

Children's Rights Workbook

My name is: _____

Draw a picture of yourself:



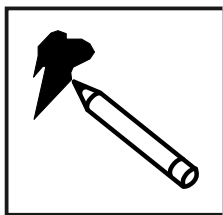
I have the right to an identity

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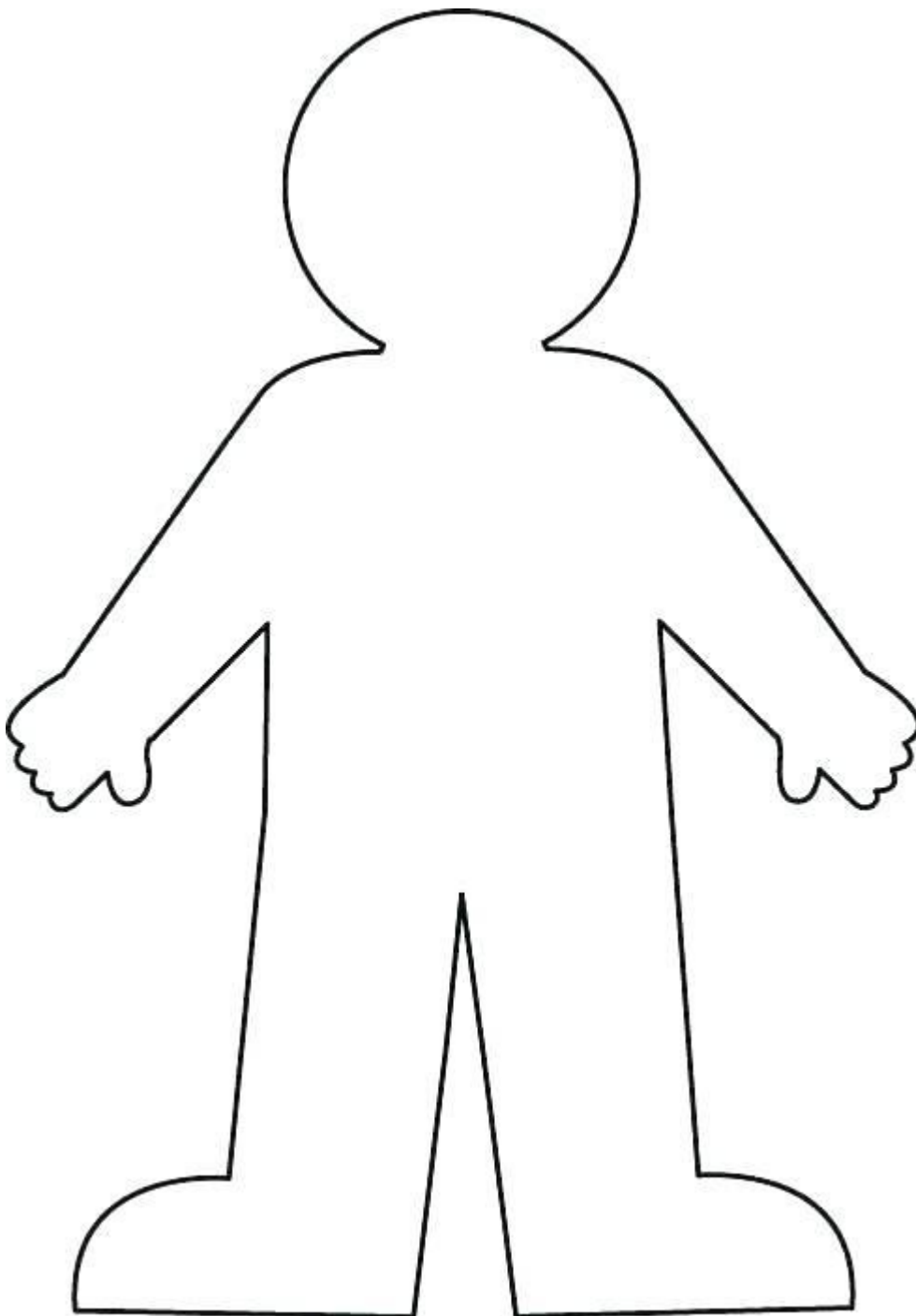
Wants and Needs



Colour in the things you NEED to grow up feeling happy, healthy and safe



Draw the things you need to grow up feeling, happy, healthy and safe.



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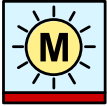
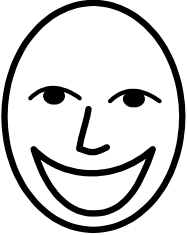
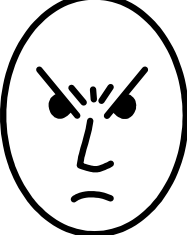

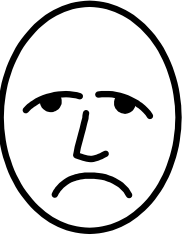
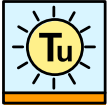
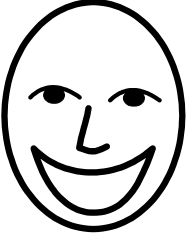
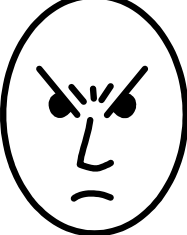

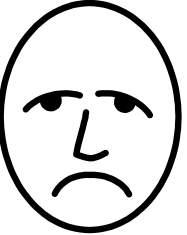

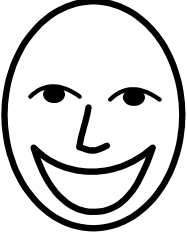

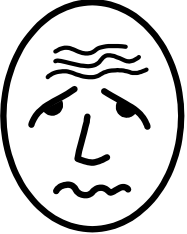
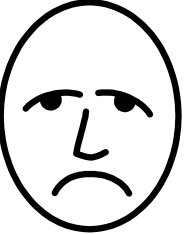
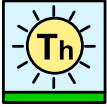
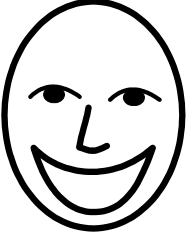


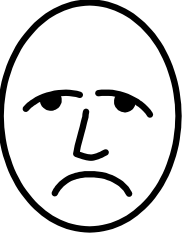
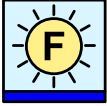
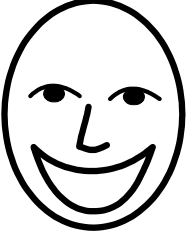
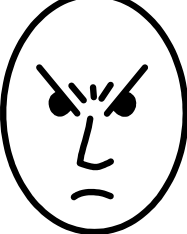
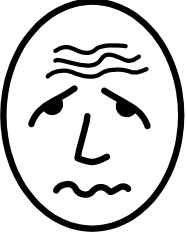
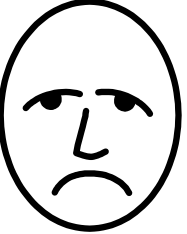


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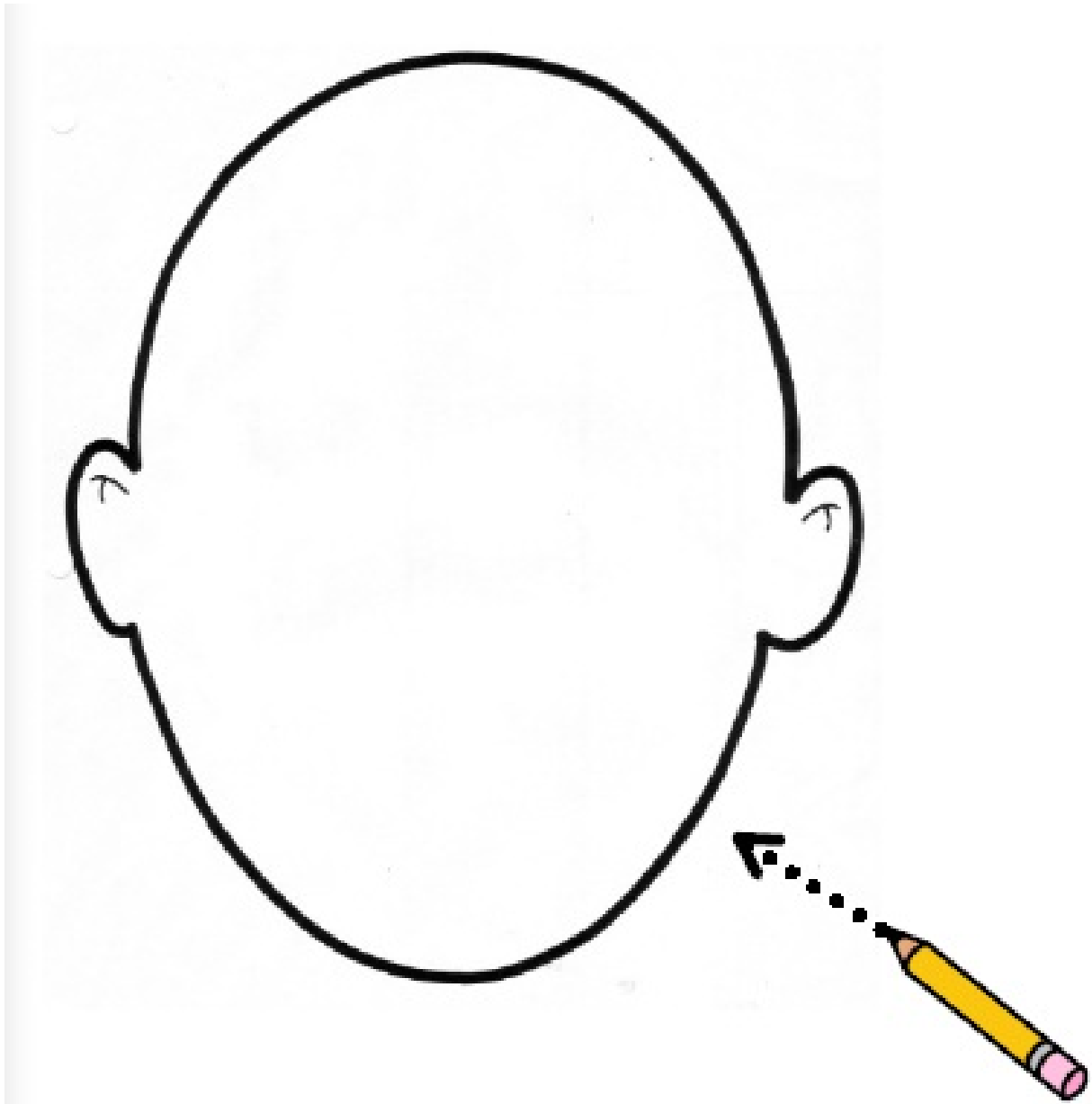
My Emotions

Colour in a face to show how you are feeling.

 Monday				
 Tuesday				
 Wednesday				
 Thursday				
 Friday				



My Emotions

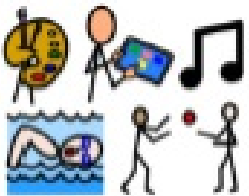


I feel _____ when _____



I like to play

What is your favourite thing to play at home? Write or draw it in the box



I have the right to relax and play






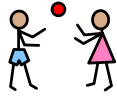
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Ask the people in your house "What is your favourite thing to play?"

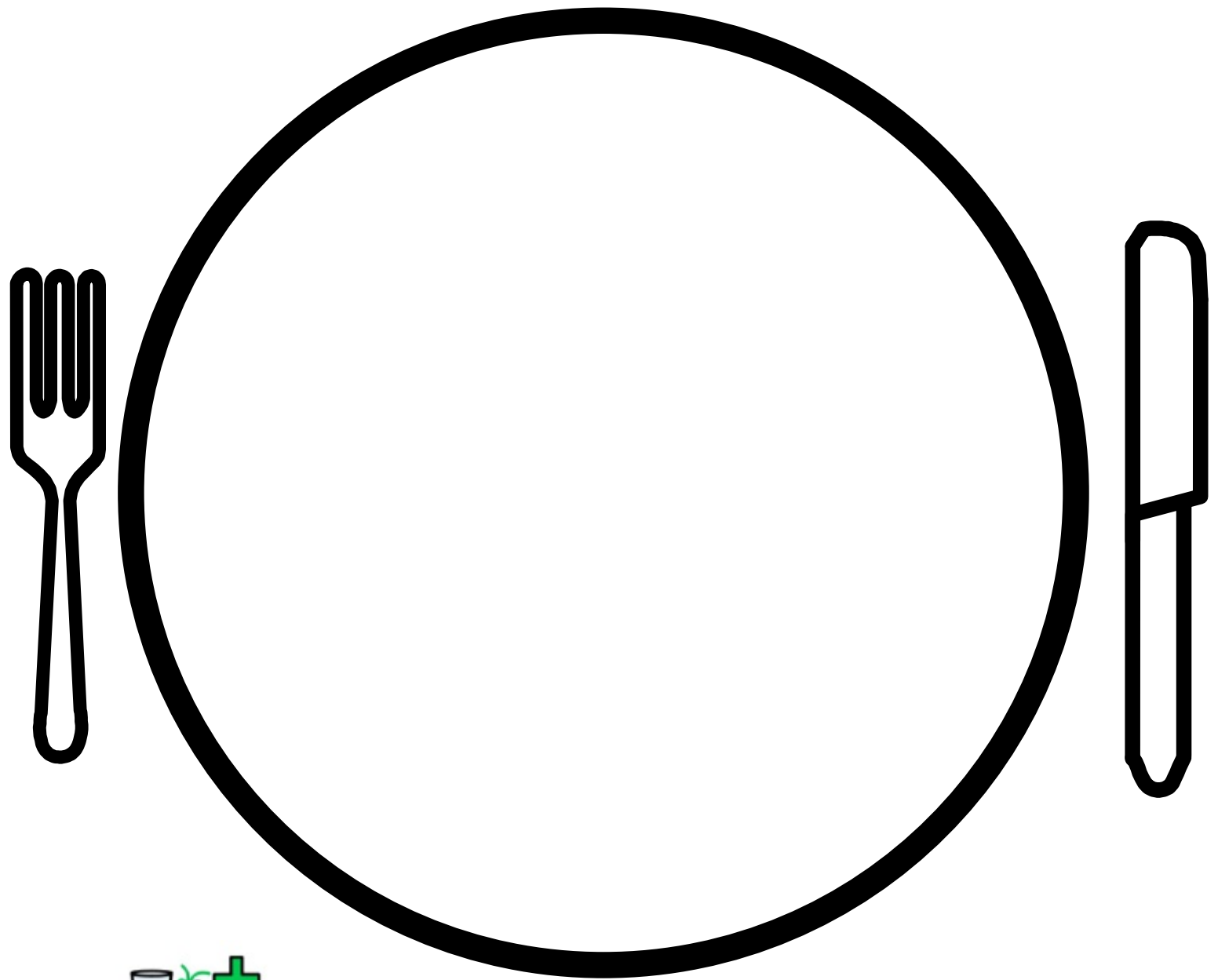
Write their answer in the box.

 Name	     My favourite thing to play is:



My favourite healthy dinner.

Draw your favourite healthy dinner on the plate.





I have the right to healthy food

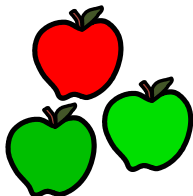
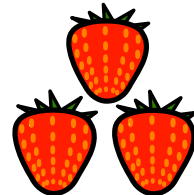
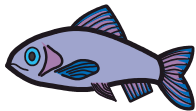
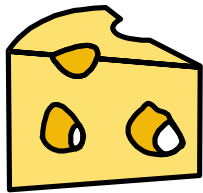
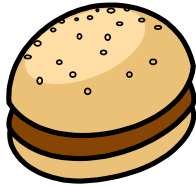
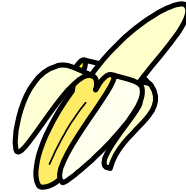
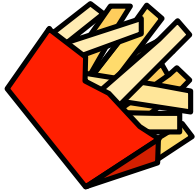


Healthy and Unhealthy

Write a list of healthy and unhealthy food. There are pictures on the next page to help you.

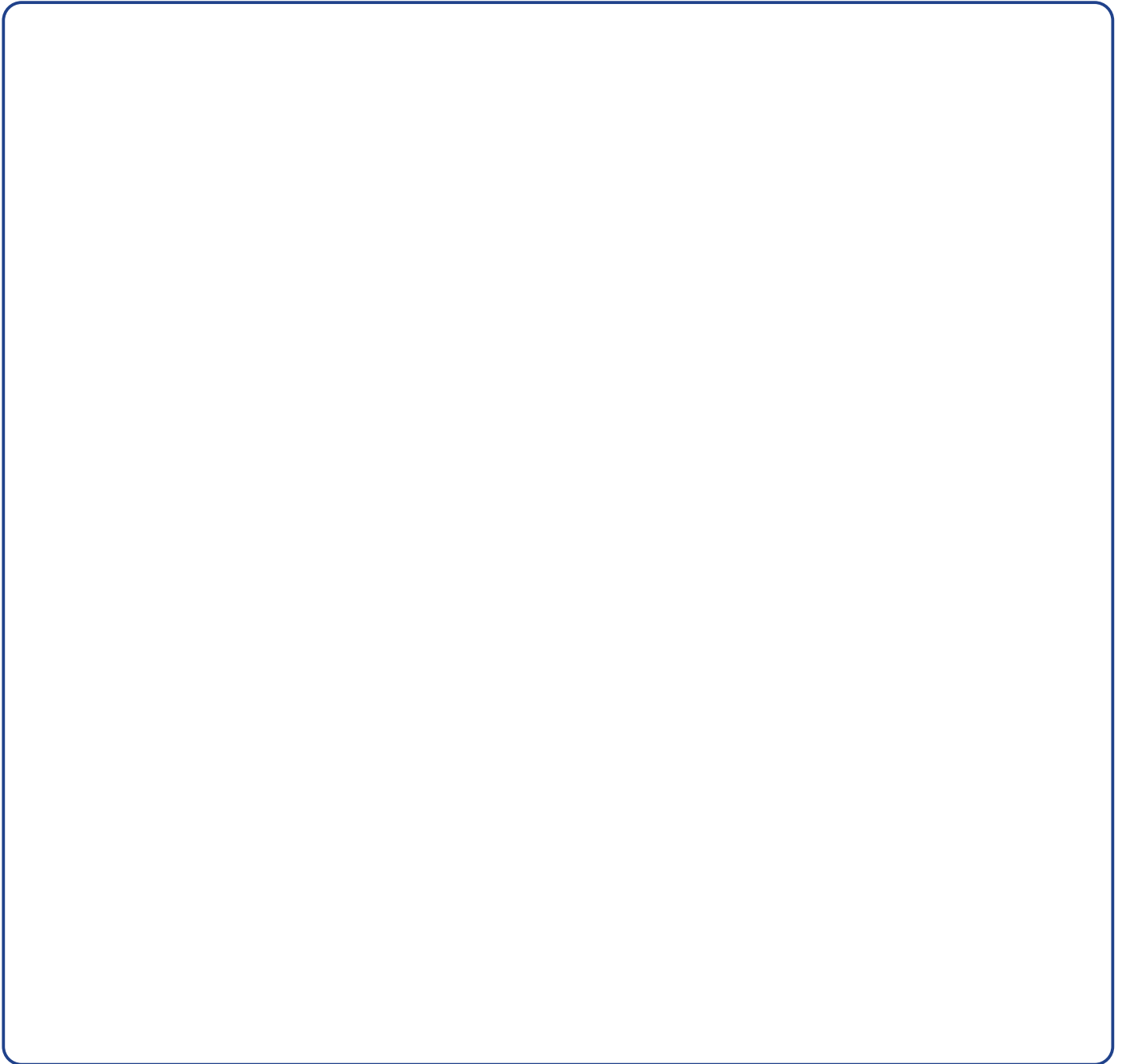
 healthy	 unhealthy





The Three Little Pigs

Listen to the story of the Three Little Pigs. Draw a safe place for the Three Little Pigs to live.



My House

I live with _____

There are _____ rooms in my house.

We have _____ pets.

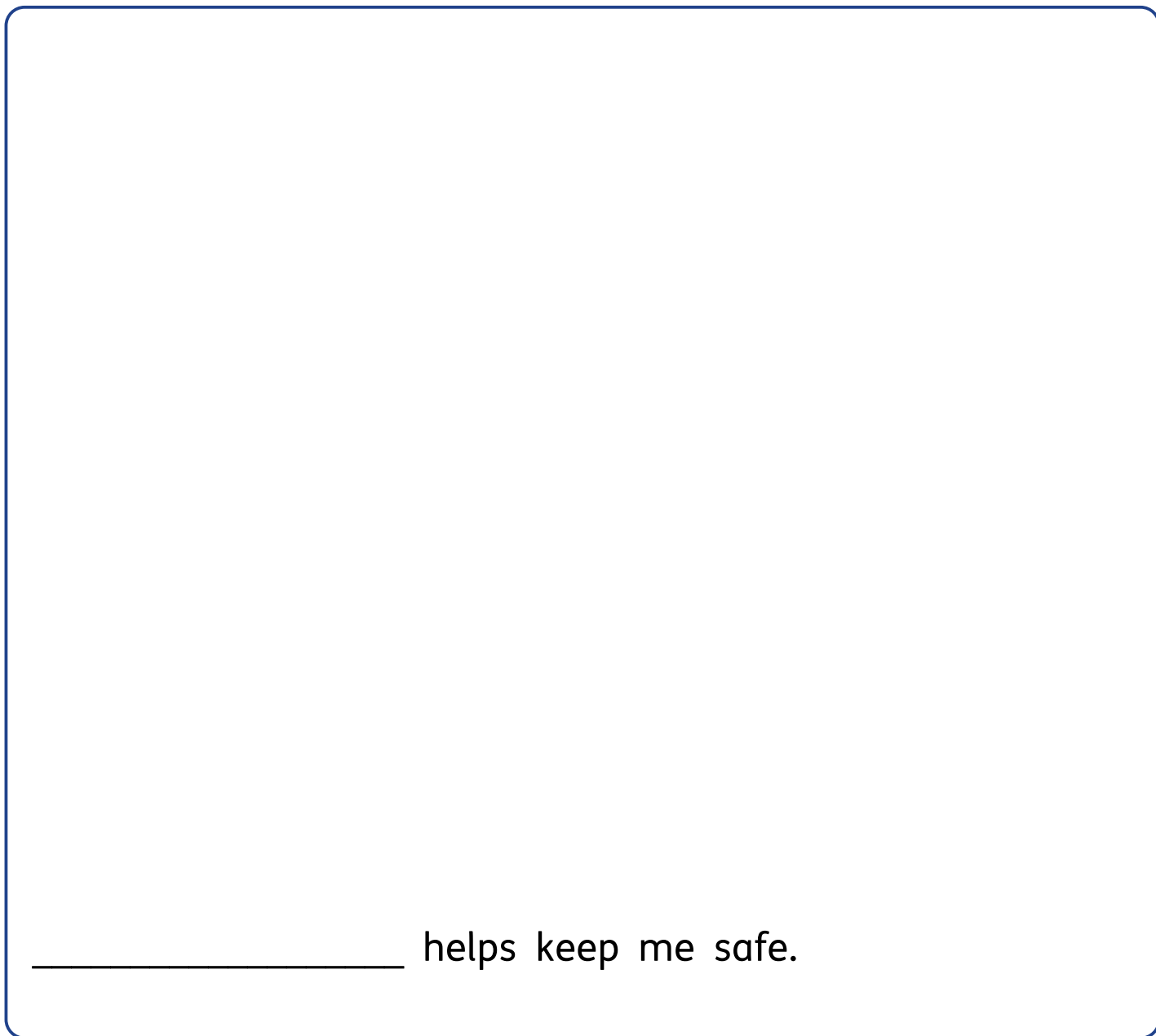
My favourite thing to do at home is:



I have the right to a proper house, food and clothing.



Draw someone who helps keep you safe.



_____ helps keep me safe.

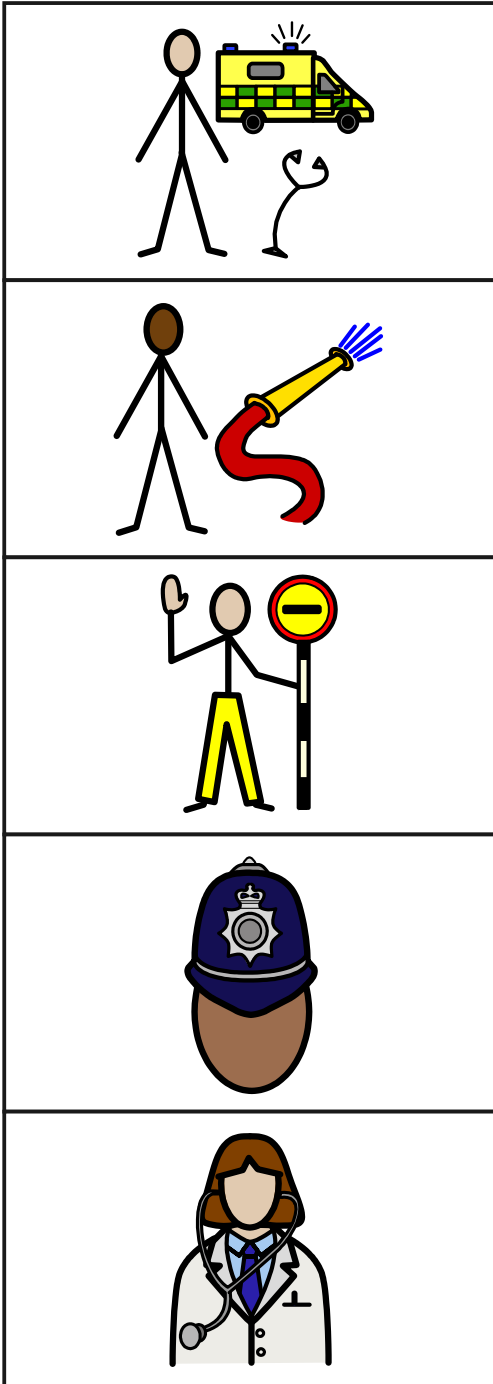


I have the right to be safe



People who help me

Match the person to the description.



They help you cross the road

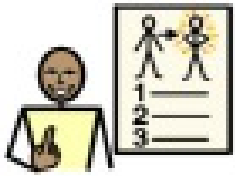
They drive an ambulance to sick and injured people

They help us with a problem, an emergency and the law

They rescue people and put out fires

They help you when you are sick





I have the right to be the best that I can be

Draw or write about something you are good at.

A large, empty rectangular box with a blue border, intended for drawing or writing.



My Friend

Think about your friend. What are they good at?

_____ is good at _____.

Draw a picture here:

