IT'S OUR RIGHT TO BELONG TOOLKIT

NATIONAL CHILD DAY 2016, ALBERTA

TABLE OF CONTENTS

INTRODUCTION 3-6

RESOURCES & ACTIVITIES:

ORGANIZATIONS & COMMUNITIES 7

EDUCATORS & SCHOOLS 8-10

HOME & FAMILY 11

ABOUT CHILDREN'S RIGHTS 12

ACKNOWLEDGMENTS 13

IT'S OUR RIGHT TO BELONG TOOLKIT

PURPOSE

This toolkit was created to help people and communities participate in celebrating National Child Day on November 20th, 2016. The toolkit provides practical resources and activities to promote the right to belong in a variety of settings with different age groups to celebrate National Child Day.

AUDIENCE

This toolkit is intended for families, communities, organizations, schools and childcare programs.

HOW TO USE THE TOOLKIT

1. Find the section of the toolkit that applies to your work in community/or home life.
2. Try some of the suggested activities and resources with children within your community/family during the week of National Child Day (November 20th, 2016).
3. Let us know how your family, organization or school celebrated National Child Day by completing the quick and easy online form on the National Child Day website (www.nationalchildday.ca).
4. Continue to celebrate the right to belong throughout the year!

CHILDREN'S RIGHTS AND BELONGING

This year we focus the toolkit on resources to support children's right to belong:

"Children and their families have the right to experience social recognition and acceptance, and to see themselves reflected in their learning communities. [Belonging] requires secure and consistent relationships, the affirmation of social and cultural practice, and opportunities to form connections with new people and places"

Makovichuk, L., Hewes, J., Lirette, P., & Thomas, N. (2014). Play, participation, and possibilities: An early learning and child care curriculum framework for Alberta. p. 95

WHY IS BELONGING IMPORTANT?

Children's sense of identity and belonging are interwoven within their rights.

Developing a strong sense of belonging ensures children have a positive sense of who they are, and feel valued and respected as part of a family, community, and the world at large.

Children's culture, languages and religion are intricately tied to who they are and who they will become.

A sense of belonging creates a strong foundation for children's learning and development.

A sense of belonging supports healthy mental, physical, spiritual and sexual well-being.

Children who feel they belong are happier, more confident, and feel safer and more relaxed.

WHAT CONTRIBUTES TO A SENSE OF BELONGING?

Family is the root of identity, where first attachments form and are foundational to children's sense of belonging. Safe housing, quality early learning and child care and healthy relationships are key contributors as well. Play, physical activity and recreational opportunities are essential. A sense of belonging is fostered when immigrant, refugee, newcomer children are welcomed and included in our communities. Feeling connected and included is important for all children regardless of their abilities. Children deserve to grow up in an environment that is free from violence, bullying and intimidation. All children benefit from opportunities to express their own ideas, preferences, interests and needs and to have these responded to with respect and consistency.

(Adapted from A Canada Fit for Children, 2015- Identity, Rights and Belonging released by the Landon Pearson Resource Centre for the Study of Childhood and Children's Rights)

THE UNITED NATIONS CONVENTION AND THE RIGHT TO BELONG

The right to belong is addressed through a set of important articles in the United Nations Convention on the Rights of the Child. They are presented here in child friendly language.

Article 2

All children have these rights no matter who they are, where they live, whether they are boy or girl, what their culture is, whether they have a disability, whether they are rich or poor. No child should be treated unfairly on any basis.

Article 30

You have the right to practise your own culture, language and religion - or any you choose. Minority and Indigenous groups need special protection of this right.

Article 7

You have the right to a name, and this should be officially recognized by the government. You have the right to a nationality (to belong to a country)

Article 15

You have the right to choose your own friends and join or set up groups, as long as it isn't harmful to others.

Article 8

You have the right to an identity - an official record of who you are. No one should take this away from you.

GET INVOLVED

NOVEMBER 20, 2016

All Children Have the Right to Belong!

There are many ways to be part of National Child Day.
You can create your own celebration to best suit your family, community or organization. No effort is too small or too large!

The activities you choose are up to you.

Here are just a few ideas:

- ☐ Ask children how they would like to celebrate National Child Day!
- ☐ Host an event to celebrate children's rights.
- ☐ Think about childhood: What encourages 'belonging' for you and others?
- ☐ Give children a chance to express their thoughts on belonging through art, songs or stories.
- ☐ Plan activities related to belonging for your family, class or program.
- ☐ Read a recommended book about belonging with a child.
- ☐ Tell a friend, neighbour or colleague about National Child Day.
- ☐ Add information about National Child Day to your website.
- ☐ Participate in the Blue Ribbon Campaign by making your own ribbons and sharing them with others. Wearing a blue ribbon shows that you support Canada's children having prime consideration in all economic, social and political decisions, policies, programs and expenditures.
- ☐ Or just wear blue!

Find out more! Visit our website nationalchildday.ca

HOW WILL YOU CELEBRATE NATIONAL CHILD DAY?

Please share your celebration photos, stories and videos on Twitter:

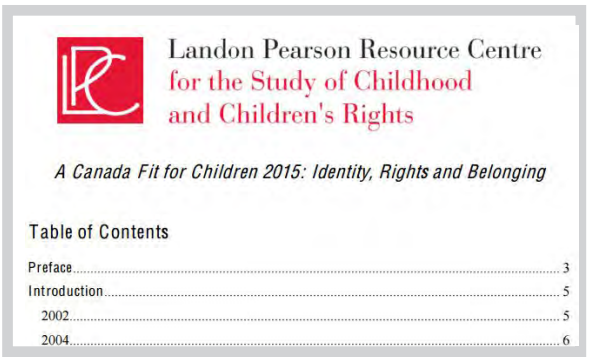
#WeBelong #NCD2016 #NCDWeBelong

ORGANIZATIONS AND COMMUNITIES

National Child Day celebrates children as active participants in their own lives and in their community. With the support of the adults around them, children can learn about their rights and how to respect the rights and freedoms of others.

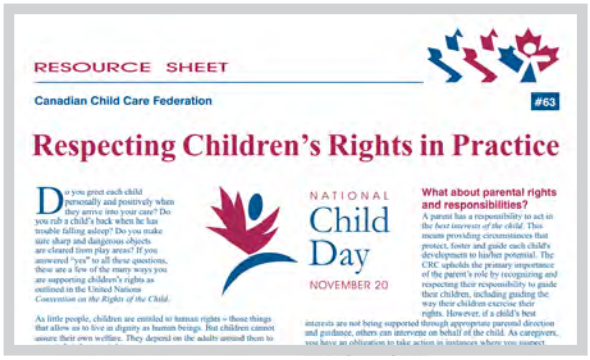
CREATING A SENSE OF BELONGING

Nature Play Flash Cards
Alberta Recreation & Parks Association
http://bit.ly/1OQSQpV



A Canada Fit for Children 2015
Landon Pearson Resources
http://www.landonpearson.ca/uploads/6/0/1/4/6014680/a_canada_fit_for_children_2015.pdf

LEARNING ABOUT MY RIGHTS

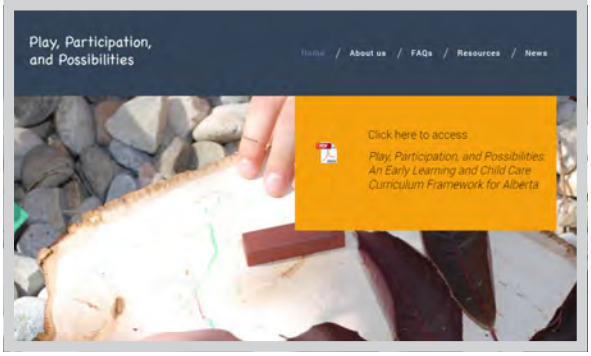


Respecting Children's Rights in Practice
Canadian Child Care Federation
http://bit.ly/1gqdFx8

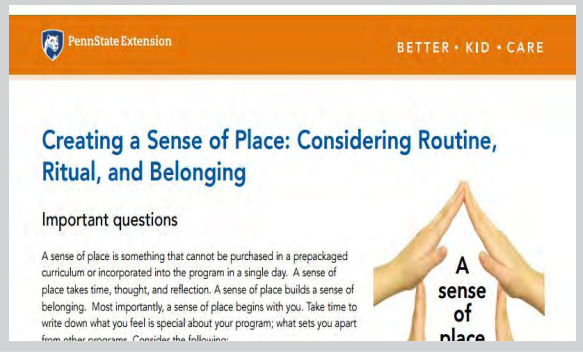
Belonging: Exploring Connections to the Community
Vital Signs Report
http://www.vitalsignscanada.ca/files/CFC_VitalSigns_Belonging_2015_digital.pdf

EDUCATORS AND SCHOOLS

LEARNING AND BELONGING



Play, Participation, and Possibilities: An Early Learning and Child Care Curriculum Framework for Alberta
www.childcareframework.com



Creating a Sense of Place: Considering Routine, Ritual, and Belonging
https://bkc.vmhost.psu.edu/documents/tips1110.pdf

Move & Play... The Inclusive Way!
Steadward Centre for Personal & Physical Achievement
http://bit.ly/1JLiOXj

* To purchase the full set of flashcards *
Web: http://bit.ly/1J5llll
Email: free2bme@sports.ualberta.ca

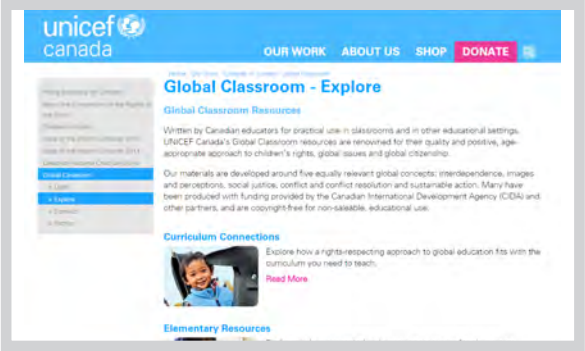
Creating a Warm Inclusive Environment: Planning for All Children to feel Welcome

Alberta Education Safe and Caring Schools

http://corescholar.libraries.wright.edu/cgi/viewcontent.cgi?article=1102&context=ejie

EDUCATORS AND SCHOOLS

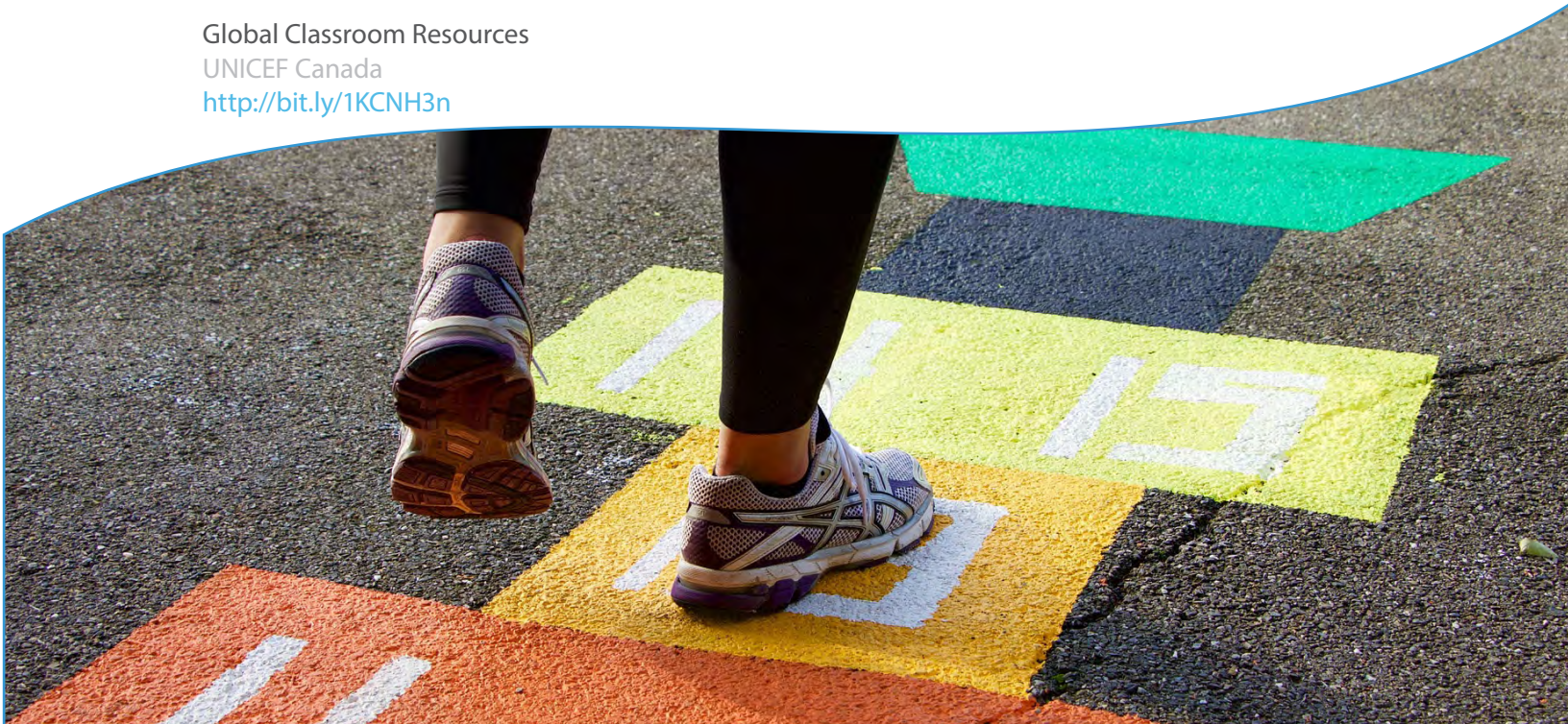
LEARNING ABOUT MY RIGHTS



Early Years – Children's Rights Coloring Book
http://bit.ly/2cUfN1H

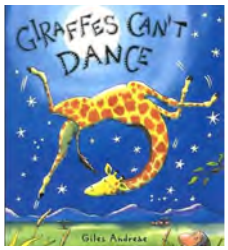
Children's Rights Activity Guide
Government of Canada
http://bit.ly/1DSnskl

Global Classroom Resources
UNICEF Canada
http://bit.ly/1KCNH3n



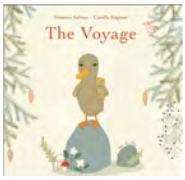
EDUCATORS AND SCHOOLS

CHILDREN AND YOUTH BOOKS ABOUT BELONGING



Giraffes Can't Dance, Giles Andrae

Gerald the giraffe longs to dance like everyone else, but his legs are too skinny, and he just can't seem to get it right. At the jungle dance, all the other animals make fun of him, and he almost believes he is a failure, until one friend's encouragement shows him how his uniqueness can make him the best dancer of all (epl.ca)

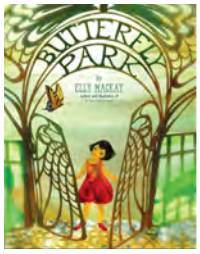


The Voyage. Veronica Salinas

A small duck finds itself feeling lost in a strange place, but when it meets somebody with big feet who looks a bit the same, everything begins to change (epl.ca).

Courage of the Blue Boy. Robert Neubecker

Tired of being in a land where everything is blue, Blue and his cow, Polly, travel in search of other hues and eventually find a way to share their own color with the world around them (epl.ca).



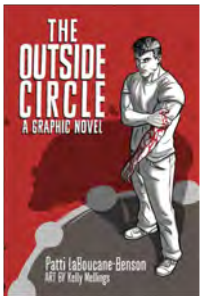
Butterfly Park. Elly MacMay

A young girl discovers a vacant park next door to her new house that is intended for butterflies, but when she has trouble getting butterflies to stay there, her new neighbors help her plant flowers to attract them (epl.ca).

Teen / YA titles:

The Book Thief. Markus Zusak

Trying to make sense of the horrors of World War II, Death relates the story of Liesel--a young German girl whose book-stealing and story-telling talents help sustain her family and the Jewish man they are hiding, as well as their neighbors (epl.ca). Themes of identity, history.



The Outside Circle. Patti LaBoucane-Benson

Pete, a young Aboriginal gang member, is sent to jail for killing his mother's boyfriend during a fight. While there, he realizes that he has become a negative influence on his younger brother and decides to turn his life around with the help of traditional Aboriginal healing circles and ceremonies (epl.ca). This is a graphic novel by a local author, and is set in Edmonton.

Does My Head Look Big in This? Randa Abdel-Fattah (ebook)

Year Eleven at an exclusive prep school in the suburbs of Melbourne, Australia, would be tough enough, but it is further complicated for Amal when she decides to wear the hijab, the Muslim head scarf, full-time as a badge of her faith--without losing her identity or sense of style (epl.ca).

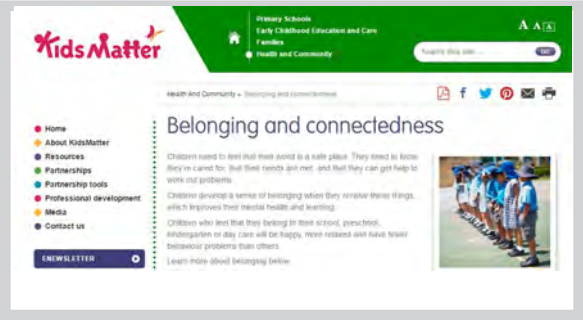
The Outsiders, S.E Hinton (Classic)

First published by Viking in 1967, The Outsiders immediately resonated with young adults. This groundbreaking novel was like nothing else out there: it was honest and gritty, and was a deeply sympathetic portrayal of Ponyboy, a young man who finds himself on the outside of regular society. (epl.ca).

Click here to access full reading list

HOME & FAMILY

BELONGING AND CONNECTEDNESS



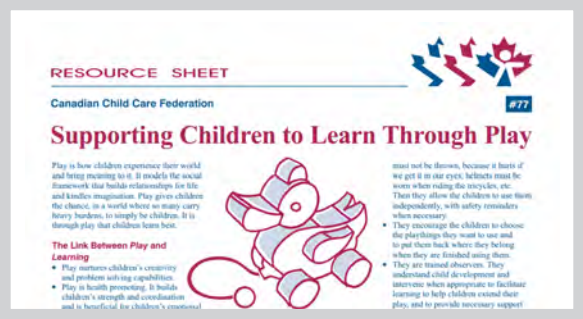
Kids Matter: Belonging and Connectedness
https://www.kidsmatter.edu.au/health-and-community/resources-families/mental-health-basics/belonging-and-connectedness

LEARNING ABOUT MY RIGHTS

Parent Brochure
Society for Children and Youth of BC
http://bit.ly/1gXKlZ3

Respecting Children's Rights at Home
Canadian Child Care Federation
http://bit.ly/1INYTg8

ABOUT CHILDREN'S RIGHTS



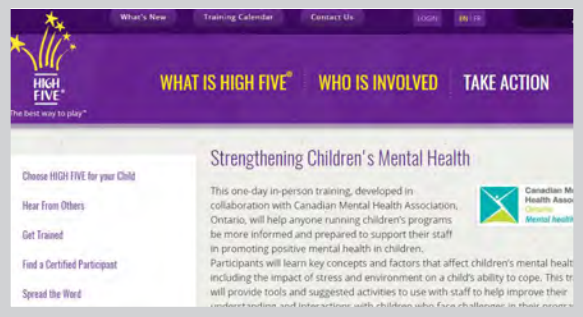
Supporting Children to Learn Through Play
Canadian Child Care Federation
http://bit.ly/1rRNqTa

Resources
Society for Children and Youth BC
http://bit.ly/1pxsFKw

Poster
Society for Children and Youth BC
http://bit.ly/ZAPSl6

Learning to Play and Playing to Learn
Best Start
http://bit.ly/1FhI0DC

Children's Rights in Education
UNICEF
http://bit.ly/1Ib6tf1



HIGH FIVE Training: Strengthening Children's Mental Health
UNICEF
http://highfive.org/take-action/get-trained/strengthening-childrens-mental-health

ACKNOWLEDGEMENTS