

Article 31 is important to Children and Young People



- We must have space and time for play, recreation and relaxing



- Playing helps us stay safe healthy and happy



- Governments MUST find ways to get rid of the things that get in the way of time for play



- We must have opportunities to explore and understand our own culture

- We should be involved in cultural and artistic activities and be able to go to places like museums, festivals, theatres, concerts and libraries

- Governments must make sure that none of us are left out



- If Governments take all of this seriously, our lives will be happier and healthier

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Promoting the Childs
right to play

