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*Promoting the Child's
right to play*

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