



RIGHTS IN ACTION

A newsletter for ACT children and young people about their rights and wellbeing

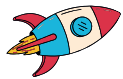
Summer edition!

What's new?

Yay! It's the holidays. Weeks of no school stretch out in front of you! In this issue, I've included a load of fun activities to keep you entertained these holidays but to start off let's have a look at the exciting news happening around the world.



The oldest coin in Australia is 170 years old and is said to be a part of the first production of gold coins in Australia. It's now up for sale with a price tag of \$750,000!



NASA's Orion Space capsule has returned to earth after a 25 day trip to the moon. This success might mean the next mission will include astronauts in the first manned trip in over 50 years. [Find out more about the mission here.](#)



A baby gorilla, called Kaius, got sick after being born because his mum wasn't able to look after him. Luckily the zookeepers were able to revive him with hugs, giving him the contact Kaius would normally get from his mother. [Check out photos of Kaius here.](#)

In this issue...

- WELL-BEING DURING THE HOLIDAYS
- DIY CRAFTS
- MOVIE RECOMMENDATIONS
- PLACES TO VISIT IN CANBERRA
- ROAD TRIP GAMES
- SWEET AND EASY RECIPES

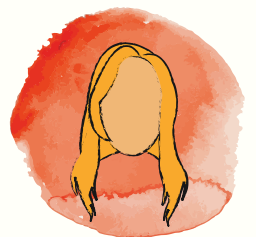
Hi everyone,

My name is Ava, I'm in year 9 and I've written this whole issue of Rights in ACTION while doing work experience with the Children and Young People Commissioner (CYPC). In this issue I've written about ways you can maintain healthy well-being during the holidays, lots of DIY crafts, family-friendly movie suggestions, awesome and free places you can visit in Canberra, fun road trip games and some delicious family recipes.

Working with the CYPC has been really interesting and I've learned a lot about children's rights in Canberra. I recommend doing work experience for anyone who cares a lot and wants to learn more about these rights.

I hope you all enjoy this issue and find lots of fun activities to do so you have a happy holiday and, if you celebrate Christmas, have a Merry Christmas!

Ava



02 6205 2222



ACTKids_CYPC



ACTKids@act.gov.au



Young Thinker Forum
actkids.act.gov.au

WELLBEING



The holidays are a time to sit back, relax and take time off for yourself. But for some people it can be a stressful time because you don't have your normal support from school friends and teachers. It's important to take a moment for a self-check-in and find ways to relax.

Sit in a quiet place and take long breaths in through your nose and out through your mouth. Reflect on your day and any upcoming events. Study your emotions - if you're feeling anxious, sad or angry it might help to find the cause of those emotions and address them. If you're feeling happy, excited or calm it's also important to ponder on why you're feeling that way and express gratitude for whatever the cause is.



Sometimes after a self-check-up, you may feel like you need some time alone. Healthy activities that can help you unwind during this time include reading, baking, taking a walk through nature, writing a story or listening to music. These activities work if you're feeling angry or stressed as it helps you focus on simple activities that can be calming.

Other times you might need to be with someone else, either to just be in their presence or for them to listen to you talk. People you can talk to include your family, friends or trusted adults. When you talk through with someone what you're feeling you also take yourself through it all. This can be extremely helpful to get a clear picture of your emotional situation as a lot of the time it can be very confusing.



If you don't have anyone you feel you can talk to, organisations such as [Kids Helpline](#), [13YARN](#) (for Aboriginal and Torres Strait Islander people), [Beyond Blue](#) and [Headspace](#) are there to help.

Kids Helpline: 1800 55 1800

13 Yarn: 139276

Beyond Blue: 1300 22 4636

HeadSpace: 1800 650 890

CRAFT

If you have a creative flair and are looking for fun ways to pass time while at home, then you will be interested in these DIY crafts.

Your first project could be a cork utensil holder, this is fun to make and handy for the house... if you want to, you could even make it as a gift. All you need to make this is, an empty tin, corks, paper (wax paper is easier) and a hot glue gun. [Click this link for full instructions.](#)



After making that utensil holder your hands might be dirty, this would make it the perfect time to make jelly soaps*. This soap is super easy and all you need is liquid soap, gelatin, food colouring, silicone mould and scented oil (optional). [Click this link for full instructions.](#)
*This is not edible jelly, do not eat it.



If soap and a utensil holder doesn't interest you, then perhaps you would like to make a seashell necklace. All you will need for this is a seashell, any type of cord, string or chain for the necklace, a nail and hammer or drill and scissors. Beads and a necklace clasp are optional. [Click this link for full instructions.](#)



MOVIE IDEAS

NOTHING SAYS RELAXING QUITE LIKE A MOVIE MARATHON. WHETHER YOU WANT TO WATCH WITH FRIENDS, FAMILY OR SOLO, HERE ARE SOME SUGGESTIONS FOR YOU.

Slumberland: This is a new movie that came out this year, it follows the story of a young girl, Nemo, and her adventures in a dreamworld called Slumberland. This movie shows the importance of friendship and imagination. You can watch Slumberland on Netflix. This one might be scary for younger viewers!



Harry Potter: For those who don't already know, Harry Potter is an 8-movie franchise derived from the classic books written by J.K Rowling. The movies follow the lives of a young wizard and his friends including all the challenges they face. You can watch Harry Potter on Binge, Amazon Prime, Apple TV, Foxtel and Netflix.

The first couple of movies are good for most ages, but after that they get scarier, so check the age ratings.

IF YOU WANT TO CELEBRATE THE CHRISTMAS SEASON HERE ARE SOME CHRISTMAS MOVIES YOU CAN WATCH.

A Boy Called Christmas: This movie follows the adventure of a young boy in search of his father, who left to find a village of elves. Along the way he comes across challenges and makes new friends all to find his true destiny at the end. You can watch A Boy Called Christmas on Binge, Amazon Prime, Apple TV and Foxtel.



Arthur Christmas: Arthur is Santa's youngest son. This movie follows his magical adventure in an attempt to save Christmas for a young girl whose present has not been delivered. You can watch Arthur Christmas on Hulu, Amazon Prime, Apple TV and Stan.

Places to visit in Canberra



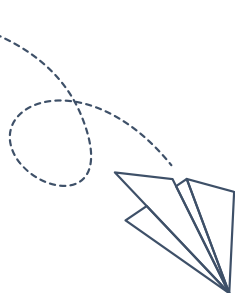
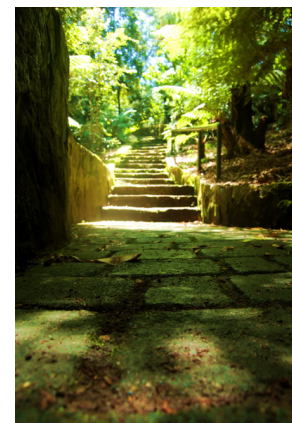
Canberra has many hidden gems that are a must-see, so get your family and friends and visit all these Canberran attractions.

FIRST ON THE LIST IS THE AUSTRALIAN WAR MEMORIAL. GO VISIT THIS BEAUTIFUL BUILDING THAT HOLDS SO MUCH AUSTRALIAN HISTORY. LEARN ABOUT ALL THOSE WHO SERVED BEFORE YOUR TIME AND EVERYTHING THEY DID FOR OUR COUNTRY.

SECOND, ON THE LIST IS THE NATIONAL ARBORETUM. ENJOY THE BEAUTIFUL SCENERY, BRING YOUR BIKES AND GO RIDING, OR BRING YOUR PETS AND GO WALKING. GET SOME FOOD, LEARN ABOUT NATURE AND MARVEL, AS WELL AS PLAY ON THE ARTISTIC PLAYGROUND. THE OPPORTUNITIES ARE ENDLESS.

NUMBER THREE IS THE COTTER RIVER. COTTER RIVER IS A MAGICAL PLACE WHERE YOU CAN HAVE A PICNIC, GRAB YOUR BATHERS AND HAVE A SWIM, AND ENJOY THE TRANQUIL SCENERY THAT IS THE COTTER. SO DON'T MISS OUT... GO WHILE IT'S STILL WARM SO YOU CAN EAT A NICE LUNCH AND SWIM IN THE COOL RIVER.

LASTLY, THE AUSTRALIAN NATIONAL BOTANIC GARDENS. IF THE COTTER IS MAGICAL, THIS PLACE IS UNREAL. WITH ITS GUSHING WATERFALLS, COLOURFUL FLOWERS AND TWO-STORY TREEHOUSE, GET EVERYONE TOGETHER AND TAKE THEM ON A TOUR OF THIS WONDERFUL PLACE. DON'T FORGET TO BRING LUNCH FOR WHEN YOU GET HUNGRY AND A MAP IN CASE YOU GET LOST IN THE BEAUTY OF THIS INCREDIBLE PLACE.



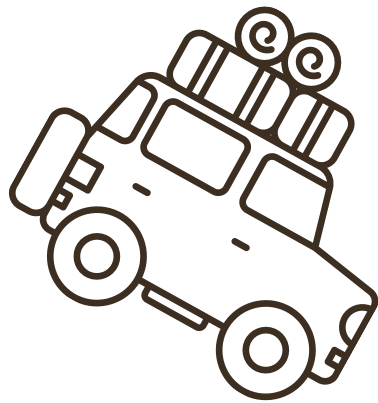
Road trip games



Road trips can be a bore, but with the right games, a dreaded road trip can turn into a fun family bonding activity.



Characters: Pick a well-known character. Everyone else asks questions to see if they can work out who you are. It's fun to answer the questions as if you are the character you have chosen. Whoever guesses who you are first, wins.



Guess the Song: Play some music and whoever shouts the name of the song first, wins the round.

I Spy: A classic, but in case you don't know how to play - one person goes "I spy with my little eye something..." and then either names the colour of what they are looking at or the letter it starts with. For example "something blue," or "something beginning with M," The other players take turns guessing what you are seeing. The person who guesses correctly first, wins.

Name that Song: This one is similar to Guess the Song but is a little harder. To play this game one person says a song's lyrics without singing and the other players must guess the song.



Recipes

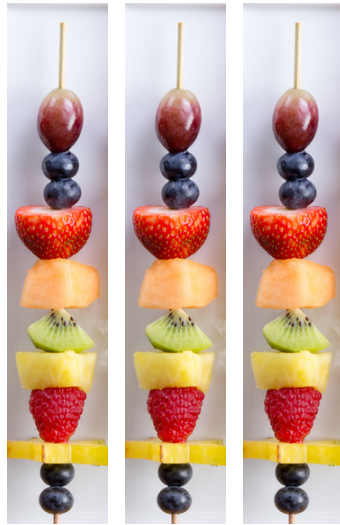
Whether you are an experienced cook or you like baking for fun, here are two easy recipes to cook some sweet treats these holidays.

Fruit Kebabs

You will need at least 4 different soft fruits and skewers

Wash fruit and peel if necessary. Chop fruit into even pieces. Pierce one skewer through a piece of fruit, grab another piece of fruit and stack onto the first piece. Repeat until the whole skewer is full. Repeat on more skewers until out of fruit.

Serve fresh.



Pikelets

1 cup self-raising flour
1/4 cup sugar
1/4 teaspoon bicarbonate soda
1 egg
3/4 cup milk
1 teaspoon vanilla
1 teaspoon white or brown vinegar.

Beat ingredients together and cook in a fry pan over moderate heat. Serve with butter, maple syrup, fresh berries or icecream.



It's Christmas time! If you love getting into the Christmas spirit, here are two Christmas inspired recipes to try

Christmas Chocolate Pudding

Base

90 grams butter (melted)
1/2 cup sugar
1/3 cup cocoa
1/2 cup milk
1 cup self raising flour
1 teaspoon vanilla

Combine together well and pour into a microwave-safe dish.

Sauce

1/2 cup sugar
3 tablespoons cocoa
Combine and sprinkle over the base.

Pour 1-1 1/2 cups of boiling water over the pudding and cook in the microwave on high, for 9 minutes.

Serve with ice cream



Santa's Cookies

125g butter melted
1 & 1/4 cups self-raising flour
1 egg whisked
1/2 cup white sugar
1/2 cup brown sugar
125g choc chips
60g walnuts (optional)
Pinch of salt
1 teaspoon vanilla essence

Preheat the oven to 180 degrees.
Grease an oven tray.
Combine all ingredients until mixed well.
Roll table-spoons full of the batter into balls and cook 10-12 minutes in an oven.





Happy Holidays!

Hey there ACT children and young people...

I am sure the start of holidays is bringing many of you a lot of joy and excitement. Some of you will be relieved to get a break from school and many will be looking forward to summer fun with family and friends.

I also know the school holiday break can be a really long time to be out of routine and that some of you will find this hard. For some, this also means being away from people and places that help keep you safe and strong.

Regardless of how you feel about the holidays, what you will be doing or where you will be, I just want you to know I am thinking about you and wishing you well.

Stay safe and I will see you in 2023.



Jodie

