

## Monthly Environmental Activities to help celebrate our planet



December 10<sup>th</sup> is Human Rights Day!

***It is vital to teach our children to respect and take care of the environment.***

### Celebrate Human Rights Day on December 10th!

*“This year, Human Rights Day calls on everyone to stand up for someone's rights. It starts with each of us.” Step forward and defend the rights of someone whose voice is not being heard. Demonstrate an understanding of equality, human dignity and justice. Consider and be respectful of the rights and opinions of others, especially if they are different from yours. Recognize that human rights include the right for all of us to have access to clean water, unpolluted air and healthy food.*

***“There is no action that is too small: wherever you are, you can make a difference. Together, let's take a stand for more humanity.”***

*-- UN High Commissioner for Human Rights: Zeid Ra'ad Al Hussein”*

<http://www.un.org/en/events/humanrightsday/>



### Simple yet meaningful ways for your family to celebrate the rights and responsibilities that we all share as human beings!

- **Learn about how children live in other parts of the world.** Look at pictures on the web and discuss how we are the same and how we are different.
- **Read the book: We Are All Born Free: The Universal Declaration of Human Rights in Pictures** by Amnesty International
- **Read the Ontario Environmental Bill of Rights.** Decide if there is a cause your family wants to support, or an Ecojustice action you want to take on.
- **Talk to someone you know who is from another country.** Where are they from? What was their life like there? What language did they speak? Did they go to school? What do they miss? What do they like about their new country?
- **Start a tradition of doing a family service project on Human Rights Day.** There are many opportunities to volunteer, such as preparing and serving meals at a local homeless shelter or simply gathering enough to put together a bunch of care packages of simple needs and necessities. <https://humanrightswarrior.com>

***“For the bigger picture we can (and should) do what we can to fight injustice. But on a smaller scale, in the day-to-day, practicing kindness can help knit a web of compassion to give humanity a boost of resilience”***