



Is access to
nature a
human right?

TAKE IT FURTHER:

THINK

What curiosity questions can you ask?

e.g. What are human rights? Why are they important? Why is nature vital to humans? What stops people having access to nature?

FEEL

How might different people feel about this?

e.g. How might it feel to be deprived of your rights? How does it feel to be restricted? How do you feel when you are in the natural world? How might it feel to not be allowed outside at all or to have any access to the natural world?

CONNECT

What links can you start to make?

e.g. Do some people have more rights and freedoms than others? What is the connection between wellbeing and human rights? What is the connection between wellbeing and being in nature?

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Activity ideas:

1. What human rights do you have?
All humans across the world – including children – have certain rights which they are allowed, for example, the right to grow up to be healthy.
Take a look at this short video from the United Nations which explains in brief what a human right is: [What is a human right?](#) Think about which rights are the most important to you in your life right now.
2. Does everyone in the world have the same right to the Universal Human Rights?
These are questions that are useful to think about. Even though we have rights, not everyone is able to benefit from them, and there is a certain element of injustice in the world which means that some people have fewer rights than others.
What makes someone more or less likely to have easy access to basic human rights? Make a mind map of ideas or discuss with people around you.
3. Nature is very important for the health of both our body and our mind and doctors are now prescribing time in nature to people to help with their emotional wellbeing. Even if you are living somewhere without the option of going out into nature, you can still bring the outdoors inside your home! Here are some activities that you can do to feel connected to the natural world during ‘hibernation’ or lockdown:
 - Why not take a look at the iNaturalist app which helps nature connection wherever you are living: [Try the iNaturalist App](#)
 - Try some forest therapy whilst staying at home: [Forest Therapy](#)

USE THE **THINKER'S GUIDE TO HELP YOU*

What other activities could you do?

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RESOURCES:



THINGS TO READ




[Outdoors for all](#)

(Article | *Sierra Club*)

[Access to wildlife should be a right not a privilege](#)

(Article | *The Guardian*)



THINGS TO WATCH



[Human rights in two minutes](#)

(2 minute video | *Amnesty International Switzerland*)

[Access to nature essential for mental health](#)

(4 minute video | *Illinois University*)



THINGS TO LISTEN TO



[How do we reconnect?](#)

(40 minute podcast | *Mac McCartney & Jon Young*)



THINGS TO DO



[Meditation on a tree](#)

(6 minute meditation | *ThoughtBox*)

[Human rights activities](#)

(Activities and resources | *Amnesty International*)



THINGS TO INSPIRE



[Explore our Equality & Justice topic](#)

(A home-learning topic for 5-18 year olds | *ThoughtBox*)

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