



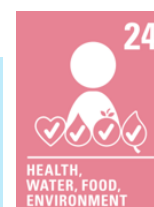
INTRODUCING... ARTICLE 24



Article 24 – Health Care - ensures that every child has the right to the best possible health.

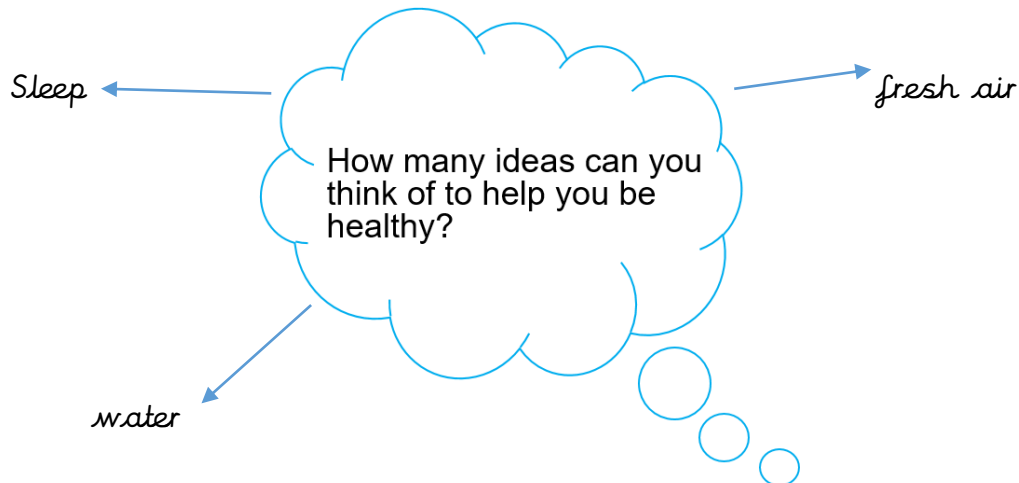
Governments must provide good quality **health care, clean water, nutritious food, and a clean environment and education on health** and well-being so that children can stay healthy.

Richer countries must help poorer countries achieve this.



In your work books, write date, title and draw the thought bubble. Write your ideas all around it.

What do you need to be healthy?




HOW MANY OF THESE DID YOU GET?

- Enough Sleep – at least 8 hours
- Nutritious Food – fruit and vegetables
- Water – at least a litre a day
- Good hygiene – keeping clean, particularly your hands
- Exercise
- A clean environment
- Feeling safe, secure and respected
- Health care - To see a doctor or a nurse when you need to and to be vaccinated against diseases

You can choose one activity or do all of them (if you would like to) in your work book.

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.

Why do you think Alexandra chose to be a Rights Respecting School?

What does it tell you in regards to how we want our school environment to feel like? For pupils? Parents and guardians? Staff? Visitors?