



ON AIR PlayUP

UN CONVENTION ON THE
RIGHTS OF THE CHILD
ARTICLE 31:

**THE RIGHT TO
PLAY AND REST**



Join the **PlayUP** team
as they make

HAND PUPPETS

to celebrate the UN Convention
on the Rights of the Child, Article 31:

**CHILDREN'S
RIGHT TO PLAY
AND REST.**



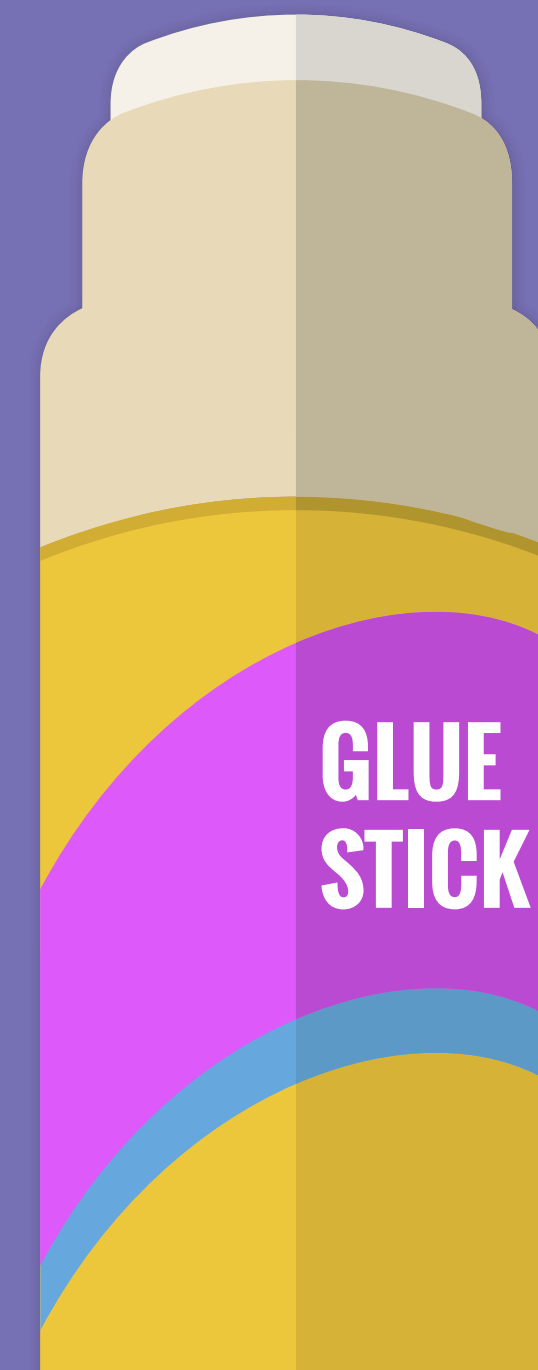
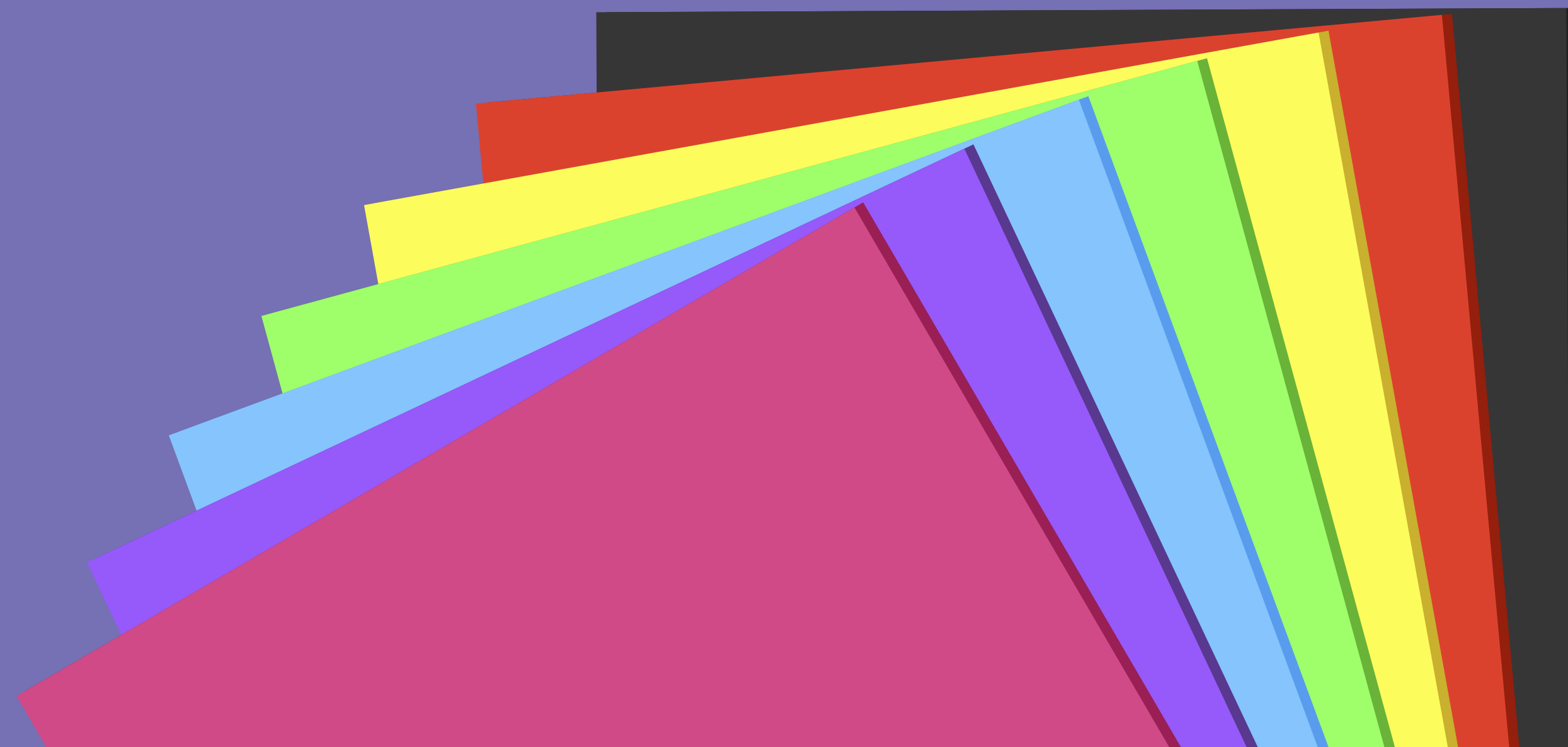
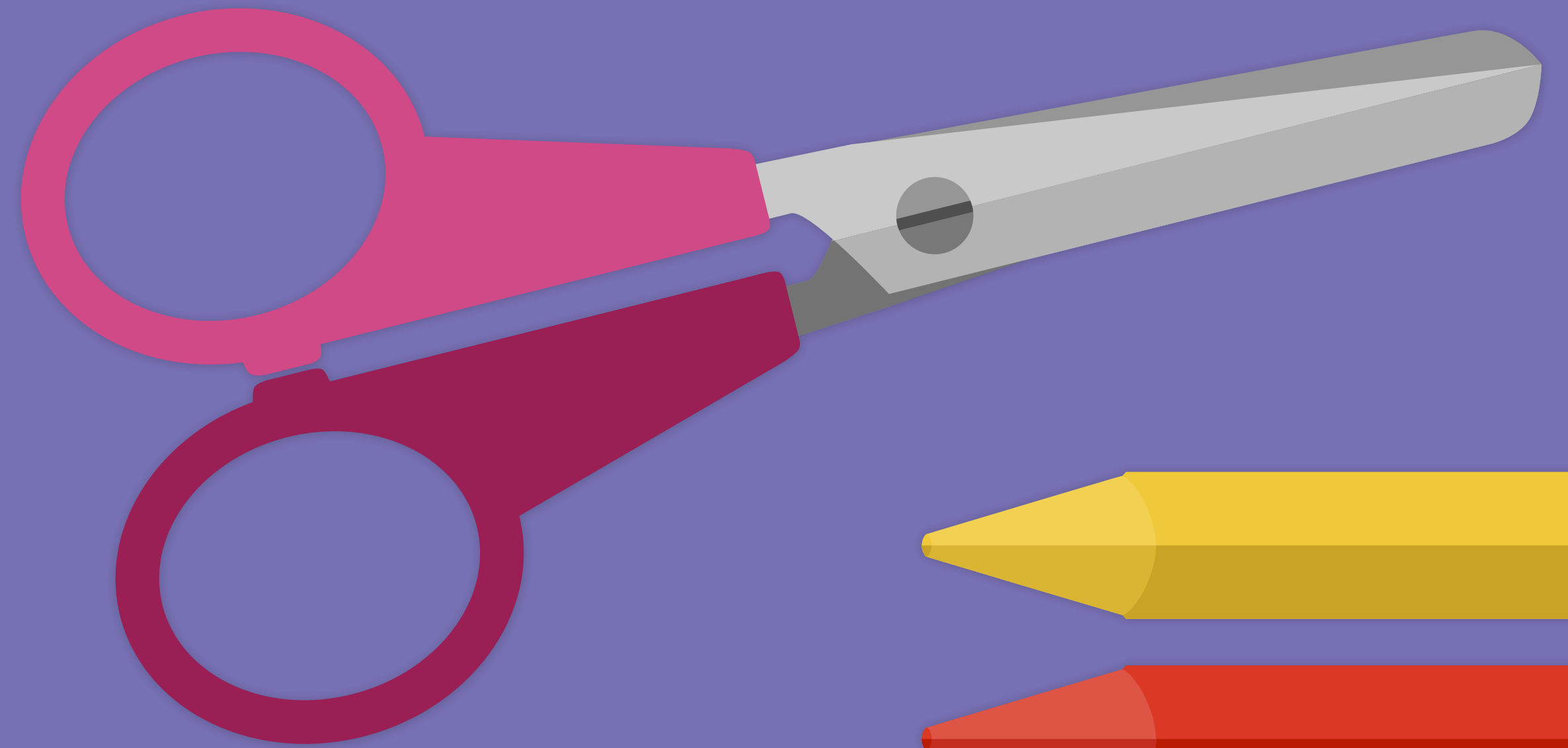
Free play, down-time, and plenty of sleep are all important for children's development. Through play and rest, kids problem-solve, take risks, make friends and learn about the world around them. Play fosters creativity, imagination and self-confidence.

Rest is necessary to recharge our bodies and minds. This is also how children learn about themselves, their community and cultures – and develop a sense of belonging.

People from around the world agree that children have the right to play and rest. That's why it's included in the United Nations Convention on the Rights of the Child.

Materials

- Paper or card
- **Scissors** (please be careful with these)
- **Crayons, textas or pencils**
- **Glue stick or sticky tape**



Instructions

1. Using a rectangle-shaped piece of paper from landscape position, fold the paper almost in half – keeping a gap of 2cm from the edge.
2. Fold the 2cm strip of paper over the layer of paper you just folded and glue or sticky tape down. You will now have a flat tube.
3. Fold the two top corners in to make two small triangles. The size and angle of the triangles will create different head shapes.
4. Fold the top edge over just a little to close the gap. Glue or sticky tape the triangles and top fold to secure.

5. Now your hand puppet is ready to decorate! Who or what will your puppet be?

**Keep crafting and make a family of puppets!
Use smaller pieces of paper to create little
finger puppets.**



Show time!

Create a puppet theatre

With a cardboard box

Cut a window in a recycled box, big or small. Cut off the back so you can get hand or body in and out, but keep the sides to keep your theatre stable.

With a sheet

Hang a sheet between chairs, a door frame or tree branches.

Get creative

Create a backdrop for your theatre on a large piece of paper or cardboard or decorate an old sheet with textas or paint. Add curtains with old fabric or more old sheets.

Get comfy

Put out some cushions, make tickets and popcorn for your audience.

Do your puppets need props?

Draw them on cardboard, cut them out and attach them to a stick.

Let the show begin!

Fun at Home

Who will you be today?

Gather some simple bits and pieces from around the house and take your role playing to the next level.

Café

Create cardboard cookies and cakes to sell with cups of tea to your toys.

Post Office

Post letters into a cardboard box, then sort and deliver.

Vet

Use a small table to lay your sick teddy bears on for examination. Which kitchen utensils could you use to treat your patients?

Car Wash

Wash your toy cars in a bucket of soapy water!

Supermarket

Make your own grocery using items from the recycling bin. Design your own paper money to go shopping, and buy what you need to make dinner.

Airport

Use dining room chairs to make a check-in desk and bag scanner before your flyers board the couch plane.



More Fun at Home

Dance your name game

With your friends or family, stand in a circle facing each other. In turns, move your body to spell your name in the air:

First letter – move your head

Second letter – move your arms

Third letter – move your hips

Fourth letter – move your knees

Fifth letter – move your feet

Repeat body parts if you have more than five letters in your name.

Turn on some music to help get your body grooving.

Tape train tracks

Create a train track or road using masking tape on the floor. Add cardboard boxes or containers from the kitchen to create buildings and bridges!





Rest and Recharge

Cloud watching

Grab a blanket and lay down outside to watch the clouds roll by. Are they moving fast or slow? Can you see a shape, maybe a dragon or a pirate ship?

Breathing arms

Slow down your breathing by using your arms. Spread your arms out when you breath in, then sweep your arms together as you breath out. Keep going. Try to slow down your arms with every breath until you feel relaxed.

Sensory countdown

Be in the now by counting down your surroundings. No matter where you are, stop, and try to find:

- Five things you can see
- Four things you can hear
- Three things you can touch
- Two things you can smell
- One thing you can taste

Keep going. Find five pink things you can see. Three soft things you can touch? And one yummy thing you can taste.

Books

Title	Authors/Illustrator
<i>You might find yourself</i>	by Tai Snaith
<i>The book with no pictures</i>	by B.J. Novak
<i>Imagine</i>	by Alison Lester
<i>This is our house</i>	by Michael Rosen, Illustrated by Bob Graham
<i>Children who changed the world: incredible true stories about children's rights</i>	by Marcia Williams

Learn More

<https://www.unicef.org/child-rights-convention/what-is-the-convention>

<https://raisingchildren.net.au/newborns/play-learning/play-ideas/why-play-is-important>

<https://www.abc.net.au/cm/lb/12126640/data/mindfully-me-educator-notes-data.pdf>

Learning More

Links to the Early Learning Framework – Belonging, Being and Becoming

Outcome 1: Children have a strong sense of identity

- Children develop their emerging autonomy, inter-dependence, resilience and sense of agency

Outcome 2: Children are connected with and contribute to their world

- Children develop a sense of belonging to groups and communities and an understanding of the reciprocal rights and responsibilities necessary for active community participation
- Children become socially responsible and show respect for the environment

Outcome 4: Children are confident and involved learners

- Children transfer and adapt what they have learned from one context to another
- Children resource their own learning through connecting with people, place, technologies and natural and processed materials

Outcome 5: Children are effective communicators

- Children interact verbally and non-verbally with others for a range of purposes

Links to the Australian Curriculum

Critical and Creative Thinking Levels 1–3

Generating ideas, possibilities and actions
- imagine possibilities and connect ideas

Reflecting on thinking and processes
- transfer knowledge into new contexts

Intercultural Understanding Levels 1–3

Interacting and empathising with others
- empathise with others

Ethical Understanding Levels 1–3

Exploring values, rights and responsibilities
- explore rights and responsibilities



Aligns with the United Nations Sustainable Development Goal 3

Ensure healthy lives and promote well-being for all at all ages



Aligns with the United Nations Sustainable Development Goal 4.2

By 2030, ensure that all girls and boys have access to quality early childhood development, care and pre-primary education so that they are ready for primary education

SUSTAINABLE DEVELOPMENT GOALS

ON AIR PlayUP

**Don't forget to tune
into On Air PlayUP next
Wednesday for more fun.**



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Parliament
House

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