

Play It Right!

An educational toolkit
for use in summer camps to promote human rights and respect for diversity

What can you expect to happen when you use this toolkit in your summer camp?

In the words of the camp counsellors who have used this toolkit

"The children are learning something while they play a game. They don't really realize that they are learning, and that's what's so great... I'm sure they didn't know their rights or what rights were in the beginning, but now they know them. Maybe not all of them, but they know they have rights."

Day camp, Notre-Dame-de-Grâce

"It helped a lot. It helped us in our interactions with the children. It's nice to help kids learn these things, especially conveying these notions through games. They become subliminal messages. They learn something without knowing it and the reflection session after the game helps them to understand even better."

Day camp, LaSalle

"The activities cover many topics, not just racism but also integration, peaceful conflict resolution. It helps the children put themselves in another person's shoes."

Day camp, Verdun

"The Exclusion Game really helped my group. There was a little girl who cried a lot right from the first day of camp because the other children always excluded her. Since we played this game there haven't been any problems. The kids now include her in their teams. I don't have problems dividing the group into teams anymore; the kids include the other children. There was another little girl who was very popular and who had a tendency to always exclude others. She also changed her attitude... The toolkit really helped my group. The kids realized what it felt like to be excluded."

Day camp, Saint-Léonard

These comments from users illustrate the main objective of the toolkit: to enable children to internalize and demonstrate, through their attitudes and behaviour, fundamental human rights values, respect for diversity, and non-discrimination.

What is the toolkit?

An educational tool:

- CONTAINING **information** and age appropriate **activities and games** adapted for the summer camp environment
- DESIGNED to promote **human rights, respect for diversity, and harmonious intercultural relations** as well as the **peaceful resolution of conflicts** that sometime arise in a day camp
- INTENDED FOR
 - > **Children and youth** who attend summer camps, to raise their awareness of human rights and to support the integration of human rights values into their attitudes and behaviour

- > **Camp counsellors**, to improve their ability to respond to cultural, ethnic and racial prejudices that can crop up when conflicts or disagreements occur among the children

What are the values promoted by this toolkit?

This toolkit helps reinforce the positive values that ensue from the key principles of human dignity and equality, underpinning the *Universal Declaration of Human Rights*. These values are:

Respect	Inclusion
Responsibility	Fairness
Acceptance	Cooperation
Respect for diversity	

What are the components of the toolkit?

- A **User's Guide** containing:
 - > objectives and human rights concepts, values, and principles
 - > instructions on how to use the toolkit
 - > a description of children's psychosocial and motor development characteristics
 - > four practical "how to" aids for: conflict prevention and resolution; ending name-calling; establishing rules of behaviour; carrying out reflection activities after a game
- 41 **educational games** and activities
- An **index** listing games according to age group and values promoted
- Three **sample schedules** on how to integrate toolkit activities into a weekly camp program
- A **Resource Guide** with information to complement the toolkit

How are the games presented?

Each of the 41 games is described on a double-sided sheet, written in simple language and with instructions that are easy to follow. Each sheet contains:

- the **name of the game**
- an **information box** describing intended age group, length of the game, where the game can be played, number of players, activity level of the game, materials required and the principal and complementary values highlighted by the game
- the **purpose of the game**, providing the link between the game and the basic values and the human rights principles and a reference to the relevant information found in the **User's Guide**
- the **objective of the game**, which describes the end-result of playing the game
- **instructions** on how to play the game
- a **Reflection** section with questions to further explore the essential values learned from the game. **This is the most important part of the activity.**

- a **list of complementary games** that promote similar values

Getting started with the toolkit

1. **Read the User's Guide carefully** to familiarize yourself with the main human rights concepts, principles, and values.
2. **Get to know the "how to" aids provided at the end of the User's Guide.** They are valuable tools that will help you in your interactions with the children.
3. **Consult the index** in order to quickly identify the age appropriate games for the values you want to highlight.
4. **Plan how to integrate the games into your regular weekly schedule.** Suggestions are provided in the toolkit.
5. **Prepare adequately for each game.** Read the game sheet over carefully. Make sure that the game is appropriate for your group and that you have the necessary materials. Consult the **User's Guide** to ensure you understand the values that are highlighted in the game. You can consult the **Resource Guide** to learn more about these values. Make sure you leave enough time at the end of the game for reflection activities. Use the questions provided on the game sheet and refer to the "how to" aid, **Conducting Reflection Activities after a Game.**
6. **Talk to other camp counsellors** to share ideas and get their comments on the games they have already tried out.

Things to keep in mind

1. Be flexible.
2. Be creative.
3. Be open-minded.
4. Reinforce the human rights concepts and values learned.
5. Always make time for the reflection period after the game. It is essential.

All these elements are detailed in the **User's Guide**. Be sure to refer to it!