



MY HUMAN RIGHTS:

FIRST STEPS

Fun activities to
start exploring
human rights

A resource by Amnesty
International UK

AMNESTY
INTERNATIONAL



INTRODUCTION FOR GROWN UPS

Did you know that **83%** of British children said they know little or nothing about their own rights!†

At Amnesty we believe that all children should know and understand their rights. This resource is designed to support you to start talking about human rights with children aged 4-10.

It's the perfect starting point to engage children in discussion and raise awareness of their own rights in a fun and interactive way.

You might find it helpful to download a summary of the Universal Declaration of Human Rights for reference at www.amnesty.org.uk/udhr

We hope this resource will enable you to explore human rights with the children in your life and enjoy creative discussions in ways that have a positive and lasting impact.

DIG DEEPER INTO HUMAN RIGHTS

Reading Rebels delivers a **book to your Little Rebel's door each month for 12 months**, exploring ideas such as fairness, kindness, celebrating identity, empathy, safety and honesty.

Each book is accompanied by a series of activities, written by an expert in child education. Plus, you'll receive a grown-up's guide to help them get the most out of each story. There's also some exciting surprise gifts we've snuck in!

Many of our books are sourced from independent booksellers, and are **carefully chosen by human rights education experts**, so you can be confident that your little one will be enjoying a **truly empowering and diverse collection** that you might not come across in your local bookshop.



AGES 4-7

AGES 8-10

Reading Rebels is tried, tested and well-loved:



100% OF SURVEY RESPONDERS SAID THEY WERE LIKELY OR VERY LIKELY TO RECOMMEND READING REBELS!*

READING REBELS

JOIN READING REBELS TODAY

† Children aged 8-15. YouGov poll 2021.

* Survey conducted with current subscribers or those who'd just finished their subscription, September 2022



Scan this code, or go to:

amnesty.org.uk/readingrebels

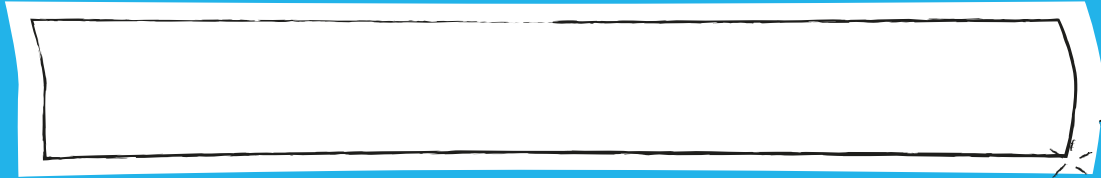
HUMAN RIGHTS BELONG

TO EVERYBODY

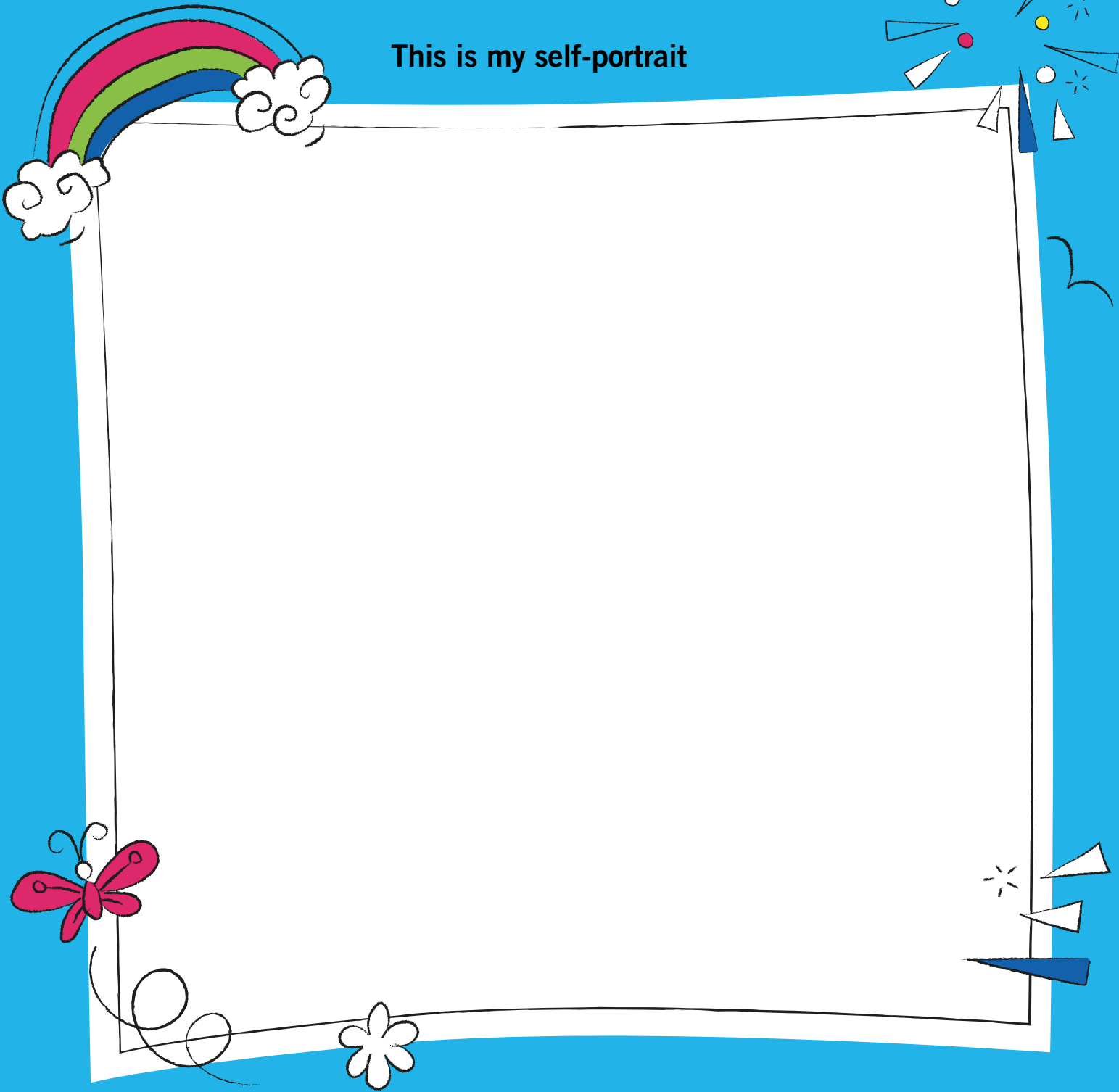
Celebrate what makes you unique.

What makes you different to everyone else?
Get creative and draw or write a list of some of
the different ways you are uniquely you!

My name is

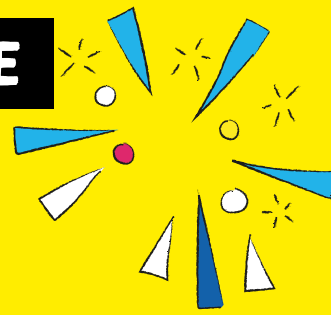


This is my self-portrait



EXERCISE YOUR MIND WITH THESE

BRAIN-BOGGLING PUZZLES!



WORD SEARCH

We are all born free. We all have certain freedoms. Can you find these freedom words?



E	R	T	G	R	D	U	A	N	K
S	D	A	U	O	H	O	P	E	C
B	S	F	A	M	I	L	Y	C	A
D	I	H	T	I	U	P	Y	O	I
L	O	I	B	E	L	I	E	F	L
O	O	E	G	N	I	A	M	U	U
V	O	D	T	E	H	C	S	D	N
E	C	T	S	A	F	E	T	Y	O
N	K	E	I	A	P	A	C	E	B
L	I	F	E	M	E	R	C	Y	E

BELIEF
FAMILY
HOPE

LIFE
LOVE

MERCY
SAFETY

ZEBRA SPOTTING

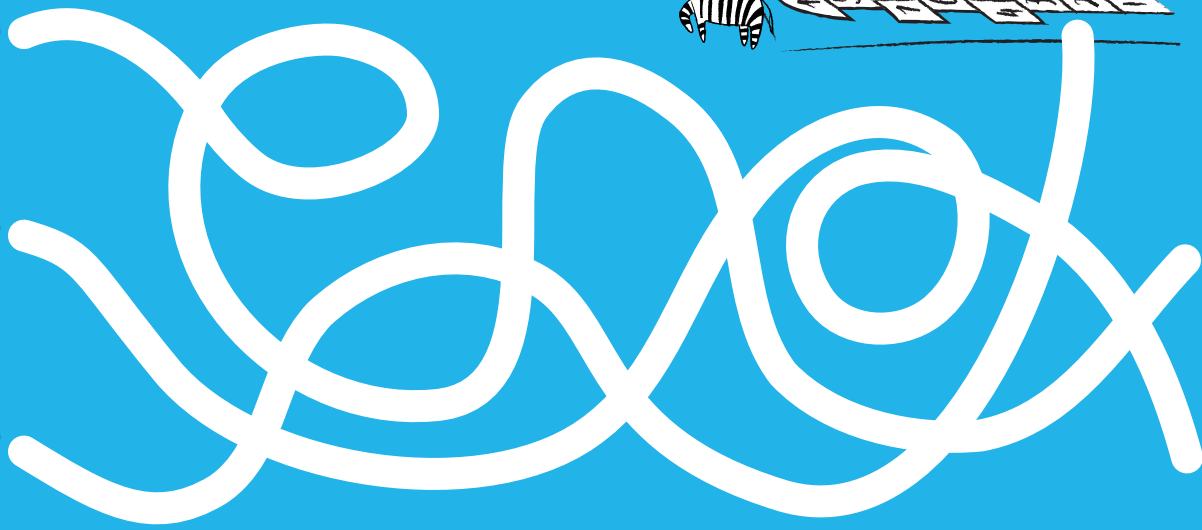
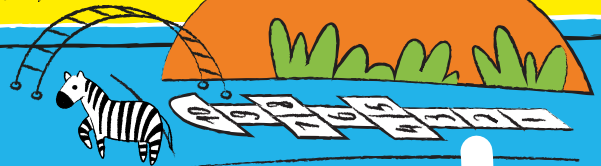
We are all unique. Unique means **how you are different than anyone else**. Did you know that Zebras each have a unique pattern of stripes? We have hidden several Zebras on this page.

How many can you find?



GET TO THE PLAYGROUND

All children have the right to play. Which trail goes to the playground?



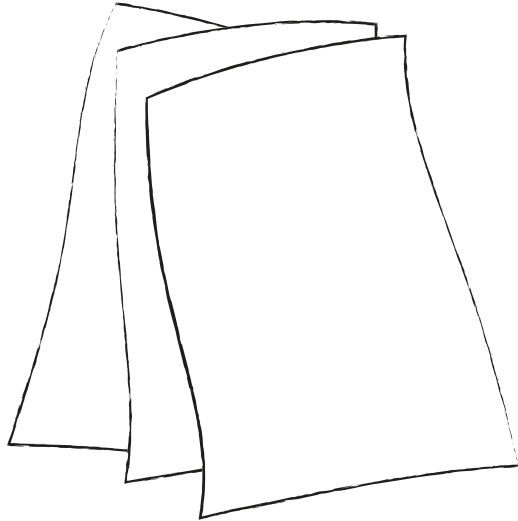
Write the correct letter here



HUMAN RIGHTS BELONG TO EVERYBODY

Make a helping hands mural to show what you can do.

YOU'LL NEED



PAPER



PENS



PENCILS



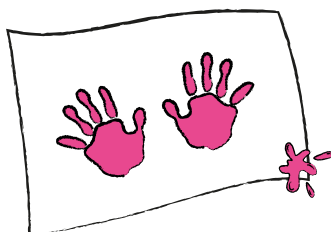
PAINTS

WHAT TO DO

What can we do to help friends, family and people in our communities?

1

Ask everyone in your home to paint their hands and make a print on a piece of paper.



2

When it is dry, they can write what they are going to do to help on their handprint.



3

Stick them altogether into a Helping Hands mural. Don't forget to do your own!



Can you take a picture of your mural and share it with someone?



WE ALL HAVE THE RIGHT TO LIFE, AND TO LIVE IN FREEDOM AND SAFETY

Use colouring materials to decorate this drawing, that shows one of our freedoms.



★ What makes you feel safe?



A large, empty white rectangular box with a black border, intended for writing an answer to the question 'What makes you feel safe?'

Why might Chris Riddell, the illustrator, have chosen a sleeping child and dog?

What do you think the child or dog is dreaming about?

A large, empty white rectangular box with a black border, intended for writing an answer to the question 'Why might Chris Riddell, the illustrator, have chosen a sleeping child and dog?'

A large, empty white rectangular box with a black border, intended for writing an answer to the question 'What do you think the child or dog is dreaming about?'

Illustrations © Chris Riddell



in association with Amnesty International UK



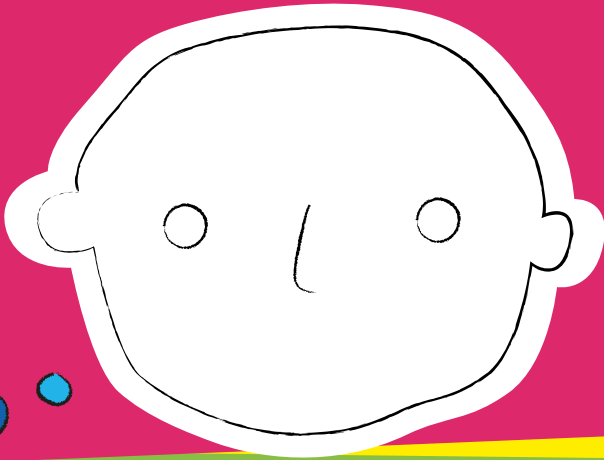
MY THOUGHTS AND FEELING

ABOUT HUMAN RIGHTS

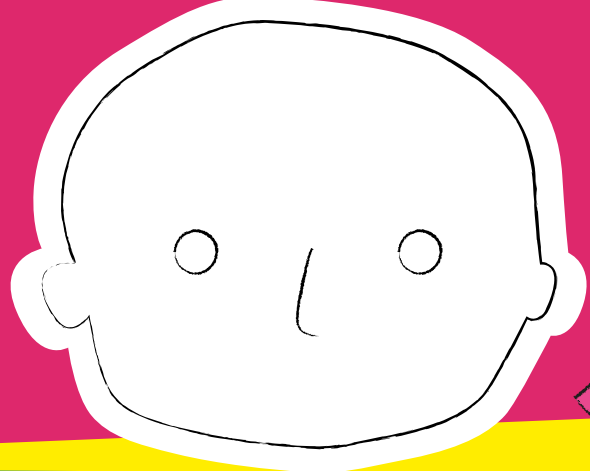
We all have the right to have our own thoughts and ideas and to share them.

Record, share and celebrate having learnt about your rights.

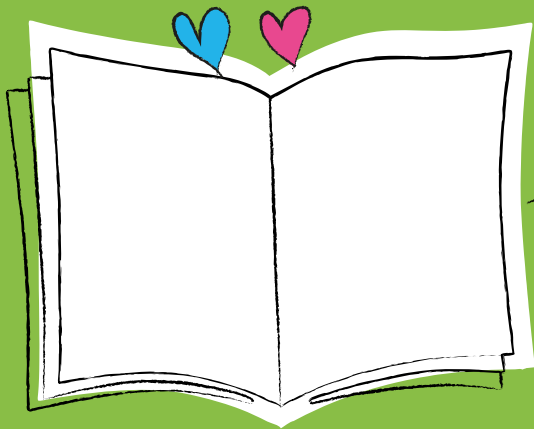
This is how I felt before



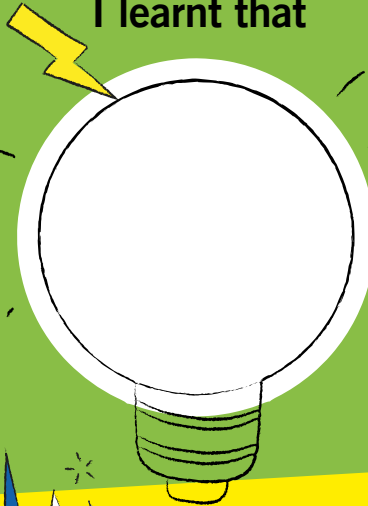
This is how I feel afterwards



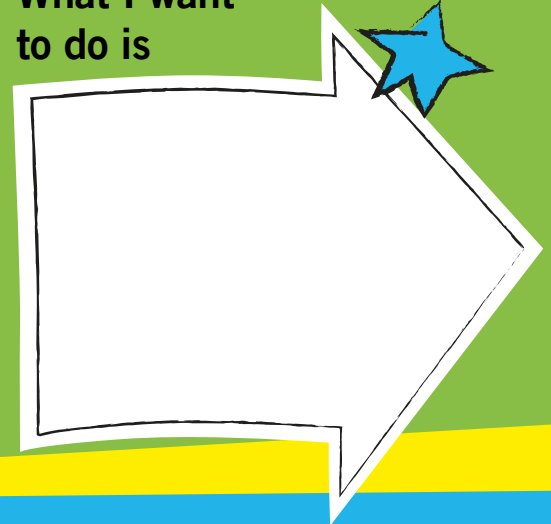
My favourite part was



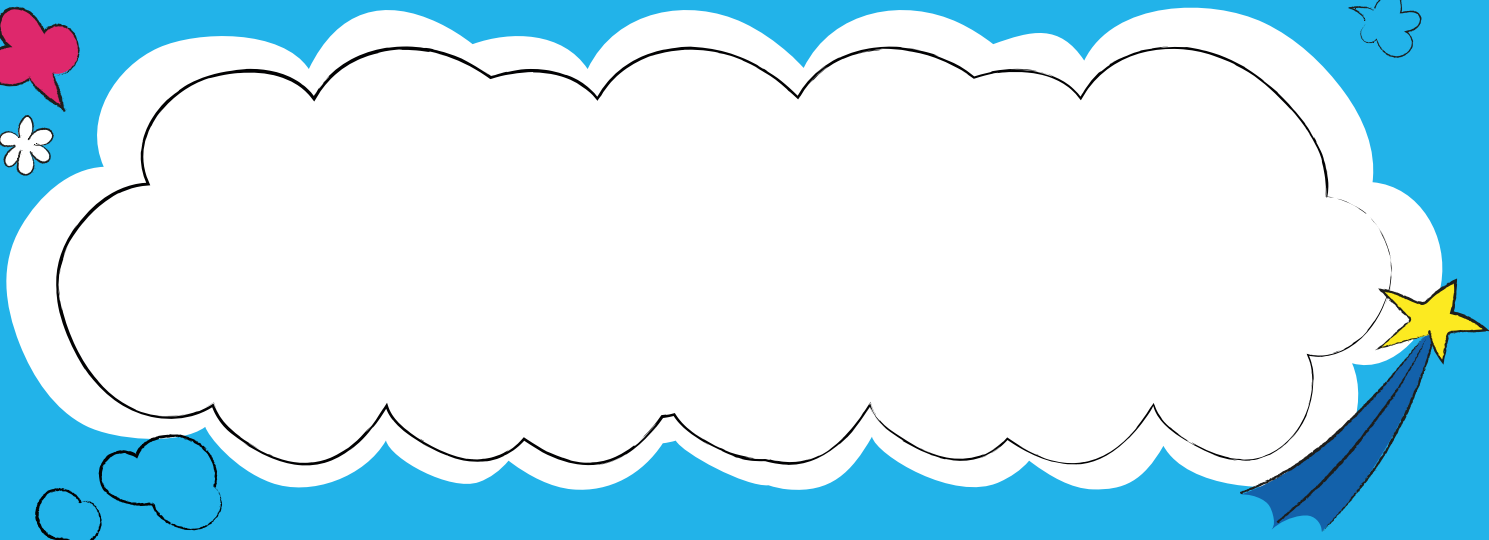
I learnt that



What I want to do is



This is how I feel about Human Rights. Fill this cloud with your words.



Ask a grownup if they can share images of this completed activity to [@AmnestyUK](#) on Twitter or Instagram with the hashtag [#ReadingRebels](#) and [#AmnestyUK](#)

