



Human Rights in Our Lives

Religious Education Activity

▶ Activity Overview and Materials Required

Ages: 5-12

Time: 45 Minutes

Goal: Name examples of human rights and how we benefit from some human rights we have.

Materials

Device to view [What Are Human Rights? video](#)

Butcher paper or white board

Marker or white board marker

Drawing paper – one for each participant

Assortment of crayons, colored pencils, and/or markers for drawing

▶ Description of Activity

1. Chalice Lighting – We light this chalice to celebrate the importance of human rights for ourselves and all people around the world. (1 minute)
2. Watch the video [What Are Human Rights?](#) (2 minutes)
3. Discuss the video. Ask “What are human rights?” “Can you name some human rights?” This



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can include more than were explicitly touched upon in the video, such as the right to a trial and the right to be free from slavery. [This resource from the UN Declaration of Human Rights can offer additional suggestions.](#) (5 minutes)

4. Ask participants to remember a really fun or favorite day they had. It might be a special day that happened on a trip, or their birthday, or a really good day they had at school. Now ask participants to draw their favorite day. (10 minutes)
5. After drawing time is finished, go around the room and invite the participants to talk about their drawing and their favorite day. (10 minutes)
6. After everyone has shared, ask what are some human rights that you have that helped you enjoy your favorite day, or made your favorite day possible? Facilitator may need to model what this looks like with their own drawing. (i.e. My favorite day was a picnic at the beach with my family. Some rights that made that day possible were the right to travel freely, the right to clean air and water, the right to gather with other people, and because I had the right to go to school, I knew how to read the recipe for the potato salad I made, etc.) As each participant shares, allow them to offer some rights they notice and then ask others to contribute as well. Facilitator records answers on butcher paper or white board. (10 minutes)
7. Facilitator reads over the list of human rights that were named at the beginning of the activity and the ones that were named when talking about favorite days. Ask: what does this show us about how important human rights are? Encourage a few to share answers aloud. (5 minutes)
8. As the facilitator brings the activity to a close, emphasize the important place human rights have in our everyday lives and how it is important to work to make sure everyone can enjoy their human rights, too. (2 minutes)
9. Extinguishing the Chalice – As we extinguish this flame, we are reminded to use our hands and our voices to work for human rights for everyone, everywhere. (1 minute)



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Preparation and Modifications

Preparation for Activity:

- Download or arrange to share [What Are Human Rights? video](#)
- Gather materials

Modifications for Zoom:

- Use “share screen” function to show the *What Are Human Rights?* video.
- Play music during the drawing time. Participants can use physical paper or a digital drawing program such as the Zoom white board or MS Paint.
- Spotlight each participant when it is their turn to share their drawing, using the camera for physical drawings and the share screen function for digital creations.

Resources:

- [Link to What Are Human Rights? video](#)
- [Link to UN Declaration of Human Rights resource](#)