



**NATIONAL
CHILD
DAY**

ACTIVITY GUIDE

Join us as we celebrate Canada's 8 million children!
Every child deserves to be #SeenAndHeard.



NATIONAL CHILD DAY

National Child Day is celebrated in Canada on November 20 in recognition of our country's commitment to upholding the rights of children.

There are 8 million kids in Canada, and they all have something in common—their rights!

The purpose of this guide is to provide quick and easy ideas to celebrate National Child Day at home or in schools, after-school clubs, children's hospitals and other places that support children and youth.

Overview

There are 8 million kids in Canada and they all have something in common – their rights!

National Child Day is celebrated annually in Canada on November 20 in recognition of our country's commitment to upholding the rights of children. In 1989, Canada signed the Convention on the Rights of the Child (UNCRC). The UNCRC protects the rights of children with 54 articles that provide us with a solid road map of what is needed to raise healthy and happy children and adolescents.

While many Canadians think of this as being a world-leading country for kids, we rank 30th out of 38 wealthy nations for the well-being of children. One-third of Canada's kids are not able to achieve their full potential due to violations of their rights to a safe and healthy childhood.

The recent [Raising Canada report](#) by Children First Canada, the University of Calgary's O'Brien Institute for Public Health and the Alberta Children's Hospital Research Institute identifies the top 10 threats to childhood and calls on the federal government to take action!

Children First Canada has a bold and ambitious vision that together we can make Canada the best place in the world for kids to grow up! National Child Day is a great opportunity for children, youth and adults to work together to promote the rights of every child in Canada!

Top 10 Threats to Canadian Children

#1	Unintentional and preventable injuries
#2	Poor mental health
#3	Child abuse
#4	Poverty
#5	Infant mortality
#6	Physical inactivity
#7	Food insecurity
#8	Systemic racism and discrimination
#9	Vaccine-preventable illnesses
#10	Bullying

Fun Ways to Celebrate National Child Day

Learn!

Display the poster of the United Nations Convention on Rights of the Child in child-friendly language (see next page in this document). Download the file or order a printed version from our website [here](#).

Discuss rights versus wants – rights are what you need to survive and thrive, *wants* are things that are nice to have but not essential to a safe and healthy childhood.

Make Arts and Crafts!

Make National Child Day posters or flags that represent the rights of children! Decorate your school, centre, hospital, etc.

You can also colour a National Child Day page for kids. Download the Government of Canada’s colouring page [here](#).

March!

Organize a march in the halls of your school, centre or hospital, and invite the children/youth to display the posters/flags that they created to represent their rights (see “Make Arts and Crafts!”) and sing songs or speak up about their rights.

Play!

Right to Play has created a games manual called “Play for Our Rights: For Us By Us,” which includes fun activities to help kids learn about their rights. Download it [here](#).

The Government of Canada has also produced a National Child Day activity guide, which you can access [here](#).

Dress up!

Ask children to choose a right and dress up in a way that represents that right on National Child Day (e.g., for the right to education, dress up like a teacher; for the right to health, dress up like a doctor or nurse, etc.)

Dance!

Choreograph a dance or a flash mob around the theme of children’s rights.

Watch!

These short videos help children of all ages to understand their various rights:



Video 1



Video 2



Video 3

Resources

Display these posters in your school, club, hospital or workplace:

[Download](#) or [purchase](#) the United Nations Convention on the Rights of the Child poster pictured below.

[Download](#) the National Child Day poster pictured below.



ARTICLE 1
Everyone under 18 has special rights as children.

ARTICLE 2
All children have these rights, no matter who they are, where they live, what their parents do, what language they speak, what their religion is, whether they are a boy or girl, what their culture is, whether they have a disability, whether they are rich or poor. No child should be treated unfairly on any basis.

ARTICLE 3
All adults should do what is best for you. When adults make decisions, they should think about how their decisions will affect children.

ARTICLE 4
The government has a responsibility to make sure your rights are protected. They must help your family to protect your rights and create an environment where you can grow and reach your potential.

ARTICLE 5
Your family has the responsibility to help you learn to exercise your rights and to ensure that your rights are protected.

ARTICLE 6
You have the right to be alive.

ARTICLE 7
You have the right to a name, and this should be officially recognized by the government. You have the right to a nationality (to belong to a country).

ARTICLE 8
You have the right to an identity - an official record of who you are. No one should take this away from you.

ARTICLE 9
You have the right to live with your parent(s), unless it is bad for you. You have the right to live with a family who cares for you.

ARTICLE 10
If you live in a different country than your parents do, you have the right to be together in the same place.

ARTICLE 11
You have the right to be protected from kidnapping.

ARTICLE 12
You have the right to give your opinion, and for adults to listen and take it seriously.

ARTICLE 13
You have the right to find out things and share what you think with others, by talking, drawing, writing or in any other way unless it harms or offends other people.

ARTICLE 14
You have the right to choose your own religion and beliefs. Your parents should help you decide what is right and wrong, and what is best for you.

ARTICLE 15
You have the right to choose your own friends and join or set up groups, as long as it isn't harmful to others.

ARTICLE 16
You have the right to privacy.

ARTICLE 17
You have the right to get information that is important to your wellbeing, from radio, newspaper, books, computers and other sources. Adults should make sure that the information you are getting is not harmful, and help you find and understand the information you need.

ARTICLE 18
You have the right to be raised by your parent(s) if possible.

ARTICLE 19
You have the right to be protected from being hurt and mistreated, in body or mind.

ARTICLE 20
You have the right to special care and help if you cannot live with your parents.

ARTICLE 21
You have the right to care and protection if you are adopted or in foster care.

ARTICLE 22
You have the right to special protection and help if you are a refugee (if you have been forced to leave your home and live in another country), as well as all the rights in this Convention.

ARTICLE 23
You have the right to special education and care if you have a disability, as well as all the rights in this Convention, so that you can live a full life.

ARTICLE 24
You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.

ARTICLE 25
If you live in care or in other situations away from home, you have the right to have these living arrangements looked at regularly to see if they are the most appropriate.

ARTICLE 26
You have the right to help from the government if you are poor or in need.

ARTICLE 27
You have the right to food, clothing, a safe place to live and to have your basic needs met. You should not be disadvantaged so that you can't do many of the things other kids can do.

ARTICLE 28
You have the right to a good quality education. You should be encouraged to go to school to the highest level you can.

ARTICLE 29
Your education should help you use and develop your talents and abilities. It should also help you learn to live peacefully, protect the environment and respect other people.

ARTICLE 30
You have the right to practice your own culture, language and religion - or any you choose. Minority and indigenous groups need special protection of this right.

ARTICLE 31
You have the right to play and rest.

ARTICLE 32
You have the right to protection from work that harms you, and is bad for your health and education. If you work, you have the right to be safe and paid fairly.

ARTICLE 33
You have the right to protection from harmful drugs and from the drug trade.

ARTICLE 34
You have the right to be free from sexual abuse.

ARTICLE 35
No one is allowed to kidnap or sell you.

ARTICLE 36
You have the right to protection from any kind of exploitation (being taken advantage of).

ARTICLE 37
No one is allowed to punish you in a cruel or harmful way.

ARTICLE 38
You have the right to protection and freedom from war. Children under 15 cannot be forced to go into the army or take part in war.

ARTICLE 39
You have the right to help if you've been hurt, neglected or badly treated.

ARTICLE 40
You have the right to legal help and fair treatment in the justice system that respects your rights.

ARTICLE 41
If the laws of your country provide better protection of your rights than the articles in this Convention, those laws should apply.

ARTICLE 42
You have the right to know your rights! Adults should know about these rights and help you learn about them, too.

ARTICLES 43 TO 54
These articles explain how governments and other organizations will work to ensure children are protected with their rights.

UNITED NATIONS CONVENTION ON THE RIGHTS OF THE CHILD
IN CHILD-FRIENDLY LANGUAGE

CHILDREN FIRST CANADA

EVERY CHILD HAS SOMETHING IN COMMON - THEIR RIGHTS!



CHILDREN SHOULD BE SEEN AND HEARD

NATIONAL CHILD DAY

November 20, 2020

CHILDREN FIRST CANADA

#SeenAndHeard

Children First Canada is proud to celebrate National Child Day with our partners from coast to coast to coast. Children First Canada is an alliance of Canada's leading children's charities and hospitals, research institutes, corporations that invest in kids, teachers, parents and kids themselves. We have a bold and ambitious vision that together we can make Canada the best place in the world for kids to grow up!

Join the celebrations by attending any of our events or hosting an event in your school, organization or online.

To learn more about National Child Day, go to www.nationalchildday.org.

The National Child Day Activity Guide and other resources are produced by Children First Canada, thanks to the generous support from our sponsors and partners.

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