Article 31 is important to Children and Young People.

- We must have space and time for play, recreation and relaxing.
- Playing helps us stay safe, healthy and happy.
- Governments MUST find ways to get rid of the things that get in the way of time for play.
- We must have opportunities to explore and understand our own culture.
- We should be involved in cultural and artistic activities and be able to go to places like museums, festivals, theatres, concerts and libraries.
- Governments must make sure that none of us are left out.
- If Governments take all of this seriously, our lives will be happier and healthier.

ipa
Promoting the Child's right to play

ARTICLE
31