

NATIONAL 
CHILD DAY

MILLION STRONG

ACTIVITY GUIDE
2021

Join us as we recognize the power and
resilience of all 8 million kids in Canada!



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 mark National Child Day at home or in schools, after-school clubs, children's hospitals or 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 recognized annually in Canada on November 20 in honour 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 kids in Canada are not able to achieve their full potential due to violations of their rights to a safe and healthy childhood.

Children First Canada's [Raising Canada report](#) 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 Childhood in Canada

1. Unintentional and preventable injuries
2. Poor mental health
3. Systemic racism and discrimination
4. Child abuse
5. Vaccine-preventable illnesses
6. Poverty
7. Food and nutritional insecurity
8. Infant mortality
9. Bullying
10. Limited physical activity and play

7 National Child Day Activities for Kids

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.

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](#).

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](#) a PDF or [purchase](#) a 24" x 36" printed version of the UN Convention on the Rights of the Child poster pictured below.

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





Children First Canada is proud to mark National Child Day with our partners from coast to coast to coast.

Children First Canada (CFC) is a national charitable organization that serves as a strong, effective and independent voice for all children in Canada. CFC harnesses the strength of many organizations and individuals that are committed to improving the lives of children in Canada, including children's charities and hospitals, research centres, government, corporations, community leaders, and children themselves. Visit childrenfirstcanada.org for more information.

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

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