



Right to **Rest,** play and engage

It's my right...to rest and play

It doesn't matter if I feel like reading a book, watching TV, or staying in bed, I am allowed to choose how I relax.

And if I feel like playing soccer outside, or a video game on the couch, I'm allowed to play how i want, as long as it's not going to hurt me or others!

(Art. 31 of the UN Convention on the Rights of the Child).

