



May 2020

# Adventures at home



We hope you and your families are safe and well.

Life is very different just now – here in Scotland and in other parts of the world too. Most of us are experiencing big changes to how and where we usually learn, play and work. We've been thinking about what the coronavirus situation means for your human rights - the things you need to keep happy, healthy and safe every day

*"Children's rights are important, very important. It's actually a bit of care and love for you!"*

- Member of Children's Parliament, age 6

In these pages, you'll find creative activities and top tips from Members of Children's Parliament which we hope can help you, and the people around you, make your rights real whilst you're at home. We've also included ways you

can share your views and experiences on what life is like for you. All you need to add is your imagination, creativity and kindness!

We hope you enjoy the creating, moving, playing and discovering to follow. We can't wait to hear what you get up to!

Lots of love,



**Children's Parliament**  
*Making children's rights real*

# News

## from Members of Children's Parliament

All year round, we work with Members of Children's Parliament (MCPs) to make sure children's views and ideas are included in decisions being made about children's lives and to help make children's rights real for every child growing up in Scotland. Here's what MCPs have been up to recently.

### Screen Savers

Meet the Screen Savers - 9 MCPs from Clackmannanshire, Glasgow and the Highlands. The Screen Savers have been working to create a website called 'Mind Yer Time' with children's top tips for using screens and social media in a healthy way. Find out more on page 6.

### Children Create

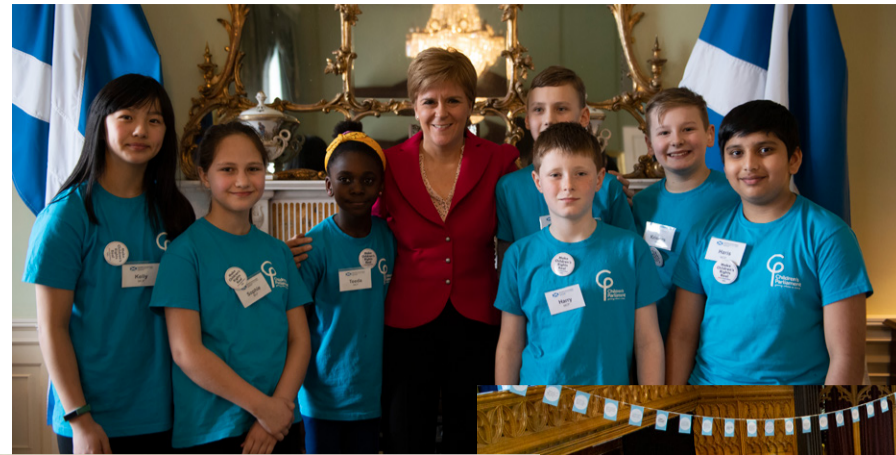
Looking at research about children's levels of physical activity in Scotland, MCPs from Edinburgh and the Scottish Borders shared their views on what helps children get their recommended 1 hour of physical activity every day and what gets in the way of this too.

### Alcohol Free Childhood

9 MCPs from Edinburgh investigated where children see alcohol in their lives and how it makes children feel at home and in their community. They created a film, which you can find on the Children's Parliament YouTube channel.

### Cabinet Group

In March 2020, 7 MCPs from Dundee and Edinburgh met with the First Minister, Nicola Sturgeon, and the Scottish Cabinet to discuss the top three issues for over 1000 Members of Children's Parliament: the impact of alcohol on children's lives, human dignity at school, and food insecurity.



### Imagineers

For the last four years, the Imagineers have been imagining how to make Aberdeen a healthy, happy and safe place for all children. They have influenced how adults plan and run services in the places where children live, learn and play.

### Feeling Inspectors

The Feeling Inspectors are MCPs from Bramble Brae Primary School in Aberdeen. They are investigating mental health and also training teachers and PSAs so that adults better understand and support children they work with.

### Manor Park Parliament Peeps and Young Leaders of Learners

MCPs from Manor Park Primary School in Aberdeen have worked together to let adults in their school know what they need from them. Their ideas and experiences have formed part of the school improvement plan.

### Children as Human Rights Defenders

12 child Human Rights Defenders from East Lothian created five giant shields with the stories, drawings and views of over 200 children about which human rights need to be defended across Scotland. They took the shields to the United Nations in Geneva and gave tours to children and adults from around the world who were participating the UN Committee on the Rights of the Child's Day of General Discussion (DGD). Hannah and Cameron, two of the MCPs, helped to plan the DGD as part of a global Children's Advisory Team.

### What Kind of Edinburgh

24 MCPs from Edinburgh worked with adult champions from the City of Edinburgh Council to help make Edinburgh a better place for children and young people to grow up in.

### National Sitting 2019 and Children's Rights March

The 5th National Sitting of Children's Parliament brought together children and adults from across Scotland to celebrate 30 years of the United Nations Convention on the Rights of the Child (UNCRC). We welcomed a very special guest, Kate Gilmore - United Nations Deputy High Commissioner

for Human Rights. The event finished with a march from Edinburgh Castle to the Scottish Parliament where MCPs gifted Maree Todd (Minister for Children and Young People) a treasure chest of all Children's Parliament's work and calls to actions from the past year.

### Seen+ Heard - Year 1 Group

This group has been exploring what it looks like to be happy, healthy and safe in care through different creative activities. Their views help Fife Council's Corporate Parent Board to make decisions and improve services for children with care experience in Fife.

### Seen+ Heard - Year 2 Group

This group created an exhibition called 'Process the Meaning' to help adults understand their care experiences and how to make a difference for all children with care experience in Scotland. They've also helped the Independent Care Review to create a big report by sharing their positive and challenging experiences.

### Article 4

Children have the right to have governments that make children's rights real.

SCOTLAND WILL SOON MAKE CHILDREN'S RIGHTS REAL BY MAKING THEM LAW.

THIS IS A BIG DEAL! IT WILL HELP ALL CHILDREN TO STAY HAPPY, HEALTHY AND SAFE.



# Health + Wellbeing

## Article 24

Children have the right to the best health possible

### Check-In

At Children's Parliament, check-ins help us to look out for each other and remind us that there are no 'right' or 'wrong' emotions. It's also important to talk about how we're feeling so we can get the right support if we need it.

One of our favourite ways to check-in is to choose an animal picture that best represents how we're feeling in that moment. You could use the animals here to do a check-in at home with the people around you.

You might like to turn this newspaper into something exciting (see the back page!) but you can still do a check-in by asking everyone in your house to complete the sentence:

"As I sit here, I feel ... because ..."

### Pushing my buttons! Feelings Pointer

It's an uncertain time for everyone and you might be feeling worried, angry or confused about what's happening in the world. We all have different ways of coping with difficult times – what works for one person won't be the same for someone else.

This is a Feelings Pointer. It helps us to think about what makes us feel better or calmer if we're struggling. Use the one here to think:

How do I feel?  
What can I do?

Use the Feelings Pointer to identify how you are feeling today and write in what is making you feel that way. Remember, all feelings are right! And it's always good to acknowledge how you are feeling and talk to someone you trust if you'd like some help.

Today, I am feeling...



TALKING TO FRIENDS AND FAMILY ABOUT OUR WORRIES CAN HELP US FEEL BETTER



## MCP's Top Tips: Mental and Physical Health



"Feeling happy keeps you healthy and feeling healthy keeps you happy!"  
- Seen + Heard MCPs

Here, you'll find lots of ideas from MCPs and the Children's Parliament team of things you can do to feel happy, healthy and safe whilst staying at home.

### Spend time playing or exercising outside

If you can, spend time outside each day. Fresh air and a change of scene when we're spending most of our time at home can help us feel calm, happy and energised.



"Play + Fun + Outdoors  
+ Explore + Happiness = Healthy"  
- Seen + Heard MCPs

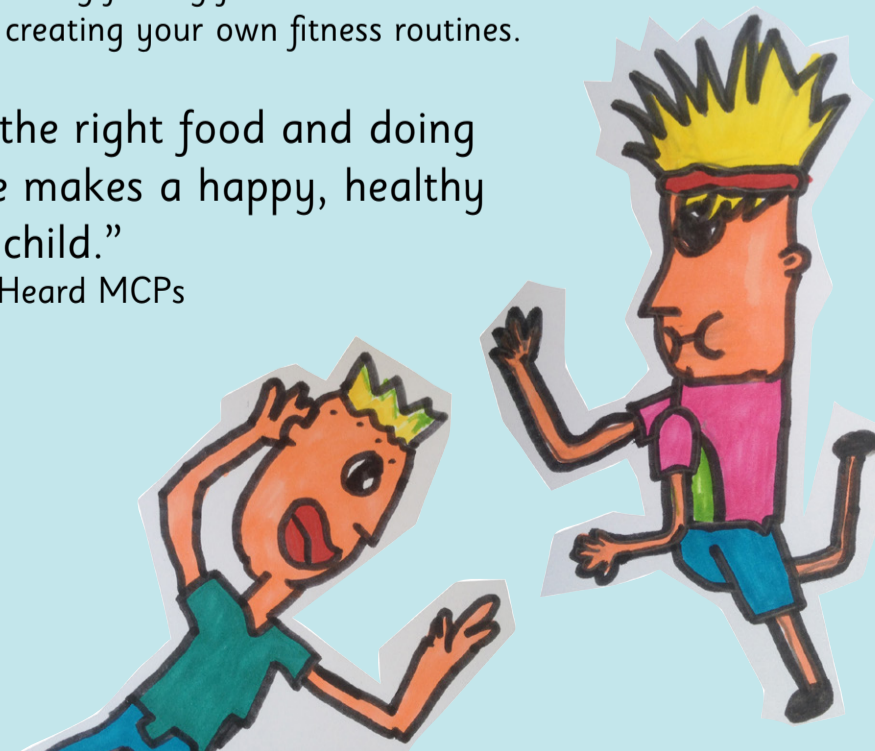
"When I'm inside I go noisy – crazy; but when I'm outside I'm calm – I can climb trees."  
- MCP, age 10, Edinburgh



### Keep moving

Keeping active is important for our physical and mental health. It's especially important during this time as it can help our bodies fight off infections. Even though we're at home, there's lots of ways to move. The MCPs from Children Create came up with lots of fun ways to keep active including finding fun exercise videos online or creating your own fitness routines.

"Eating the right food and doing exercise makes a happy, healthy and fit child."  
- Seen + Heard MCPs



### Make time to relax

Finding ways to wind down and relax is especially important. The Imagineers created a handy list of things that help them to keep calm: breathing, meditation, getting enough sleep, being active, doing something we love.

Austin, Screen Saver, age 9 suggests trying Calm or Headspace - two apps for meditation and yoga: "I'd recommend them to anyone as they calm me down."

breath in and out

### Have a bedtime routine

Sleep is important for our physical and mental health. When we don't get a good sleep, we're more likely to feel low, irritated or tired. In their investigations, the Imagineers and Screen Savers have been exploring what things get in the way of getting a good sleep.

"Having our mobile phones before bed gets in the way of us going to sleep as it distracts us. Social media, messages and phone calls can wake us up."  
- Imagineers

Setting a time limit can help – or finding other activities to do to calm down before sleeping.

"It's better to take books to bed! Using screens and social media affects my sleep. When you're watching your screen, if you don't get tired watching it, you'll stay up and get less sleep. If you read your book, your eyes will get tired and you'll fall asleep."  
- Omima, Screen Saver, age 10



# Happy, healthy and safe

You've probably heard people talking about 'coronavirus'. It's also sometimes called 'COVID-19'. This new coronavirus can affect people's lungs and airways. The most common symptoms are a high fever and a new cough. Most people who get COVID-19 or coronavirus will recover without needing to see a doctor. Experts are working to find treatments and ways to keep everyone safe and healthy.

## Who can I talk to if I'm feeling worried or unsafe?

There is a lot of information about Coronavirus/Covid-19 in the news. Find out what it is and what to do if you are worried at ChildLine [bit.ly/Childline\\_CVD](http://bit.ly/Childline_CVD). You can also contact ChildLine free by phone on 0800 1111.

**Article 36**  
Children have the right to protection from harm.

**Article 27**  
Children have the right to a decent home, food and clothes

## Mind Yer Time

### Keeping happy, healthy and safe when using screens and social media

Using screens can be a great way to play, learn and keep in touch with friends and family members you don't live with. The Screen Savers have created a new website for children called 'Mind Yer Time' with lots of top tips from children on how to use screens and social media in a healthy way.

"It's children's perspectives which is better because adults don't know as much as we do about what children are using on screens or how we're feeling." - Austin, age 9

Here are some of the Screen Saver's top tips:

1. Create a list with the people in your house of things you would like to do together such as playing games, watching films, going for walks, dancing, doing exercises, or cooking together.
2. Talk to your family about having device-free times together.
3. Paige, age 10: "My advice is to try and set a time limit and don't go to sleep with your devices!"
4. Agree with your friends to pause group chat conversations or online games at a good time for everyone to get enough sleep. This way, you won't feel you're missing out.



### UN Kindness Contagion Challenge

The United Nations (UN) is made up of 193 countries. It is often called the UN. It was set up in 1945 after the Second World War to bring people together and promote peace.

The UN created the Convention on the Rights of the Child (UNCRC). It explains the rights that all children (up to age 18) have to be happy, healthy, safe and loved and to take part in activities and decisions that affect them. You can find a child-friendly version on Children's Parliament's website ([bit.ly/Wee\\_Book](http://bit.ly/Wee_Book)).

The UN, along with the World Health Organisation, needs your help. It's really important that

the public health messages about coronavirus reach people across different cultures, languages, communities and ages. They're asking people to come up with creative ways of raising awareness of key messages including one we know you know lots about - kindness.

If you'd like to, we're challenging you to come up with a message, drawing, poem, short story, cartoon... on the theme of 'Kindness Contagion'.

Send to us at [info@childrensparliament.org.uk](mailto:info@childrensparliament.org.uk) along with your name, age and a description of what you've created and we'll be in touch to tell you what happens next!

Here are some ideas the Imagineers in Aberdeen have shared about what kindness looks like to them. ([bit.ly/Imagining\\_Aberdeen](http://bit.ly/Imagining_Aberdeen))



# Use your imagination

### Article 31

Children have the right to play and relax

"You don't always need toys to play; you can play with your imagination."  
- MCP, age 8, Midlothian

Get creative with the things in your house – food packaging, boxes and cartons are great for building models and arty projects and blankets and pillows can make a great indoor den! What else can you find to play with?

**Top tip!** Create or use googly eyes to bring objects and furniture in your house to life!

### Learn to...Finger Knit

Finger knitting is a fun craft which you can do anywhere, any time. Find a step-by-step guide in your pack or visit this link: [bit.ly/finger\\_knit](http://bit.ly/finger_knit)



### Keep in touch

Technology is great for keeping in contact with loved ones we can't see in person at the moment. But there are other ways to keep in touch. What about sending a postcard or writing a letter?



### Rainbow Scavenger Hunt

Across Scotland, we're seeing children creating pictures of rainbows and putting them in their windows for other children to spot when they're walking outside. How many times can you spot this rainbow in the pages of this newspaper?

Why not try creating a scavenger hunt of your own? Here's a few ideas to get you started:

- Challenge everyone to find things in your house or community for every letter of the alphabet A-Z.
- Use household objects (spoons are good!), soft toys, coins or draw pictures to hide around your house for others to find.
- Create clues to lead the other people in your home on a trail around your house or community to reach 'treasure' at the end!



# Have your say

## Article 12

Children have the right to be listened to and taken seriously

What is life like for children across Scotland during the coronavirus?

Here are some ways you can share your views and experiences with us:



## How are you doing? Online survey

We have created a survey so that you can have your say and tell us how you are doing today. We will ask you to do this survey every month so that we can see if and how things are changing. We will then report your views to key decision makers. Find the survey here: [bit.ly/Coronavirus\\_Kids](https://bit.ly/Coronavirus_Kids)



## Keeping a diary

It is interesting to think about how we will look back on this period of time, and what we might remember and learn from it. Lots of children and adults across the world are recording their experiences by keeping a diary about what they have been doing each day and how they feel. Some are choosing to write, draw or keep video diaries using their phone or tablet.

Here are instructions to make a mini-diary using one sheet of paper:



1. Fold your sheet of paper in half. Fold it again into 4 sections, and then one more time so that it is folded into eight sections

2. Open your paper so that it is folded in half. Cut halfway

across the middle from the fold. When you open your paper it should have a slit in the middle.

3. Fold your paper lengthwise (along the crease that has the slit). Hold the

paper at either end, then push the ends in toward each other. The sections should fold into each other to form an eight-page booklet.

4. Now it's time for you to fill in your diary!

WE ARE ASKING YOU TO HAVE YOUR SAY THROUGH THE 'HOW ARE YOU DOING?' SURVEY



## Children's Parliament Journal

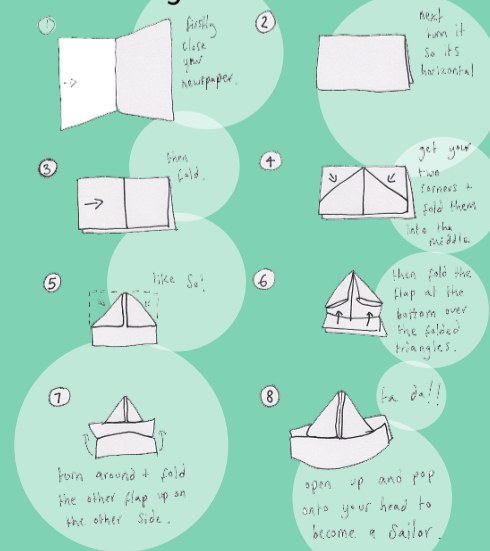
We have started a journal to share children's experiences. If you think you might like to take part, email us for more information. Email: [info@childrensparliament.org.uk](mailto:info@childrensparliament.org.uk) Visit the journal here: [bit.ly/Coronavirus\\_Kids](https://bit.ly/Coronavirus_Kids)

## Make me into...

### 1. Friendship beads

Draw and cut out long thin triangles, about the width of one page of this newspaper. Spread glue (or the papier-mâché mix) on one side. Roll from the large end to the point to form a bead. Use twine to make a friendship bracelet to send to a friend!

### 2. A sailing boat!



### 3. Papier-mâché

We love papier-mâché at Children's Parliament because it's easy, environmentally friendly and you only need newspaper, a mixture of flour (one cup) and water (two cups).

Tear sheets of paper into strips and use the sticky mixture to layer strips into a shape of your choice. Leave it to dry and then decorate!