



unicef 

UNITED KINGDOM



RIGHTS
RESPECTING
SCHOOLS

ARTICLE OF THE WEEK



UNIFEATHERS SAYS "CAN YOU REMEMBER YOUR RIGHTS?"



At school we have been learning about the rights that you have as a child. These can be found in the Convention on the Rights of the Child and are organised into articles. Each week there will an article for you to explore with your family.

CAN YOU GUESS THIS WEEK'S ARTICLE?

What can you see in the pictures? Can you use them to work out which article it is?



INTRODUCING... ARTICLE 24



Click on the picture to hear more about Article 24.



Article 24 – Health Care - 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 ways can you think of keeping yourself healthy?



DID YOU GET SOME OF THESE?

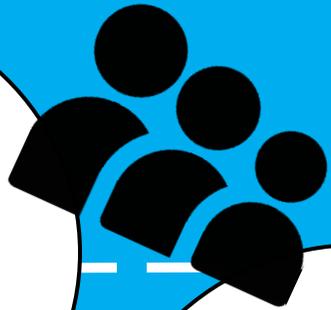
- Getting enough sleep – at least 8 hours every night
- Eating nutritious food – including lots of fruit and vegetables
- Drinking clean water – at least a litre a day
- Good hygiene – keeping yourself clean, particularly washing your hands
- Getting exercise
- Being in a clean environment
- Feeling safe, secure and respected
- Being able to see a doctor or a nurse when you need to and getting vaccinated against diseases

ACTIVITY TIME

The activities on the next two slides 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?



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



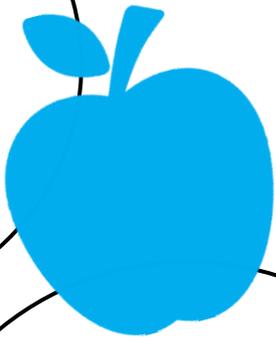
Set up an obstacle course and challenge someone in your house to have a go.



Read [Coronavirus: a book for children](#) and talk about what you are doing as a family to keep healthy during this time.

ACTIVITY TIME

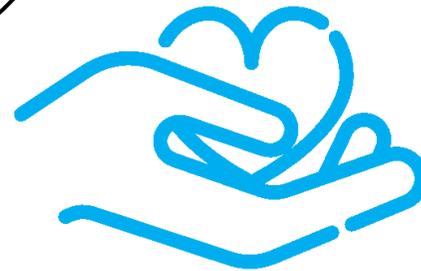
Invent a recipe for a healthy snack that you could make for your family.



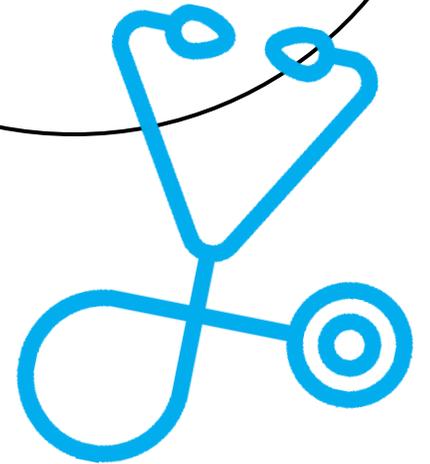
Choose 10 items of food from your kitchen, can you sort them into healthy/not so healthy?

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?



The new hospitals being built are called Nightingales. Who are they named after and what did this person do to enable the right to good quality healthcare?



REFLECTION

Spend a few minutes thinking about these questions.

- What do you do in your own life to respect your right and other people's right to be healthy?
- How does the woman pictured opposite help us to access health and health services?
- How can we show our appreciation and why is this important?
- 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.

