



The Right to Sleep and Rest

Burnaby Charter Action Plan
2021

Burnaby Children's Charter

I have the right to feel safe

"If you get treated badly, you will have a bad memory."

"[I like that] I can walk to my grandparent's house."



I have the right to healthy food and clean water

"I like to eat bananas."

"It's good that there are stores in my community. We need food to grow big."



I have the right to community spaces

"The library [is important], because anyone can go there."

"[Community centre is important because] you can learn without having to go to school"

I have the right to a clean environment

"I like to collect caterpillars. I like flowers."

"Stop people smoking."



I have the right to play

"When I can play I'm happy."

"I like to play outside in the park."



I have the right to people who care about me

"I love my mom, dad and brother, they take care of me."

"I ask police if I don't know how to go home."



I have the right to kindness, love, and to be included

"We help others so that when we need help they help us."

"When we are treated right we will treat others better."



I have the right to be heard and to express myself

"I like when the teacher writes my ideas down."

"Listen to us, don't ignore us."

I have the right to sleep and rest

"Because we need to sleep to grow."

"[I like] my house when no one is there. I like alone time."

"[We need] apartment buildings families can afford."



Drawings and quotes provided by the children of Burnaby.

I have the right to learn

"The aquarium is important because you can learn about jellyfish."

"I like my school. I like to go there to play with my teacher and my friends."



The Burnaby Children's Charter was developed in 2019 and included the voices of 250 children across Burnaby.

The Charter was developed by the Burnaby Children's Community table in partnership with Equitas and is now in the action planning stage, with [multiple agencies](#) having endorsed the Charter.

This presentation is part of a year-long series where we will highlight the rights of the Charter each month and is intended for adults who work with children and youth.

A few quotes gathered from children during the Charter creation process:

“Because we need sleep to grow.”

“[I like] my house when no one is there. I like alone time.”

“[We need] apartment buildings families can afford.”

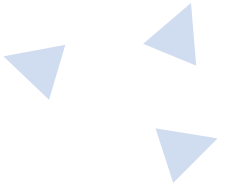
Explaining the Right



Children expressed the need for sleep, rest, and downtime in their responses during the Charter process. Just like adults, children also need time to relax.

Children also spoke about rest in the community, and the importance of having a home where you feel safe and can rest.

Questions to think about or discuss:

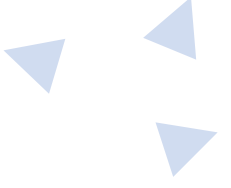


1. What are you seeing in the community in relation to this right?
2. As an adult supporting children, what is your responsibility to this right?
3. How can you/do you incorporate rest into your children's day/schedule?

Best Practice



- Children need rest and sleep to grow.
- Rest can take different forms during a school day or after school program.
- Unstructured play or choice-based play can allow children to go at their own pace. Reading a book may help some children rest and relax, whereas other children may prefer to be active to decompress after a long day.
- Try scheduling a balance of calming and energizing activities to meet all children's needs.



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