



ARTICLE OF THE WEEK

# GUESS THE ARTICLE

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

Can you guess which article of the Convention do these pictures relate to?

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



# INTRODUCING ARTICLE 31



Maia and Priya introduce Article 31



## Article 31 – Rest, Play, Culture, Arts

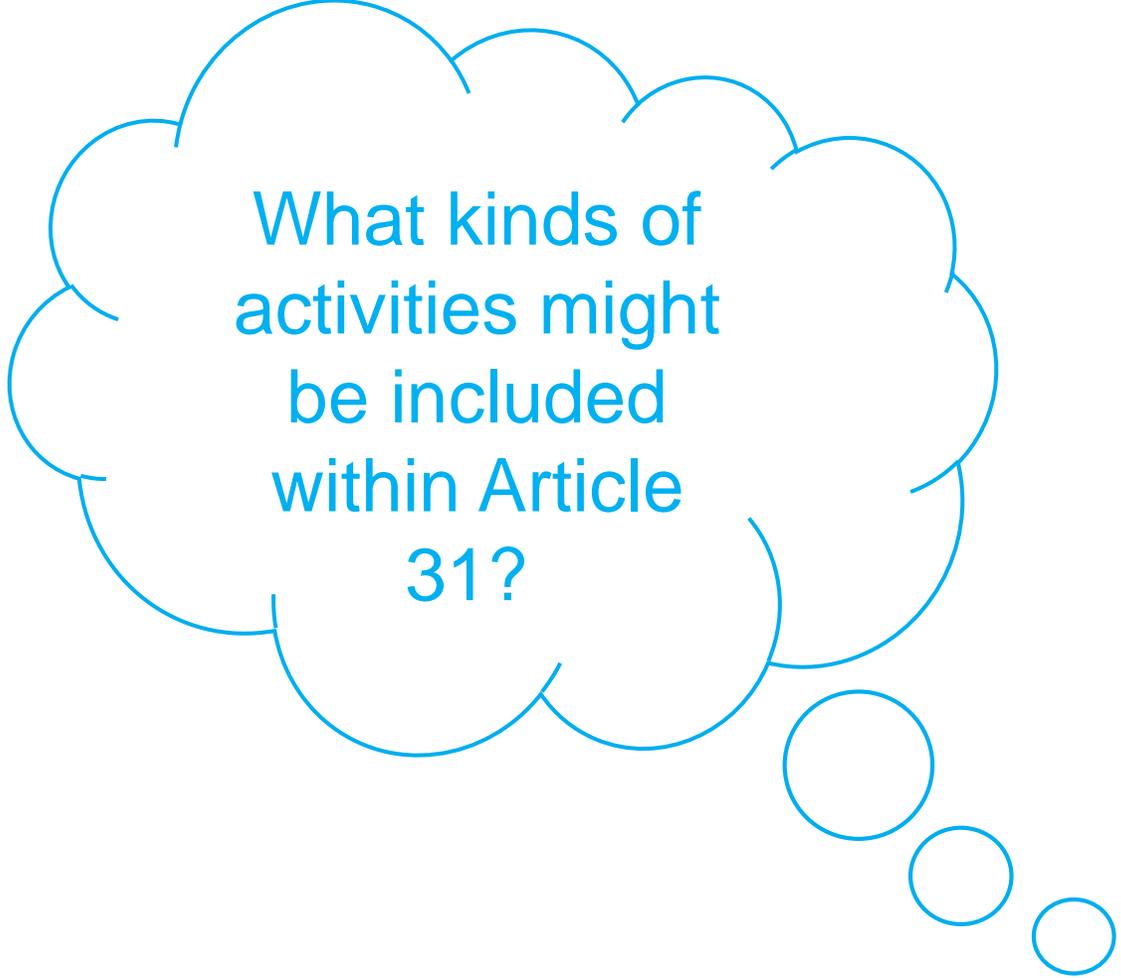
Every child has the right to relax, play and take part in a wide range of cultural and artistic activities.

This applies to all children regardless of background or abilities.

[Watch Maia and Priya on YouTube](#)

# EXPLORING ARTICLE 31

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A large, light blue thought bubble with a scalloped border. Inside the bubble, the text "What kinds of activities might be included within Article 31?" is written in a blue, sans-serif font. Three smaller, solid blue circles of decreasing size trail off from the bottom right of the main bubble.

What kinds of activities might be included within Article 31?

Note down your thoughts and compare with the next slide.

# HOW MANY OF THESE DID YOU GET?

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- Spending time with friends.
- Choosing what to do – not being directed by a grown up.
- Drawing or craft activities.
- Going to museums and galleries.
- Going to the theatre, to concerts or to the cinema.
- Playing a wide range of sports.
- Having a safe space to, relax, read, draw or listen to music.
- Playing at the park.
- Playing video games.
- Doing yoga, meditation or mindfulness activities.

What else did you think of?

# ACTIVITY TIME

All 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 a picture of yourself playing your favourite game. Show your picture to a grown up and talk to them about what you have drawn.

Can you draw a puffer fish? How about a robot or a pirate ship? Take part in an online art lesson – which will you choose?

Make a chill out den at home or in your classroom where you can relax. Use cushions, blankets and even fairy lights. Take a picture of yourself relaxing in your chill out den and share it with your class.

How do you like to spend your free time? Think about what your ideal weekend would be like. Where would you go? What would you do? What activities would you participate in? Create a comic strip showing your dream weekend and share it with your class.

# ACTIVITY TIME



Lots of museums and galleries now have virtual tours so you can visit museums all over the world from your classroom or living room! [Choose a museum and go on a virtual tour.](#) Find out if your local museums or galleries have virtual tours.

Why not create your own school [virtual art exhibition like Christ Church School, Hampstead – a Gold Rights Respecting School.](#)

Think about your local playgrounds. Are there activities for children of different ages? Are there activities for children with wheelchairs, or who are blind or partially sighted? Article 31 says that all children have the right to engage in play, regardless of their age and abilities. Design a playground that as many children as possible can enjoy. How can you make sure that there is something for everyone?



What can you do to relax, rest and play during this time of restrictions to keep everyone safe from Covid? What does your family do to relax? Write a list of things that you can do and share with your class. How many of them can you tick off?

Have you heard of the author Michael Rosen? He talks in [this video by Norton Road Primary School about the right to play.](#) Do you agree with what the children say? You might like to watch this with adults at home and discuss it with them.

# REFLECTION

**Find somewhere peaceful and quiet. Relax and let your mind be still. Focus on the sounds of your breath.**

**Inhale for 4 seconds, hold your breath for 7 seconds, and exhale forcefully making a WHOOSH sound for 8 seconds. Repeat 4 times or until your mind relaxes.**

**Now lets consider...**

- What does everyone need to relax, rest and play?
- What is your favourite way to really relax?
- Can you think of something you could do to help somebody you care about to feel a bit more relaxed?

**Spend a couple of moments thinking about this and then write down your thoughts and if you want, share this back with your teacher, friends or family.**

Take a moment to breath...

Press play below to do a breathing exercise and reflect on this week's topic.

