



unicef 

UNITED KINGDOM



**RIGHTS
RESPECTING
SCHOOLS**

ARTICLE OF THE WEEK

GUESS THE ARTICLE

These pictures provide a clue to this week's article.

How do these pictures help you? Can you guess how they are linked together?

Write down your thoughts or discuss with someone in your house.



If you are not sure, go to the next slide and select the correct article from a choice of 4.

Have a try.

SELECT WHICH ARTICLE FROM THE LIST BELOW.

13. The right to share freely with others what they learn, think and feel, by talking, drawing and writing.



23. Every child with a disability should enjoy the best possible life.



31. The right to rest, relax, play.



24. The right to the best health care possible, clean water to drink, healthy food and a clean and safe environment.



ARTICLE 24

Article 24 - Ensures that every child has the right to the best possible health.

Governments must provide good quality **health care, clean water, nutritious food, and a clean environment and education on health** and well-being so that children can stay healthy.

Richer countries must help poorer countries achieve this.



WHAT DO YOU NEED TO BE HEALTHY?

How many ideas can you think of to help you be healthy?

Write them down and then compare your answers with the next slide.

HOW MANY OF THESE DID YOU GET?

- Enough Sleep - at least 8 hours
- Nutritious Food - fruit and vegetables
- Water - at least a litre a day
- Good hygiene - keeping clean, particularly your hands
- Exercise
- A clean environment
- Feeling safe, secure and respected
- Health care - To see a doctor or a nurse when you need to and to be vaccinated against diseases



ACTIVITY TIME

These activities are related to...



You don't need to do every single activity but if you have time you can do more than one.

Draw or list people who can help you stay healthy and safe. What are their jobs?



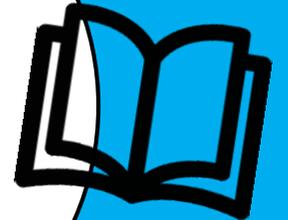
Lots of interesting information.

Check with you parents or carers first.

Make a list with words or pictures of as many kinds of exercise you can think of.



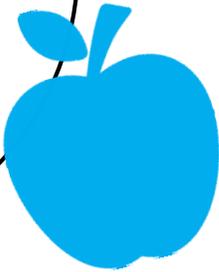
You can share this book with a family member or read it yourself. Click on the title below.
[Coronavirus: a book for children](#)



ACTIVITY TIME

YOU DON'T HAVE TO DO EVERY ACTIVITY.
CHOOSE WHAT YOU PREFER.

Invent a recipe
for a healthy
snack that you
could make for
your family.



Choose 10 items
of food from
your kitchen, can
you sort them
into healthy/not
so healthy?

Have you taught your
family to wash their
hands carefully?
Watch [this video on
YouTube](#).



Could you create
your own video
linked to Article 24?

REFLECTION

Spend a few minutes thinking about these questions.

- How does the woman pictured opposite help us to access health and health services?
- Have you taken part in 'Clap for Carers' ?
What else could you do to show you care?

For example you could put a poster on your window or send a picture or a card to say thank you to hospital, local GP or care home.

Write down your answers or talk to people in your home.

