

TOP TIPS: HOW CHILDREN'S RIGHTS APPLY TO SPORT AND PHYSICAL ACTIVITY



SUPPORT

children to get involved and inform what happens in your session and club!



1. **Space and Voice** – Don't assume children will use their voice, you may need to help them out. Create a safe space, where feedback is welcomed and encouraged. Provide a range of ways for children to input – that could include group discussions, suggestion boxes, even emoji stickers at the start and end of sessions.



2. **Audience** – Be an active audience for what the children share. Listen carefully, clarify if you need to, and always welcome their input.

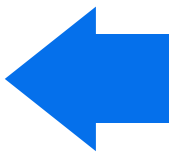


3. **Influence** – For true participation, the children's views need to have an influence! Take on board what they've said and change things as a result. Or if you can't change things, explain why.



ENCOURAGE

children to get creative and play freely in your sessions!



1. **Step back** – Play is all about children taking the lead. Take the time to step back, so that children are able to decide what they want to do, and how they want to play and express themselves.



2. **Creativity, not Chaos!** – Free play can feel chaotic – but it is a dynamic creative space, where children are learning, developing, collaborating and problem solving. Get comfortable with your sessions appearing less structured at times.



3. **Set a challenge** – If children are used to very structured sessions, the idea of 'just playing' might feel strange. Encourage children to play creatively by setting them a challenge or giving them parameters. It's about finding a good balance between structure and play in your sessions.





SUPPORT

children to develop a range of skills in your sessions!



1. **Leadership** – Give different children the chance to lead an activity, or even the whole session! Praise good leadership as much as good sporting technique and give everyone a turn at leading, on their own or with a partner.



2. **Communication** – Praise children for good communication and make a point of recognising the children that have improved their communication skills the most – and watch them grow in confidence.



3. **Teamwork** – If you're working with a group of children, there are always chances to build teamwork. Get the group to work together to solve a problem – and watch the teamwork in action!

REMEMBER –

Coach the child, not the sport!

See how children can realise their full potential when you focus on all the ways they can develop in your sessions.



Want more tips on how to apply Voice, Choice and Journey in your practice? Have a go at UNICEF UK and I Coach Kid's short course [here](#).

Note: Course content developed in collaboration with I Coach Kids and UNICEF UK