

Subtopic 3: Leisure as a Human Right

The United Nations says all children have the right to play, rest, and be part of fun and cultural activities. That means everyone deserves time to do things that make them feel happy, calm, and connected, not just sometimes, but all the time.

Student goals:

- Recognize that leisure and play are part of children's rights
- Reflect on fairness and access to play, increasing empathy for others
- Understand that leisure is meaningful and an important part of a healthy life

Timeframe:

- 30–40 minutes **Flexible timing/ adaptable format:** Can be completed in short segments or extended across multiple session

Example Conversation Starters:

- “What happens when people don’t get enough free time? Children? Adults? People you know?”
- “Why do you think play and rest are rights?”
- “What would you want to tell someone who doesn’t think play is important?”

Activity Options:

United Nations Convention on the Rights of the Child (UNCRC) rights Activity:

What is a “right”?

- “Can you think of something every child *should* have or be able to do?”

There is a big list of rights written by countries around the world, through the United Nations Convention on the Rights of the Child (UNCRC).

Let's explore the [UNCRC rights](#).

- **Every child has the right to:**
 - **Relax and play** (Article 31)
 - Freedom of **expression** (Article 13)
 - **Be safe** from violence (Article 19)
 - An **education** (Article 28)
 - Protection of **identity** (Article 8)
 - **Sufficient** standard of **living** (Article 27)
 - **Know** their **rights** (Article 42)
 - Health and **health services** (Article 24)
- Create Posters for a few of them.
 - Start with the first bullet: Relax and Play.
 - "What does this mean to you? Why do you think this is important?"

Add on: Place Posters around the room with simplified [UNCRC rights](#) ("You have the right to play," "You have the right to rest," "You have the right to be heard").

- Students walk around and respond verbally, directly on the posters or with sticky notes:
 - "This right matters because..."
 - "I wish everyone could..."
- Debrief