Activity 2: The Four Be's

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● **Why We Like It:** It is an easy way to think about Child Rights. It helps students remember by acting out the 4 B's.

● **What you will Need:** Learn the gestures! Check out this demonstration video.

- Be Healthy >> Action: Strong arms
- Be Safe >> Action: Hug yourself
- Be Heard >> Action: Hand over ears
- Be Yourself >> Action: Thumb pointing to yourself

● **How Long:** 10 min

● **How it Works:**

Invite students to stretch, shake their body, and warm up.

Teach students the gestures. Say together: "Children have the right to be healthy, be safe, be heard, and to be yourself".

Invite them to act out or share what's needed to be healthy, safe, heard, and yourself.

● **Tips & Variations:** Invite students to come up with other gestures to represent the same right. For example, eating food for ‘be healthy’ or putting a seatbelt on for ‘be safe’. These gestures can also be done in a freeze dance format to music.

● **Reflection:**

Invite students to share their observations about what they noticed and what they liked the most and why?

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