

# RIGHTS IN ACTION

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



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## What's new?

- In celebration of you and your right to play, for Children's Week this October, we have organised a special gift for all children and young people in the ACT! Keep reading to find out what it is...

## Did you know...

- Did you know the Egyptians made the first known board game in 3500BCE? The game was called 'Senet'.
- Did you know the first time Children's Week was celebrated was 1954?



Yuma! This edition of Rights in ACTION is all about Children's Week and your right to play and relaxation. Children's Week happens every year. It reminds us all how important children's rights are and asks us to think about what more needs to be done to protect your rights. The theme this year is your right to play and relax so we have been talking to children in the ACT about what you need to be able to access your right to play. Read on to find out what we have heard from you.

 [ACTKids@act.gov.au](mailto:ACTKids@act.gov.au)

*Jodie*

# Meet Molly:

## A game inventor!

Molly is 11 and has invented a game, called U Shape Us. To celebrate Children's Week, she came to play it with us and to explain how she came up with this awesome idea. Here is what she told us.

### Tell us about the game you created

UShape Us is a game where you imagine fun activities and share your ideas with each other.



Jodie and Molly played U Shape Us last week and invented a new game with marbles!



### What gave you the idea for U Shape Us?

When I was 6 my friends suddenly didn't want to play with me anymore. So, me and my mum made a game using scrap paper to think of ways I could make new friends. When we played the game, we thought of the idea to bring elastics to school.

When I brought in the elastics, people started playing with me again and other kids brought in elastics. Then my school invested in elastics too.

### What is important to you about being able to play with your friends?

- I can get to know more people and grow friendships through play.
- I get to discover new games
- We get to make our own decisions without adults telling us what to do.

### When you are not playing your own game, what do you like to do to relax?

I like going swimming, singing with my choir, creative writing, making powerpoint presentations, designing on Canva and scratch, making and selling dog treats for my small business Merch By Mango, walking in nature, teaching my dog Mango new tricks and doing activities like just dance and sports on my Wii console and switch with my mum.

### What do you think adults need to know about play?

- Play evolves the kid's imagination
- Play doesn't have to have winners or losers
- Lunch time at my school includes soccer, device club, monkey bars or waiting in the canteen line as it's always full. I like going to device club, but I wish kids could run their own indoor activities at school, like just dance, yoga or a games session
- Kids can make good decisions themselves about play and adults don't need to guide them.

### What else would you like to say?

I hope adults use our game to help kids create friendship activities and groups because u shape us.

Find out more about Molly's game at [ushapeus.com.au](http://ushapeus.com.au)





# Children's Week 2023:



Children have the right to relax, play and take part in activities they enjoy

## HAPPY CHILDREN'S WEEK!

This year Children's Week is all about your right to relax, play and take part in activities you enjoy!

### Why is Children's Week Celebrated?

Children's Week is held every year to focus on the rights of children to enjoy their childhood.

Children's Week highlights a different right each year. It is designed to remind countries around the world, including Australia, to pay more attention to children's rights and consider if enough is being done to make sure children have all they need to develop and grow.

### Why is play and relaxation a right?

Play and relaxation is important for your development. It helps you learn, solve problems, understand and regulate your emotions, develop your physical skills, and even learn to read, write and do maths! We wrote about play in [Rights in ACTION back in June](#) so check it out if you want to know more.



To celebrate your right to play, we have a gift for you!

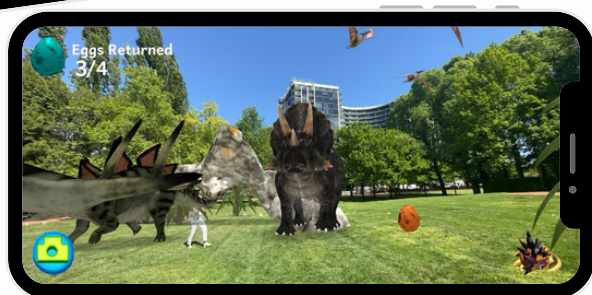
Ride a bee, chase a dinosaur or spot a zebra in Glebe Park during Children's Week!



Glebe Park (on the grass in front of the rotunda)

7am to 7pm, 21 - 29 October

A gift from the ACT Children and Young People Commissioner, Jodie



Check out page 6 for more details!



# Accessible play spaces



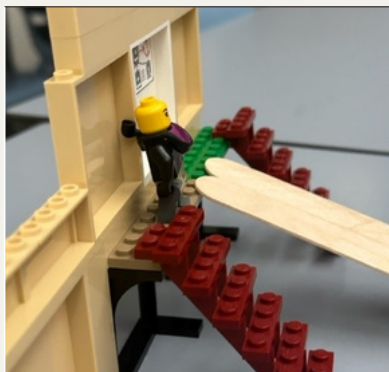
Throughout Term 3, we visited schools, organisations and events in the ACT, to talk to hundreds of children and young people about your right to play and relaxation.

We asked about accessible play and recreation spaces in Canberra - are there enough? What is good about the spaces here, what needs to improve?

Accessible spaces are designed so that EVERY person can use them. Sometimes there are barriers that make it difficult for some people to go to the space. Barriers that children and young people we spoke to told us about included:

- no (or not enough) consideration for the needs of people with disabilities
- the space might not feel safe for some groups of people, such as LGBTIQ+ young people, or people from different cultures
- Not right for different ages, especially older children and young people
- No/limited transport.

If we all work together, we can remove the barriers that might stop someone from being able to join in. Some of the groups we spoke to designed accessible play spaces out of rubbish and craft materials. Below are some of the great designs we have seen!



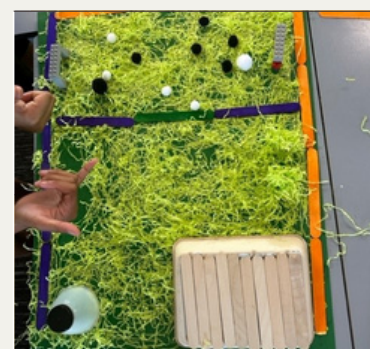
Legal Graffiti Wall



Ninja Park



Taylor Swift Themed Park



Inclusive Soccer and BBQ Park



## What does an accessible play space look like to you?

Design what you think an accessible play space looks like and send a photo of it to us on our [Young Thinker Forum](#). You can use recyclables/rubbish, Lego, craft, sticks and leaves or...anything!





Children & Young  
People Commissioner  
ACT Human Rights Commission



To celebrate Children's Week, the ACT Children and Young People Commissioner presents Magical Park, a FREE augmented reality game for Canberra's children!



Glebe Park  
Cooyong Street, Canberra  
(on the grass, in front of the rotunda)

7am to 7pm, 21 - 29 October

- To play, scan the QR code and download the FREE Magical Parks app
- Compatible with iPhone 5+, iPad 3+, and Android devices with Compass, Gyroscope, GPS and Accelerometer sensors.
- Requires internet access - mobile data or hotspot, 2MB per game
- Make sure your GPS is on and set to high accuracy
- Watch tutorials at [www.magicalpark.net](http://www.magicalpark.net)

