

# AT HOME RESOURCES



## National Child Day Handprint Activity

### Space:

Table or counter top

### Ages:

3+ with adult supervision

### Supplies:

8.5 X 11 paper, something to draw with- pencil, pen, crayon, marker

### Instructions:

1. Help child to trace their hand on a piece of paper.
2. On the top of the page write the words: "I am a kind and caring child/person."
3. Write something on each hand that they will do in the next week to show they are kind and caring.
4. An alternative would be to write something they have already done that is kind and caring on one of the hands and something they plan to do on the other hand.

## National Child Day Travel Game

### Space:

Indoor area

### Ages:

4+ with adult supervision

### Supplies:

Items or pictures that represent the different rights children have such as food, toys, clothing, school supplies, etc. A suitcase or bag to place items in.

### Instructions:

1. Have children collect items or pictures (such as food, toys, clothing, school supplies, etc.) that represent different rights children have.
2. Tell the children to imagine they get to travel to a new place.
3. Have them pack a suitcase or bag to visit this new place and ask them to choose only three items to bring with them.
4. Have them explain why each item is important to them.
5. Share your pictures and discuss all the rights children have.

## Child Superhero Activity

### Space:

Table or counter top

### Ages:

3+ with adult supervision

### Supplies:

Dress-up clothes

### Instructions:

1. Have children dress up and pretend they are a superhero.
2. Discuss the rights children have and ask them to choose one to be their superpower.
3. Once they have chosen their superpower, have them imagine and act out how their world would be different with that right respected.

**To view more National Child Day ideas and activities, visit:**

**<http://www.nationalchildday.ca/wp-content/uploads/2019/05/Early-Years-Toolkit-2018.pdf>**



# ST. JOHN'S