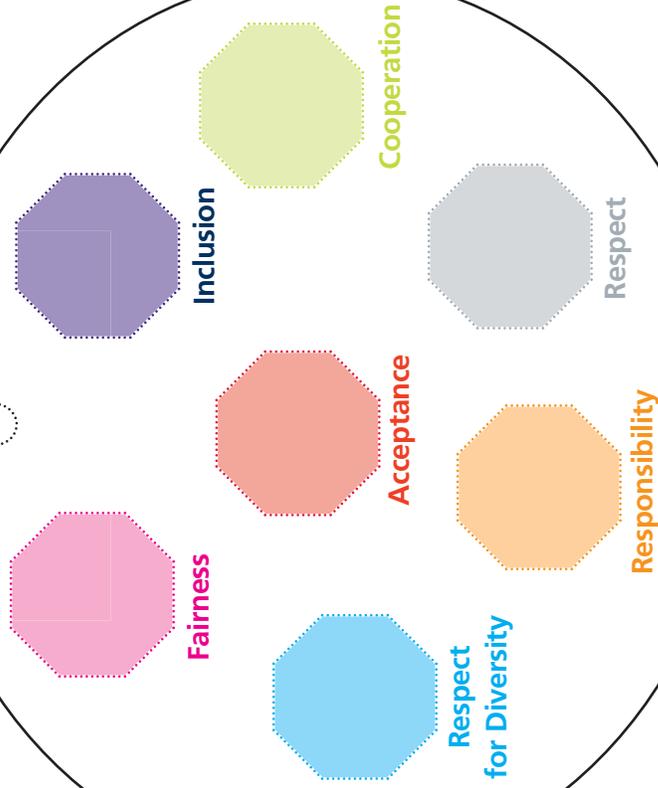


THE J.W. MCCONNELL  
FAMILY FOUNDATION  
LA FONDATION DE LA  
FAMILLE J.W. MCCONNELL

Draw or describe what children's rights mean to you and give this medal to someone you care about.



Draw or describe what children's rights mean to you and give this medal to someone you care about.



# Let's Celebrate Diversity

<b>Age:</b>	<b>6-12 years old, family and community members</b>
<b>Time:</b>	<b>2 hours</b>
<b>Group Size:</b>	<b>Variable (you can combine several groups or camps)</b>
<b>Location:</b>	<b>At your camp or at a nearby park</b>
<b>Values:</b>	<b>Fairness, inclusion, respect for diversity, responsibility, acceptance</b>



## Description

Children, families and other members of the community participate in 2 or 3 *Play it Fair!* activities (games and group discussions). This activity helps strengthen bonds between children, families and members of the wider community while celebrating diversity among families and cultures.

4. If you expect a large number of people, plan to divide the group into teams of 10 to 20. Make sure each team includes children, family members and other members of the community.
5. Prepare participation prizes to be distributed to the children, families and members of the community at the end of the day (optional).

## Preparation

1. Choose 2 or 3 *Play it Fair!* activities to include in the event (see suggestions on following page). For each of the activities, select a leader who will be in charge of preparing the materials and leading the activity. If you plan to have several teams, make sure to have at least one leader per team.
2. Choose a suitable date and place. Have a back-up plan in case of rain. Make sure you have access to the necessary services: bathrooms, lunch or picnic area, shade, etc.
3. Promote the event to families and throughout the community. For example, you can put up posters, write a letter inviting families to participate, place an advertisement in a local newspaper, or send an email.

## How to Play

1. Greet the participants in some special way. You can, for example, prepare a welcome snack, wear costumes, play music or put up decorations that reflect your community's diversity. You can also display a map of the world on which participants can place stickers on their countries of origin.
2. Welcome participants. Present the leaders and briefly explain how this event will work.
3. Briefly talk about the *Play It Fair!* program and explain how it helps to promote diversity within your organization.
4. If necessary, form teams of 10 to 20 people. Send each team with their leader to a different area.

5. Each team leader leads a getting to know each other activity with their team as described in the *Play It Fair!* Toolkit.
6. The leader then facilitates 2 or 3 activities that promote respect for diversity, inclusion, fairness, responsibility or acceptance. During the activities, make certain to share and highlight differences in a positive way
7. After the activities, the leaders facilitate a group discussion based on the following questions:
  - Which countries do the members of our community come from?
  - What are some different languages spoken in our community?
  - Can you name different holidays celebrated or traditions followed in our community?
  - What are the advantages of each of us being different?
8. Gather all the teams into a large group. Invite the children, families, and other members of the community to share some of the highlights from the activities.
9. Thank and congratulate everyone. Give out participation prizes (optional).

## Suggested Activities

Remember to choose activities in the *Play It Fair!* Toolkit that both children and adults will enjoy. To help you, here are some suggestions for activities that are fun for everyone.

### Getting to know each other activities:

- 05 Around the World with a Hula Hoop (First variation)
- 54 The Curtain Comes Down

### Activities promoting fairness, inclusion, respect for diversity, responsibility or acceptance:

- 01 Cooperative Musical Chairs
- 02 Crocodile
- 04 Tropical Storm
- 05 Around the World with a Hula Hoop
- 07 Exclusion by Numbers
- 17 Hello from Around the World
- 24 Inclusion... Exclusion...
- 45 Draw It Right
- 49 Inuit Hand Game
- 51 What Time Is It?
- 56 Talyat-Malyat
- 59 Electric Shock
- 62 What Are You Doing?



# Children's Rights Graffiti

<b>Age:</b>	6-12 years old
<b>Time:</b>	2 hours
<b>Group Size:</b>	Variable (you can combine several groups or camps)
<b>Location:</b>	At your camp or at a nearby park
<b>Values:</b>	Cooperation, respect, fairness, inclusion, respect for diversity, responsibility, acceptance



## Description

Children participate in a *Play it Fair!* activity (game and discussion) then create a collective work of art illustrating children's rights. Be sure to photograph the work and share it with us. We will put it on our website!

## Preparation

1. Make sure you have the necessary materials on hand so that each team can create a work of art. (Depending on the type of artwork to be created, you will need markers, paint, paint brushes, cardboard, fabric, etc.)
2. Make arrangements to display the artwork created in a prominent place (such as at the entrance of your camp, the community centre, school, city hall, etc.)
3. Prepare participation prizes to be distributed to the children at the end of the activity (optional).

## How to Play

1. Greet the children in some special way, for example, by wearing costumes, playing music, decorating the site, etc.
2. Explain how the *Children's Rights Graffiti* will work.
3. Ask each leader to lead a *Play it Fair!* activity about children's rights such as:
  - 28 I have a Right to...
  - 45 Draw It Right
4. After the activity, each leader should read the following statements and ask the children to discuss what they mean to them:
  - All children have the right to play
  - All children have the right to be respected
  - All children have the rights to express their opinions
5. Each team then creates a work of art on the theme of children's rights using the materials provided.
6. Gather all the teams and ask each team to present their works of art.
7. Thank and congratulate the participants. Give out participation prizes to the children (optional).

**Tip!** Take photos of the final works of art and share them with your community, such as with the local newspaper or community website. Don't forget to send them to us. We will put it on our website! Don't forget to get permission from parents or guardians to take pictures of the children. An example of a photo consent form is included in this *Play it Fair!* Day booklet.

### Examples from *Play it Fair!* Partners



Children's Rights Graffiti in Montreal

(Thanks to Wallaby et Cie)



Children's Rights Graffiti in Vancouver

(Thanks to Mount Pleasant Community Centre)



# Play it Fair! Heroes

<b>Age:</b>	6-12 years old
<b>Time:</b>	2 hours
<b>Group Size:</b>	Variable (you can combine several groups or classes)
<b>Location:</b>	At your camp or at a nearby park
<b>Values:</b>	Cooperation, respect, fairness, inclusion, respect for diversity, responsibility, acceptance



## Description of the Activity

In groups, children create a *Play it Fair!* Hero and matching slogan (memorable motto or phrase) that exemplifies 1 of the 7 human rights values included in the *Play it Fair!* Toolkit and present their Heroes to the other children.

## Preparation

1. Make sure you have the necessary materials on hand so that each group can create a *Play it Fair!* Hero and slogan (see example on the following page). The Hero will be created by identifying the key features of his or her character and then dressing up a child or group leader in the appropriate costume. Depending on the type of costume and slogan to be created, you will need spare clothing for costumes, various items for props, markers, paint, paint brushes, cardboard, fabric, etc.
2. Make arrangements to display photographs of the Heroes and slogans in a prominent place (such as at the entrance of your camp, the community centre, school, city hall, etc.)
3. Prepare participation prizes to be distributed to the children at the end of the day (optional).

## How to Play

1. A few days prior to your scheduled *Play it Fair!* Day, ask each each group to choose a value that is most important to them.
2. For each day leading up to *Play it Fair!* Day, group leaders lead activities that reflect the value their group has identified.
3. On *Play it Fair!* Day, greet the children in some special way, for example, by wearing costumes, playing music, decorating the site, etc.
4. Explain how the *Play it Fair!* Heroes will work. Each group will create a *Play it Fair!* Hero and slogan based on 1 of 7 human rights values and present their Hero to the other children. Encourage each group to be creative in how they present their Hero. For example, they can create a short skit or a song, make a giant poster of the Hero and slogan, etc...
5. Send each group to their designated area to create their *Play it Fair!* Hero.
6. Each leader leads a *Play it Fair!* activity based on the chosen value. As a final question to the group discussion, the leader asks the group what a *Play it Fair!* Hero would have done in the activity.

7. Each group then creates a *Play it Fair!* Hero based on the value they have selected. They will present their Hero to other children at the end of the activity. Children prepare a costume as well as a slogan that exemplifies their Hero. To do so, they should identify key characteristics of their *Play it Fair!* Hero. Leaders can use the following questions as a guide:

- Why is the value you have chosen important to you?
- What would our *Play it Fair!* Hero do if he or she saw:
  - someone being excluded from the group?
  - someone who did not feel safe at camp?
  - someone being bullied at school or at camp?
  - a group of kids fighting over a toy?
- What are some key features of our *Play it Fair!* Hero?

8. Convene all the teams and ask each team to present their Hero and slogan.

9. Thank and congratulate the participants. Give out participation prizes to the children (optional).

**Tip!** Take photos of the activity and share them with your community, such as with the local newspaper or community website. Don't forget to send them to us. We will put it on our website! Don't forget to get permission from parents or guardians to take pictures of the children. An example of a photo consent form is included in this *Play it Fair!* Day booklet.

This activity was inspired by our partners at Britannia Community Centre in Vancouver. Thanks!

## Examples of *Play it Fair!* Heroes

### The Cooperator

"Work together and everyone wins!"

### Respectoraurus

"Roar for Respect!"

### The Fairness Fairy

"For one, for all, for Fair!"

### Inspector Inclusio

"Scope out exclusion and make it right!"

### Acceptora

"Accept you, accept me, embrace di-vers-it-y!"



*Play it Fair!* Heroes in Vancouver

(Thanks to Britannia Community Centre)





## Fun & Easy Ways to Celebrate *Play it Fair! Day*

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- Dress up! Ask children to choose a value and dress up in the corresponding colour. Have each group leader lead at least 1 *Play it Fair!* activity (game and group discussion) on *Play it Fair!* Day.
- Encourage participation and ask the children for their ideas! For example, have the older children organize games and lead *Play it Fair!* activities for the younger children.
- Organize an all-camp activity:
  - Choreograph a dance or a flash-mob around the theme of children's participation.
  - Play an all-camp version of a popular *Play it Fair!* activity
- In cooperation with your arts and crafts program, make *Play it Fair!* flags that represent the values promoted in the *Play it Fair!* Toolkit or children's rights. Decorate your camp or display them at another community organization such as the local library.
- Organize a *Play it Fair!* pic-nic and invite parents and other community members to join the children for lunch and participate in some *Play it Fair!* activities.

## Tips for organizers

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Since 2009, hundreds of organizations have celebrated *Play it Fair!* Day across the country. Here are some important tips we have received from our partners over the years.

- Form an organizing committee. Ask one or more people to coordinate the activities included in this event, involve parents, children and community in all the steps of this event.
- Choose a suitable date, time and place. Have a back-up plan in case of rain. Make sure you have access to the necessary services: bathrooms, shaded area to rest, sufficient space for the games, snack area, greeting guests, etc.
- Ask a local business to sponsor the event. For example: A grocery store could provide juice boxes or snacks for all the children.
- Promote the event to families and friends throughout the community. For example, you can put up posters, write a letter inviting families to participate, place an advertisement in a local newspaper (ask us for a sample press release), send an email, etc.
- **Be sure to photograph the day and send the pictures to us.** We would love to share your ideas and success with the broader *Play it Fair!* community! Make sure to distribute the photo consent form before the activity to get permission to take and distribute photographs of the children.

## How can we help?

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Do you have questions or comments regarding *Play it Fair!* Day? Please contact us at [pif@equitas.org](mailto:pif@equitas.org) or 514-954-0382. We look forward to hearing from you!

## Photo Consent Form

As part of your participation in summer camp, you will soon take part in *Play it Fair!* Day. This event, organized by your summer camp, is part of a larger human rights education program for children that is being used at camp. Specifically, *Play it Fair!* is a program that promotes positive values and behaviours such as cooperation and respect with children through games and discussions. It was developed by Equitas – International Centre for Human Rights Education, a Montreal-based organization founded in 1967. Each year, 70,000 children across Canada participate in *Play it Fair!*

We would like to be able to film and take photographs of the children who will participate in *Play it Fair!* Day; we are asking for your authorization below. These images may be used by Equitas – International Centre for Human Rights Education and its partners for promotional, training or any other purposes.

This is a consent form granting permission to take and use pictures taken during *Play it Fair!* Day with Equitas, the International Centre for Human Rights Education.

Do you give permission for Equitas, the International Centre for Human Rights Education to use your picture? **If you are 18 and under, your parent or guardian must also sign this consent form.**

**You may withdraw your permission any time, by informing Equitas of your wishes. Every effort will be made to immediately stop the dissemination and sharing of your picture.**

Signature of individual  X	Signature of parent or guardian authorized to give consent  X
Name of individual	Name of parent or guardian authorized to give consent
Date of signature (month/day/year)	Date of signature (month/day/year)

For more information about *Play it Fair!* and Equitas – International Centre for Human Rights Education, please consult our website: [www.equitas.org](http://www.equitas.org)