

CHILDREN'S RIGHTS LEADERSHIP CARDS



Fun cards for children to learn
about their rights and take
action to be leaders!

**Dear educators, parents,
guardians and friends,**

These Children's Rights Leadership Cards are part of Equitas' *Play it Fair!* program which aims to build communities where children are participating and taking leadership to promote respect for diversity and human rights across Canada.

As part of the *Play it Fair!* Community of Practice, we created a project dedicated to increasing children's participation and leadership in decision-making. Through the project our partners engaged children across Canada to participate in a series of educational activities where they learned and shared their opinions about their rights, explored leadership, and came up with challenges and artwork to create this deck of cards!

We hope that you and the children you work with learn from these cards and take action to promote children's participation and leadership in your communities!

What are children's rights?

Children's rights are universal human rights that aim to protect all human beings younger than 18 years old and to ensure that each child has the opportunity to reach their full potential. They are a tool to protect children from violence and abuse and to foster mutual respect among people.

Children's rights are outlined in the **Convention of the Rights of the Child**, which was ratified by Canada in 1991. To learn more about the rights contained in the Convention or to read the full Convention, visit: www.unicef.org/crc

Guiding principles

There are four guiding principles of the **Convention of the Rights of the Child** which must be respected in order for children to enjoy their rights:

- To be treated fairly
- To be safe and healthy
- To participate and be heard
- To have children's best interests respected

What did we learn from children across Canada?

All children's rights are interdependent and are necessary for the overall well-being of children. Part of the Children's Rights Leadership Cards Project was to discuss these rights with children and to understand what children's rights mean to them and why they feel their rights are important.

Through this project we were able to learn what children's rights mean to children themselves. The children expressed the importance of rights that affect their daily lives, including security and safety, access to food, a family that cares for them, love, clean water and play. The importance children placed on these rights is reflected in this deck of cards.

The overarching theme expressed by children is that children's rights are important to them so they can feel safe and be protected, and lead happy and healthy lives.

As you use the Children's Rights Leadership Cards with the children you work with, find out from them why they think children's rights are important and ensure that their voices are heard and respected!

How to use the Children's Rights Leadership Cards?

The Children's Rights Leadership Cards are intended to encourage children to learn about their rights and to take action through various leadership challenges. They are colour-coded according to level of complexity of the challenge:

- **Pink cards: simple challenges**
- **Blue cards: medium challenges**
- **Orange cards: complex challenges**

Before playing the card games with the children, we encourage you to discuss children's rights and responsibilities with the group you are working with.

The games outlined in this companion will help reinforce this knowledge. You can also be creative with this deck of cards and make up your own games with the children using the deck of cards.

GAMES

CHILDREN'S RIGHTS CHARADES:

Divide children into two teams. Select one or two children from each team to be the actors, and the rest will be guessers. Invite the actors from both groups to take a card at the same time, then act out the children's right on the card. Both teams guess which children's right is being acted out. Once someone guesses the correct right, select other children to be actors and repeat.


★ **Leadership challenge:** When the game is over, have the team who guessed the most children's rights correctly pick a card from the deck and read the leadership challenge out loud. Invite all the children from the group to take on the challenge over the next week.

GROUP CHALLENGE: Randomly select a card from the deck. Discuss the children's right that is on the card and ask the children to explain what the right means in their own words.

★ **Leadership challenge:** Once all the children have spoken, read the leadership challenge out loud and commit, as a group, to completing that leadership challenge over the next week.

FIND YOUR SPOT: Place a selection of Children's Rights Leadership Cards on the floor (or walls) around the room with the Children's Rights' side facing upwards. Invite children to walk around the room and then stand next to the card that is most meaningful to them. Once all children have chosen a spot to stand, they can take turns explaining why they chose the card placed there. This can be repeated with different cards.

Extension: Invite children to work in groups to create a collage or a skit about the right they chose.

 **Leadership challenge:** Children must complete the challenge on the card which they selected.

MY DECK OF RIGHTS: Groups that did not contribute to creating the initial deck of cards are invited to work together to create their own custom paper version of the cards, and use them to play the games outlined in the companion guide. After your group has played with this deck of Children's Leadership Cards, use the template provided to create your own deck of cards.

Acknowledgements

Equitas – International Centre for Human Rights Education, is indebted to all those who have dedicated their time and expertise to the preparation of these cards. Our gratitude goes to the children and staff from the following organization that provided the ideas, content, images, and other forms of assistance to help ensure the preparation, printing and distribution of these cards.



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Right to

**LEADERSHIP
CHALLENGE:**

Right to a clean environment



LEADERSHIP CHALLENGE:

Clean up two pieces of garbage every day this week.

Right to be myself



LEADERSHIP CHALLENGE:

Draw a picture of yourself
and around the picture
illustrate all the things that
make you special.

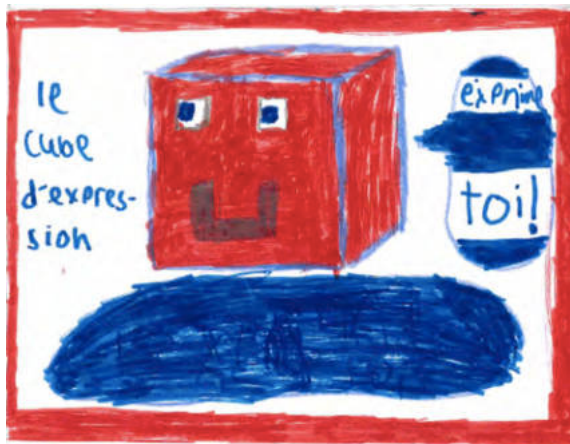
Right to practice my
religion and culture



LEADERSHIP CHALLENGE:

Learn to say "hi" in three
new languages.

Right to express
myself



LEADERSHIP CHALLENGE:

Sing a song about your
opinions and feelings.

Right to health
and well-being



LEADERSHIP CHALLENGE:

Learn all the emergency
numbers in your area.

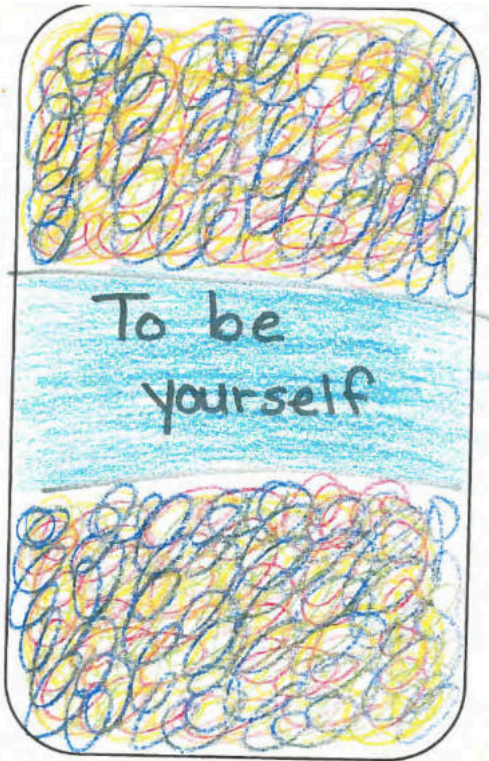
Right to practice my
religion and culture



LEADERSHIP CHALLENGE:

Organize a sharing circle to
learn about your classmates'
religions or beliefs.

Right to be myself



LEADERSHIP CHALLENGE:

Make a collage of all the things you love and show it to your class.

Right to choose
friends



LEADERSHIP CHALLENGE:

Compliment two friends
this week. Make sure it is
honest and authentic.

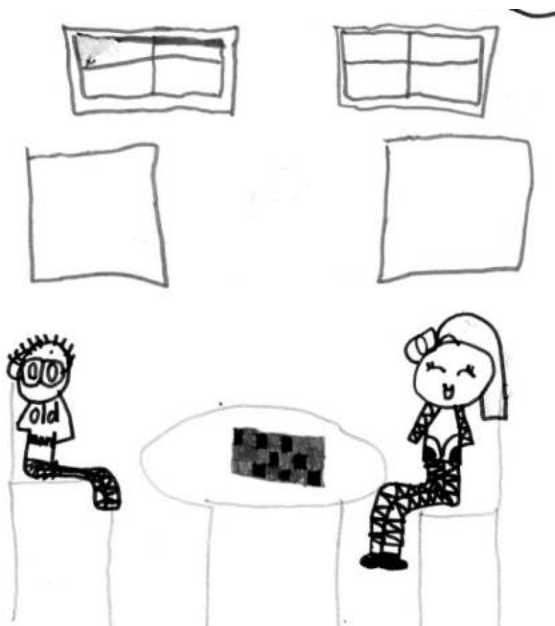
Right to choose
friends



LEADERSHIP CHALLENGE:

Introduce yourself to a child
at your school who is not
already your friend. Talk
to them about things that
interest them.

Right to choose
friends



LEADERSHIP CHALLENGE:

Invite a child who is playing
alone to play with you.

Right to a clean
environment



LEADERSHIP CHALLENGE:

Help clean up after snack every
day this week.

Right to play



LEADERSHIP CHALLENGE:

Ask a new friend what their favourite game is and play it together.

Right to health
and well-being



LEADERSHIP CHALLENGE:

Jump up and down 25 times
to promote exercise and a
healthy heart.

Right to health
and well-being



LEADERSHIP CHALLENGE:

Drink eight cups of water
today.

Right to health
and well-being



LEADERSHIP CHALLENGE:

Give a friendly hug or a
high-five to three friends
today.

Right to health
and well-being



LEADERSHIP CHALLENGE:

Take 20 deep breaths
and relax.

Right to a home



LEADERSHIP CHALLENGE:

Talk to a friend about the importance of having the right to a home.

Right to food and water



LEADERSHIP CHALLENGE:

Share an extra snack with a
child at school who did not
bring one.

Right to practice my
religion and culture



LEADERSHIP CHALLENGE:

Talk to someone you know
who comes from a different
region or country than you.

Right to education



LEADERSHIP CHALLENGE:

Ask your parent or guardian to take you to your community library and choose three books to borrow.

Right to education



LEADERSHIP CHALLENGE:

Create a storybook to
illustrate the importance of
education for all.

Right to food and water



LEADERSHIP CHALLENGE:

Learn about communities in
Canada that do not have
access to clean water.

Right to play



LEADERSHIP CHALLENGE:

Write a song about why you
love to play and sing it to
your parent or guardian.

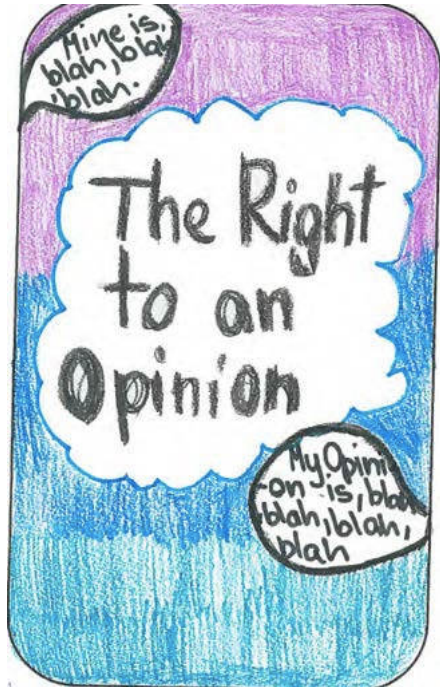
Right to a home



LEADERSHIP CHALLENGE:

Clean your personal space at
home every day this week.

Right to express
myself



LEADERSHIP CHALLENGE:

Create a skit with a friend
about something that is
important to you and explain
how you feel about it.

Right to express myself



LEADERSHIP CHALLENGE:

Share your opinion about protecting children's rights with your family or community.

Right to a home



LEADERSHIP CHALLENGE:

Learn about children's
homelessness in Canada and
around the world.

Right to safety
and security



No bullying

LEADERSHIP CHALLENGE:

Do some research on bullying
and make a poster to share
the information you learn
in your class or community
centre.

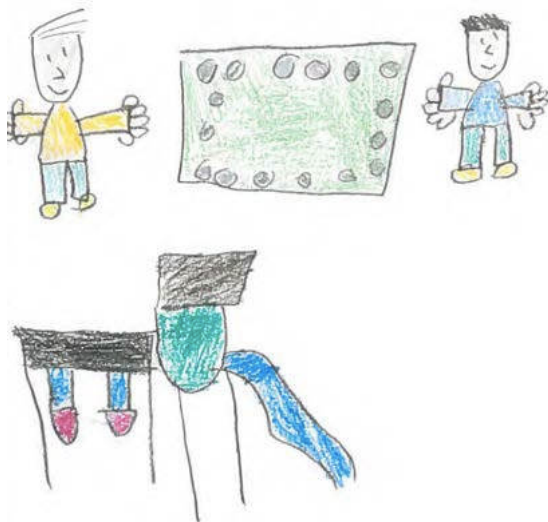
Right to safety
and security



LEADERSHIP CHALLENGE:

Ask your teacher, educator, parent or guardian about safe places children can go in your community. Make a list together and post it in your school or community center.

Right to play



LEADERSHIP CHALLENGE:

Recycle the toys you do not use anymore by sharing them with other children who would use them.

Right to play



LEADERSHIP CHALLENGE:

Learn a new game that children play in another country and invite your friends to play it with you.

Right to a clean
environment



LEADERSHIP CHALLENGE:

Ask your teacher if your
class can help clean up the
schoolyard.

Right to a clean environment



LEADERSHIP CHALLENGE:

Ask your teacher if you can plant seeds in the school garden or grow a plant in the classroom.

Right to a clean environment



LEADERSHIP CHALLENGE:

Create something new out of a used paper or object.

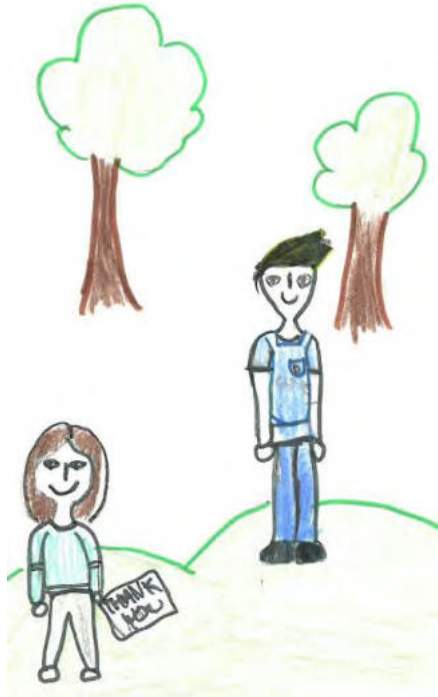
Right to choose
friends



LEADERSHIP CHALLENGE:

Write a story about friendship.

Right to a parent or
guardian that cares
for you



LEADERSHIP CHALLENGE:

Write a thank you note to
someone who takes care of
you.

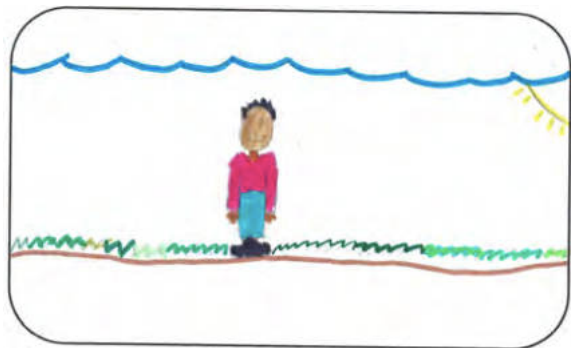
Right to a parent or
guardian that cares
for you



LEADERSHIP CHALLENGE:

Draw your family tree or a
community tree.

Right to be myself



LEADERSHIP CHALLENGE:

Write your name on a piece of paper and come up with a word for each letter of your name that describes you. Next, draw a picture to illustrate each word.

Right to practice my
religion and culture



LEADERSHIP CHALLENGE:

Ask a parent, grandparent or
community member to share
a story about their family's
history or culture.

Right to rest



LEADERSHIP CHALLENGE:

Learn how many hours your
body needs to sleep at night
and share what you learn
with a friend.

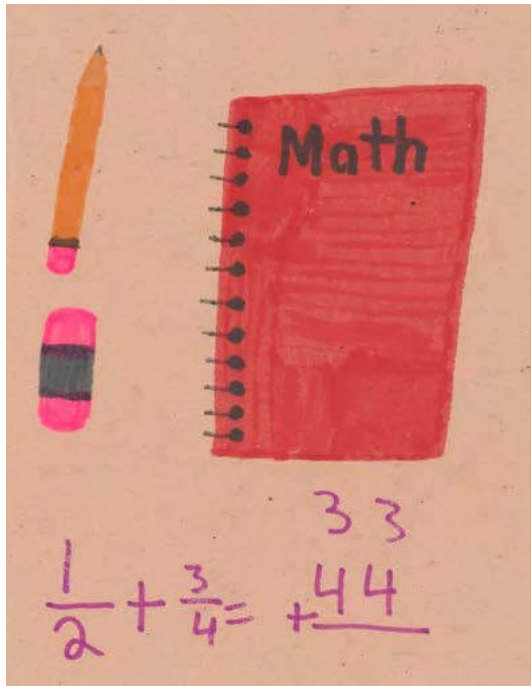
Right to education



LEADERSHIP CHALLENGE:

Create a library in your class or community center. You can start by bringing in your used books and/or inviting other children to contribute books.

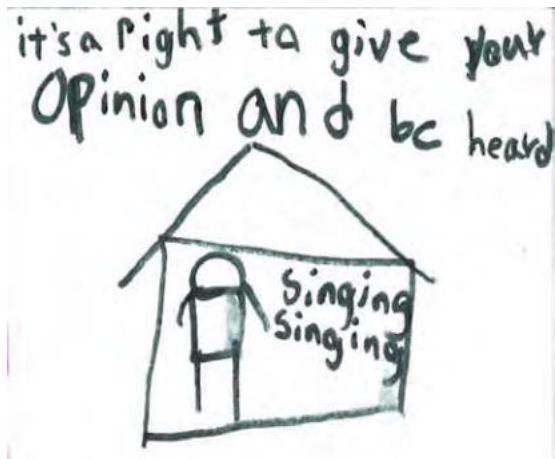
Right to education



LEADERSHIP CHALLENGE:

Learn about what UNICEF is doing to promote access to education for children around the world and present the information to your family or friends.

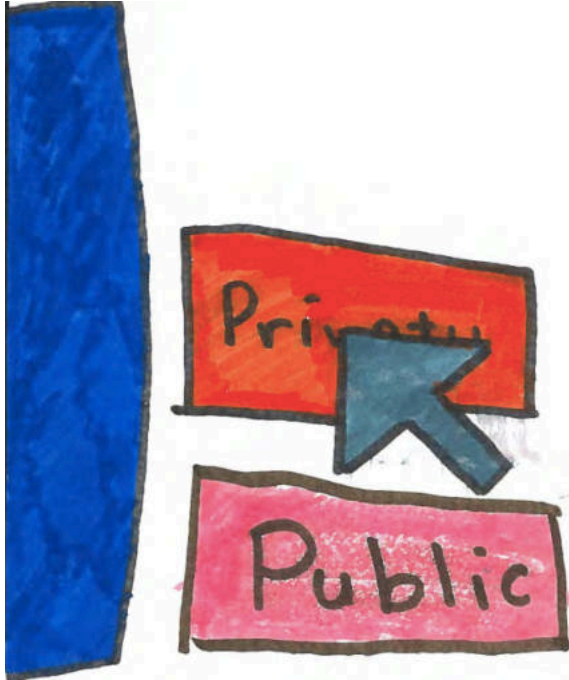
Right to express
myself



LEADERSHIP CHALLENGE:

Make a poster about an issue
that is important to you
and display it in your class,
community center or home.

Right to privacy



LEADERSHIP CHALLENGE:

Create a “Bring it Up Box.”

Invite your classmate or friends to write questions on paper and place them into the box anonymously. Then, with the help of an adult, choose the questions and answer them as a group.

Right to food and water



LEADERSHIP CHALLENGE:

Ask a teacher or parent/
guardian if you or your class
can volunteer for a day at a
local organization that works
with food security.

Right to food and water



LEADERSHIP CHALLENGE:

Make a poster about the
right to food and clean water
and post it in your school or
community center.

Right to safety and security



LEADERSHIP CHALLENGE:

Ask your teacher to organize
a workshop to raise
awareness about the right to
safety.

Right to practice my
religion and culture



LEADERSHIP CHALLENGE:

With your teacher's help,
organize a potluck to learn
about your classmates'
traditional foods and cultures.

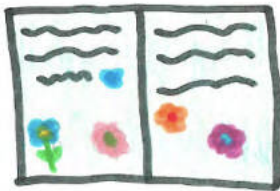
Right to privacy



LEADERSHIP CHALLENGE:

Sit quietly for ten minutes to
be in the moment and think
about your own thoughts.

Right to information



LEADERSHIP CHALLENGE:

Borrow a book from the library on a subject that interests you, and write down three new facts.

Right to safety
and security



LEADERSHIP CHALLENGE:

Collect information about
organizations that work
to protect children in your
community and share the
information with your friends.