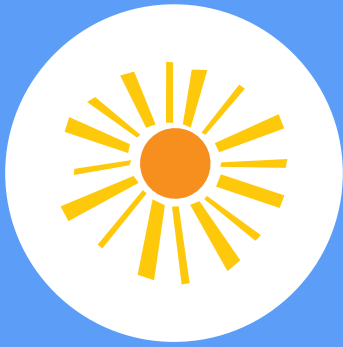


# Children's Week 2022

Activity Book





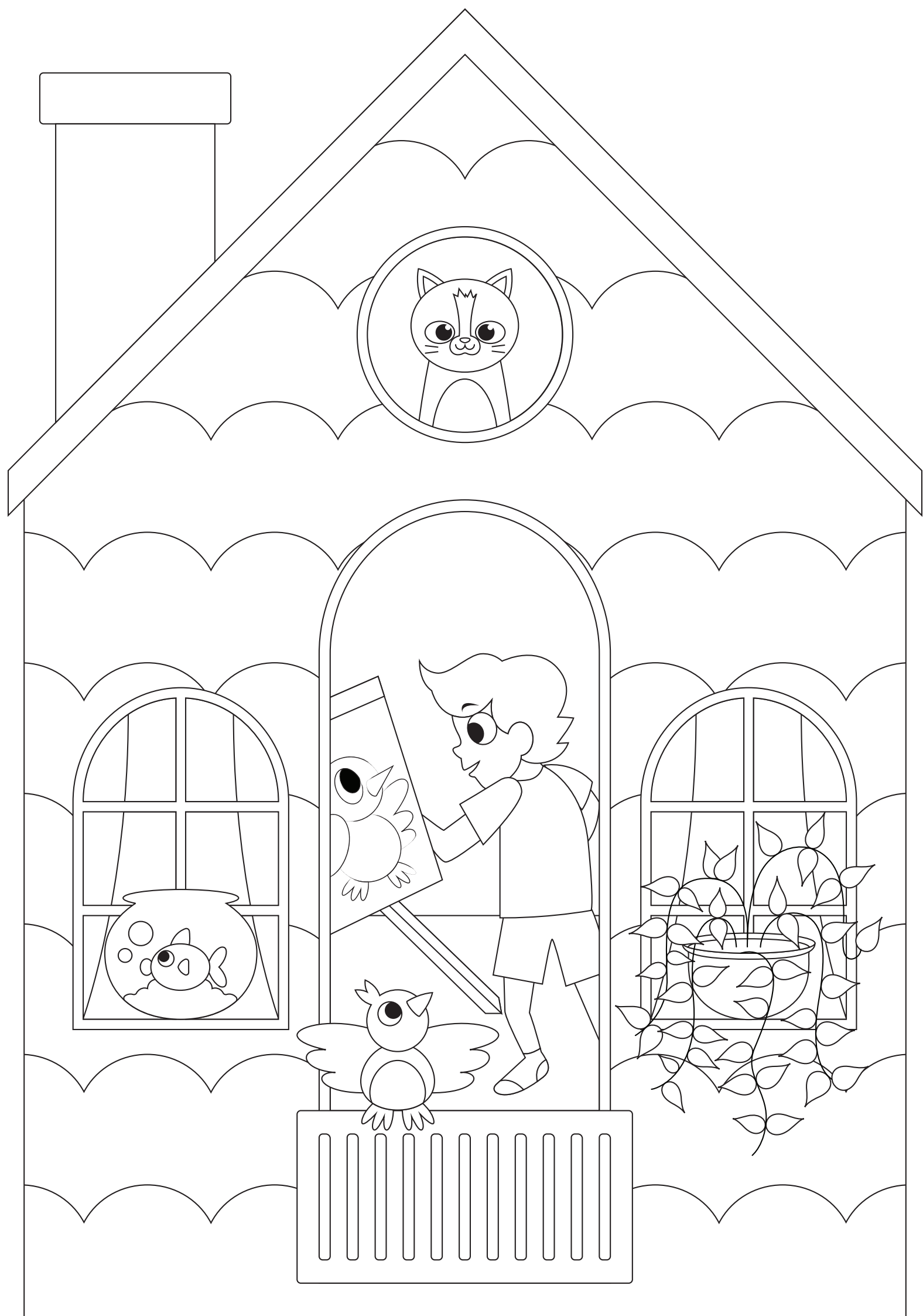
# NSW Children's Week 2022

Children's Week is a national celebration of children's rights, talents and citizenship held every October in Australia.



The theme for 2022 is based on Article 27 of the United Nations Convention on the Rights of the Child:

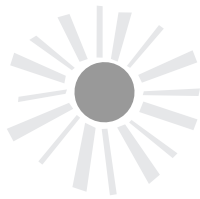
***“All children have the right to a standard of living that supports their wellbeing and healthy development.”***



# ACYP's Strategic Plan

The Advocate for Children and Young People (ACYP) is committed to building a future where all children and young people are given the opportunity to thrive and reach their fullest potential.

One way ACYP hopes to achieve this is by focusing on the six core areas of our strategic plan, and working with communities and the NSW Government to ensure children and young people have:



**Hope for  
the future**



**Love, connection  
and safety**



**Health and  
wellbeing**



**A good standard  
of living**



**Environments  
for joy and fun**



**Respect and  
acceptance**

This year, to align with the Australian theme of Children's Week, we are focusing on the **commitment areas** "Health and Wellbeing" and "Environments for Joy and Fun".

Throughout this booklet, you'll learn more as you complete activities based on Children's Week and ACYP's Strategic Plan.

# Strategic Plan

## Find-a-Word

Q X S J I T Z V Z I U Y G Q S S J T O V  
E H E A L T H E B F C U R N Z A G I Q G  
H O B C J Y Y O R G J N R T I H F B X B  
I A F L R E S I L I E N C E L W Y E A U  
E F C L V B C D F N C L X L R B I L T D  
O E G R J Q C F I I N O W W L O G O R Y  
O F Y L W J S N F C M Y N Y E W M N J N  
W C M N E J W H E A N P O N F T S G M J  
U H V P L L U Z X W S F G W E R R I Z F  
E F L X L O H X E L U R X E L C L N P O  
C C I E B V O D R L P I E L E A T G U W  
T C J V E E P Z C M P E S L A X P I B E  
A L Z I I Q E D I U O N X J R O S E O M  
J P Y B N E K O S O R D B O N A A V O N  
K E L A G H C Q E B T S J Y I N T G M Y  
F C M F J Q Y O I K I H L A N P D D A Y  
U O X A Q C L E D W I I R V G S T H B H  
N J N C N K Y A D C E P B T C W N I H U  
X A Y F U T U R E L H V L L P W R V T G  
H E F A M I L Y Y A J B X M R A K P T N

**Friendship**

**Health**

**Family**

**Hope**

**Belonging**

**Connection**

**Resilience**

**Love**

**Support**

**Wellbeing**

**Exercise**

**Joy**

**Safety**

**Learning**

**Future**













**Fun**

# Strategic Plan

## Picture Sudoku

Fill in the blank squares so that all 6 of the Strategic Plan icons appear once in each column and row.

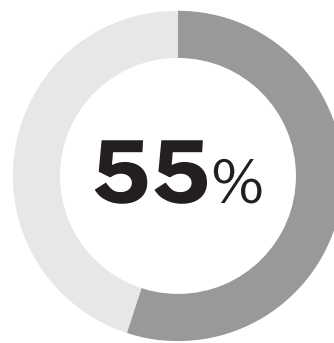
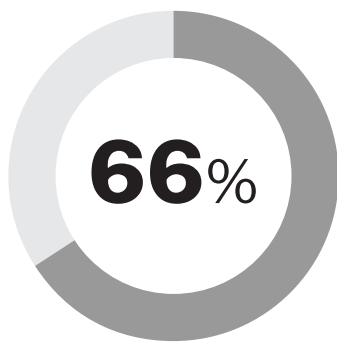




**Strategic Plan Area #3:**  
**Health and Wellbeing**

**Children and young people's mental, physical and emotional health is nurtured and supported to enable them to flourish.**



**of children and young people told us they...**

**have good  
physical  
health**

**have good  
mental  
health**

\*Children and young people rating their health as 7 or more out of 10



# Health and Wellbeing

## Spot the Difference

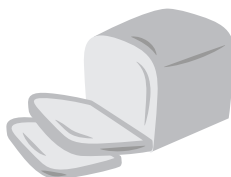
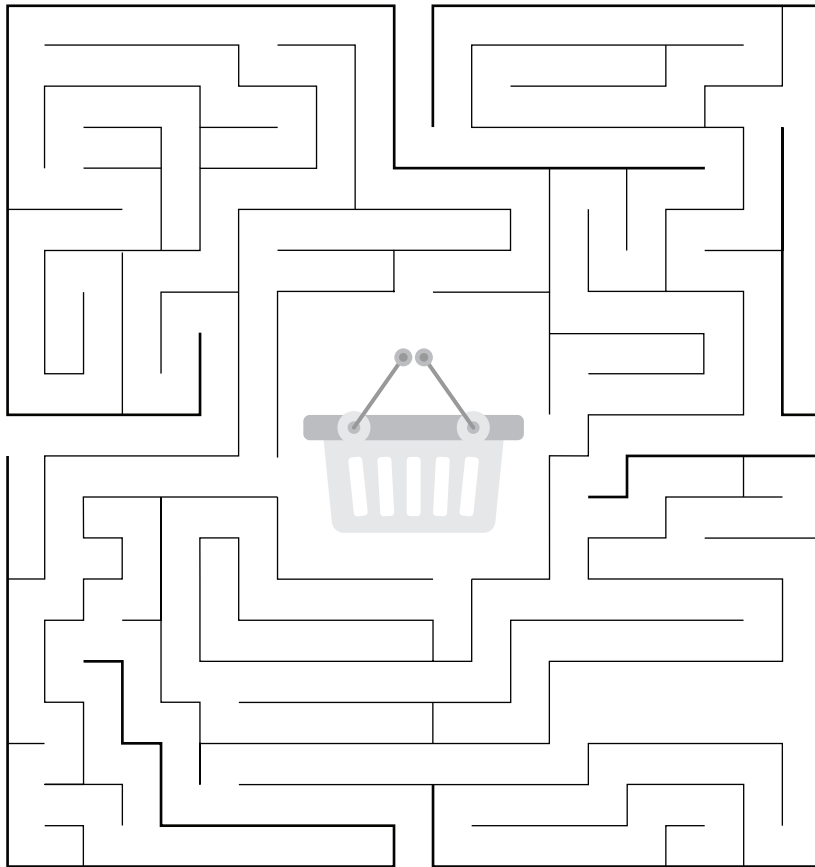
Getting active and playing sports with your friends are great ways to look after your physical and mental health. Can you spot 7 differences between the two pictures?



# Health and Wellbeing

## Supermarket Maze

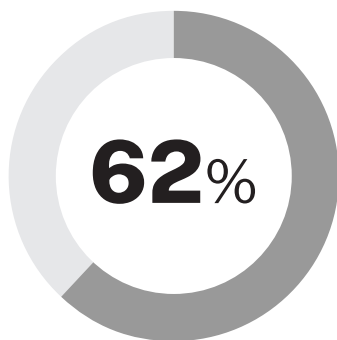
Eating a balanced diet means choosing foods from the four main food groups: fruits and vegetables, grains, dairy, and protein to meet your daily needs. Solve the maze to fill up your shopping basket with healthy food!





## Strategic Plan Area #5: Environments for Joy and Fun

Children and young people have **spaces and opportunities to engage in activities for recreation and leisure**. These spaces are welcoming, enjoyable and safe.



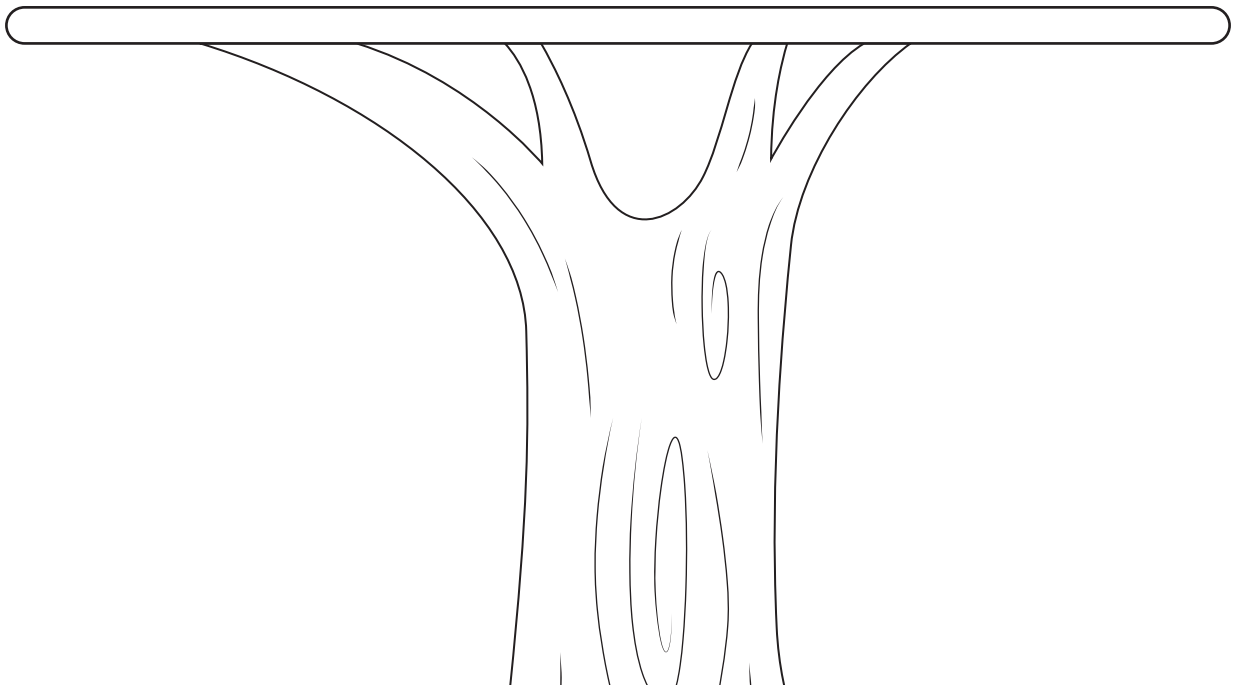
of children and young people said they feel satisfied with their ability to **participate in fun activities**

\*Children and young people rating their satisfaction as 7 or more out of 10

# Environments for Joy and Fun

## Design A Tree House

Draw your dream tree house in the space provided.



# Environments for Joy and Fun

## Dot-to-Dot

Complete the drawing by joining dots 1-18 to finish off the roof, and 1-26 to make a ramp for the children to climb up.







