

## Article 31—You have the right to play and rest



### Drongan Primary School Easter Holiday Orienteering

Walking can help rebuild children's fitness and improve their emotional and mental health – all outdoors in the fresh air. Why don't you take a wander round your local community with your family or friends and see what you can spot.

- Go and try to locate the photo in your local community
- Take a photo at each location.
- Send your pictures/completed sheets to [melanie.bradley@eastayrshire.org.uk](mailto:melanie.bradley@eastayrshire.org.uk)



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