



NATIONAL CHILD DAY



ACTIVITY GUIDE

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



CHILDREN FIRST
CANADA



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.



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.



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