



unicef 

UNITED KINGDOM



RIGHTS
RESPECTING
SCHOOLS

ARTICLE OF THE WEEK

GUESS THE ARTICLE

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

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



INTRODUCING... ARTICLE 24



Frances introduces Article 24 – Health Care



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 ideas can you think of to help you be healthy?

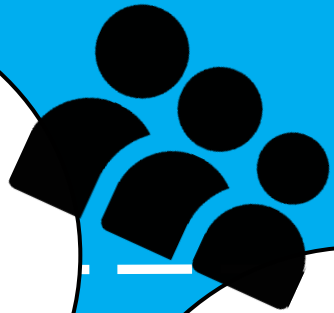
Write them down and then compare your answers with the next slide.

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 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.



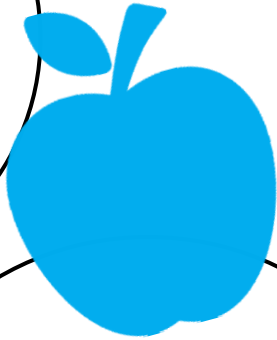
Set up an obstacle course and challenge someone in your house to have a go.



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

ACTIVITY TIME

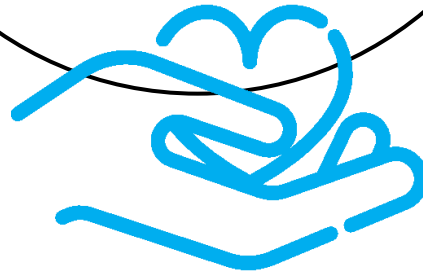
Invent a recipe for a healthy snack that you could make for your family.



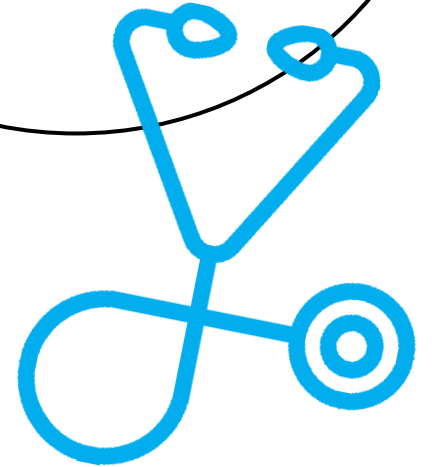
Choose 10 items of food from your kitchen, can you sort them into healthy/not so healthy?

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?



ACTIVITY TIME

These activities will help you understand how..



...can relate to your life. You don't need to do every activity, just do as many as you can.

Keep a food, drink and exercise diary for a week. Are you keeping yourself healthy?

Design a poster showing all the ways that you and your family can support your right to article 24.

Virtually get together with your friends to challenge each other to get fit, or try an online workout video.

Create a dance video and safely share with your friends and family on social media.

