

# My Children's Rights Booklet

This is me:



**Article 8: I have the right to an identity**

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**Comisiynydd  
Plant Cymru**  
Children's  
Commissioner  
for Wales



# Welcome



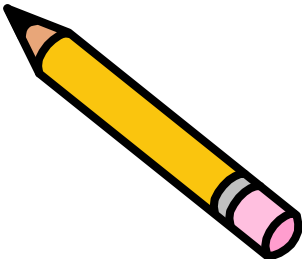

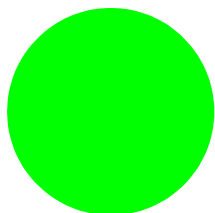

My name is Sally and I am the Children's Commissioner for Wales. This children's rights booklet has been created for you, so you can continue to learn about children's rights at home.

I am looking forward to hearing about how you get on with your booklet. You can share your work with your class teacher or adult and they can join in with #RightsHour every Friday between 12-1pm on Twitter.



# Top Tips



	<p>If you see a pencil, you need to write or draw an answer.</p>
	<p>If you see this sign, you might need to ask for help or get more information.</p>
	<p>If you see this sign, this is an extra activity. You can do this activity if you finish the first one quickly.</p>
	<p>If you see this sign, then there is a question for you to ask other people in your house.</p>



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# Activity 1: Wants and Needs



1. Colour the wants and needs sheet (on the next page).

**You could draw your own version of the sheet instead of printing it.**

2. Carefully cut out the pictures

3. Sort the pictures into two piles

One pile will be your children's rights, the things you **NEED** to grow up happy, healthy and safe. The other pile will be the things you **WANT**.

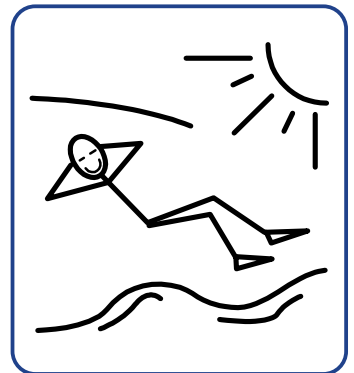
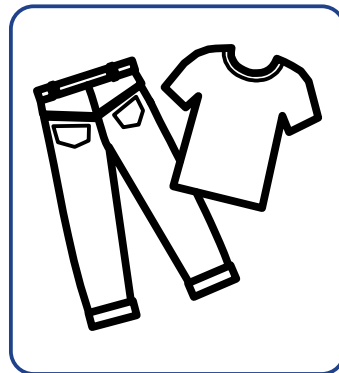
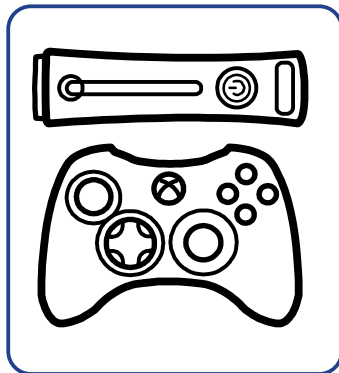
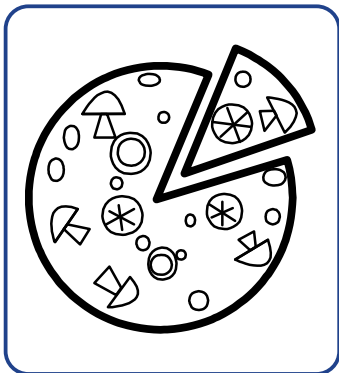
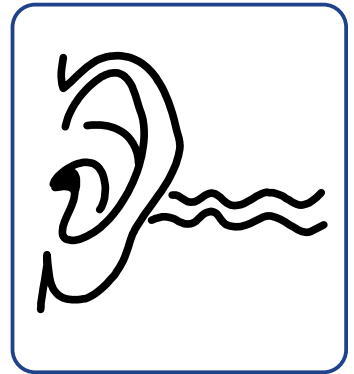
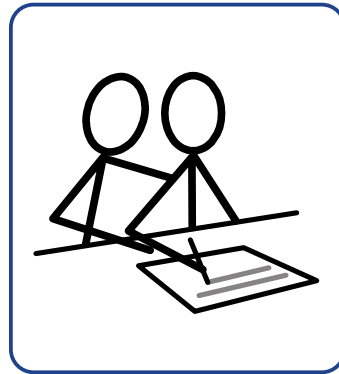
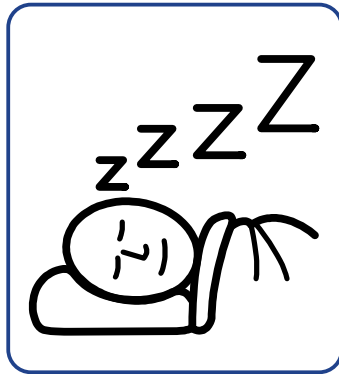
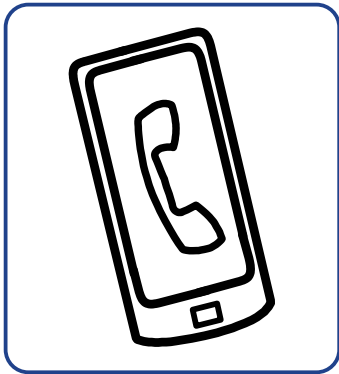
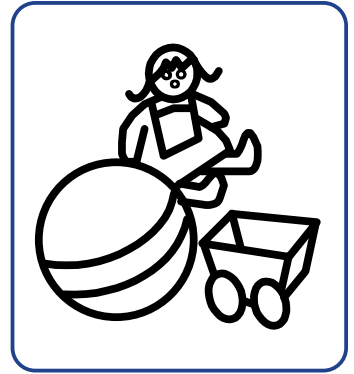
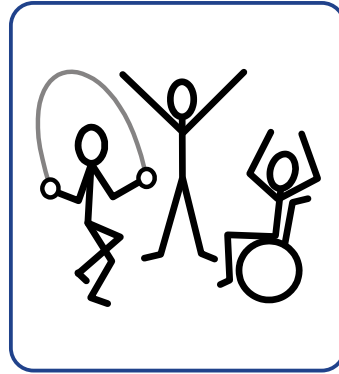
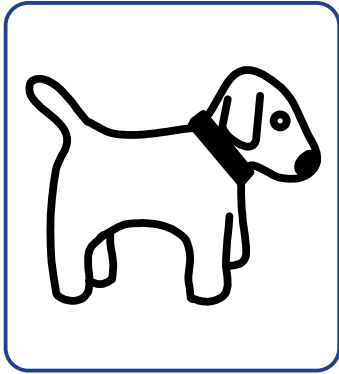
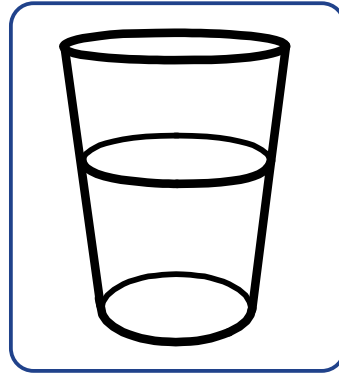
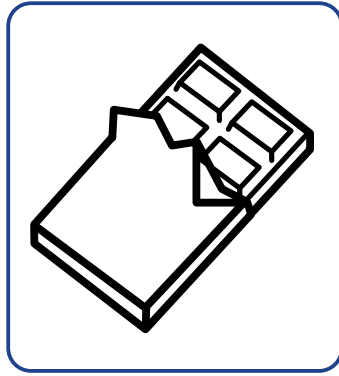
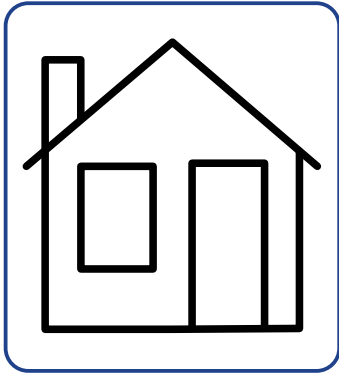
4. Draw a body on a piece of paper.

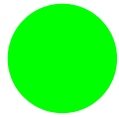
5. Put the things you **NEED** **inside** the body and the things you **WANT** on the **outside**.



Ask an adult to help you check the rights poster to see if the things on the inside of your body are your children's rights.







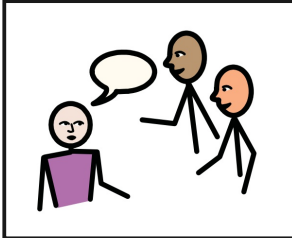
## Extra Activity



1. Write your own list of things you NEED to grow up happy, healthy and safe
2. Can you name 5 adults who help you get your children's rights (the things you NEED to grow up feeling happy, healthy and safe?
3. Is a present a want or a need? Write a paragraph explaining you answer.



## Activity 2: My Feelings



Article 12: I have the right to be listened to, and taken seriously.

*Work with the people in your home to make a feelings wall. Use the wall to talk about how you are feeling at the start of each day.*

1. Use the "My Feelings" page to talk with an adult about your feelings.
2. Draw your own feelings faces and put them somewhere in your home.
3. Use the feelings faces every morning to talk about how you are feeling.

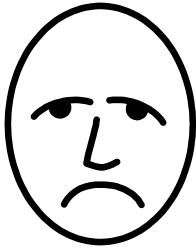
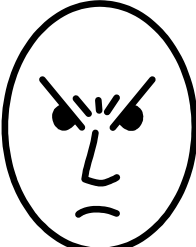

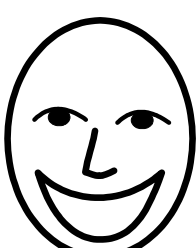




# My Feelings



Think about these questions, tell an adult your answer.

	What makes you feel sad?
	What makes you feel angry?
	What makes you feel worried?
	What makes you feel happy?





## Extra Activity



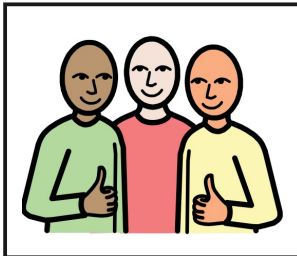
1. How many emotions can you name? Write a list and share it with your teacher or adult.
2. Choose an emotion and write a poem about it.
3. Write a story about a time you felt happy.

If you feel sad, or don't have the things you need then you should talk to an adult.

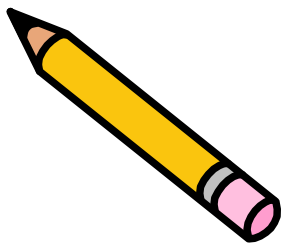
You could also ring **Childline on 0800 1111**.



# Activity 3: What makes a good friend?

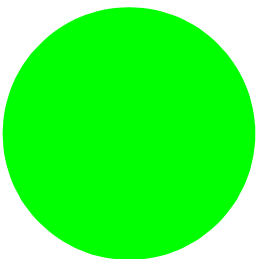


Article 15: I have the right to meet with friends and join groups.



1. Draw around your hand.
2. Think about what makes a good friend.
3. Write or draw one answer in each finger.

## Extra Activity



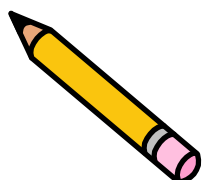
1. Write a letter to your teacher or adult. Tell them about your friend. Remember to explain what you think makes a good friend.
2. Are you part of any groups like gymnastics or scouts? Make a poster persuading people to join your group.



## Activity 4: My Community



Draw a map of your local community. Remember to include buildings like:



Schools

Shops

Religious buildings (Churches, Mosques and Synagogues)

Doctors/ Dentists



Ask an adult to check you have all of the important local buildings.

You could use a map to help you or go on a walk to check you have remembered everything.

Use the "Know Your Rights" poster to match children's rights to the things in your local area.

For example you could link the Doctors surgery to Article 24: "I have the right to good quality health care".



# Activity 5: Sally and her Super Powers



In this activity you will learn about **Sally Holland** the Children's Commissioner for Wales.

1. Watch the video of Sally.
2. Try to remember Sally's powers. You can watch the video again to help you.
3. Make a poster to tell other children about Sally and her powers.
4. Share your poster with your teacher or adult.



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# Activity 6: Children's Rights Challenge

*Can you make your own children's rights activity?*

1. Look at the "Know Your Rights" poster.
2. Choose one right.
3. Think about an interesting way to tell other children about this right.

Here are some ideas about what you could do:

- a poster
- a game
- a video

4. Share your activity with your teacher or adult

