



Play, Rest & Leisure

#CovidUnder19: Life Under Coronavirus is an initiative to meaningfully involve children in responses to the COVID-19 pandemic. 26,258 children from 137 countries across all five UN regions responded to our survey. More detail on this can be found at the end of this paper. This briefing presents findings that relate to play

UNCRC ARTICLE 31



Article 31 of the UNCRC says that all children have the right to play, rest and leisure.

Our survey shows that some children enjoyed opportunities for free time during Coronavirus.

Lots of children missed their friends and were looking forward to playing together after lockdown.

WHAT IS BETTER DURING CORONAVIRUS



I get to play online: 36% of children said that this was better during Coronavirus.

Many children were enjoying the free time and opportunity to pursue their hobbies or pick up new ones:

'I listened to music. I learned foreign languages. I did yoga and meditation' (Girl 15, Albania).

'I really like the lockdown because I have had tons of time for me to do whatever I want.' (Girl, 16, Turkey)

WHAT WAS BETTER BEFORE CORONAVIRUS



'I get to play/spend free time as I like' - 41% said that it was better before Coronavirus. This increased for children aged 8-10 (46%), asylum seekers (58%) and children who identified as migrants (54%).

Lots of children were looking forward to seeing their friends and playing sports after lockdown restrictions lifted:

'Go out with my friends, go swimming and playing basketball' (Boy, 15, Rwanda)

'I get to spend time outside every day' - 65% (70% of 8-10 year olds) of children said it was better before Coronavirus



Play, Rest & Leisure

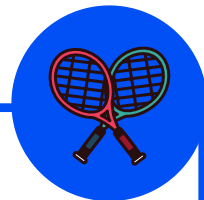
MISSING FRIENDS



56% (67% of children aged 8-10) said they were less able to speak to their friends. Many children said the worst thing about Coronavirus was missing their friends.

'Its all economy this economy that, and we are still told to social distance but you can do anything that costs money but you cant do anything that is free like just go to a friends house or to the skate park.. they just want us to spend money and pretend to care about our health and not spreading the virus' (Girl, 15, England)

MISSING SPORTS & ACTIVITIES

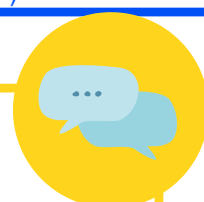


35% (46% of asylum seekers) said they got more physical exercise before Coronavirus and 31% said that they were getting more physical exercise during it. Many children said the worst thing about Coronavirus was missing their sports and activities.

'Please open our sports back up so we can go back to training. I want to go back to my gymnastics training' (Girl, 8, Ireland)

'I am missing out on all my favourite sports as don't own a swimming pool, a lacrosse pitch or netball hoops.' (Girl, 12, England)

IMAGINE YOU COULD TALK TO GOVERNMENT...



When we asked children what they would tell government they told us...

'Due to social distancing, we hardly go out. We need entertainment and play. If our government can stream a free child-friendly, eco-friendly version of Kids TV Channel. In this way, children can still enjoy their time at home. But right before that, the government must make sure every child in the country has access to electricity. Please.' (Girl, 17, Myanmar)

'Well a heads up to the schools would have been better. But i guess they also didn't know that is was going to be this big. I would have organised more sport things for children because every club closed down. Also i would've opened up the libraries for children who don't have a quiet place to study.' (Girl, 17, Netherlands)



Initiative Co-leads



Terre des hommes
Helping children worldwide.



**QUEEN'S
UNIVERSITY
BELFAST**

**CENTRE FOR
CHILDREN'S
RIGHTS**

Supported by



**Economic
and Social
Research Council**

Initiative Partners



Follow us on social media:

www.facebook.com/CovidUnder19

www.twitter.com/CovidUnder19

www.instagram.com/covidunder19



#CovidUnder19: Life Under Coronavirus is an initiative to meaningfully involve children in responses to the COVID-19 pandemic. 26,258 children from 137 countries across all five UN regions responded to the survey.

All children have rights under the United Nations Convention on the Rights of the Child (UNCRC). #CovidUnder19 is a multi-stakeholder initiative that brings together children, civil society organisations, academia and other partners to work together in understanding children's experiences of their rights during the COVID19 pandemic. A goal of #CovidUnder19 is to create a space for children across the globe to be meaningfully involved in the discussions around issues triggered by the COVID19 pandemic and contribute towards shaping the post-COVID19 world.

On 28 May 2020, the initiative launched a global consultation survey to understand children's experiences of their rights under the coronavirus pandemic and their views on how their rights could be better realised. The survey applied the Centre for Children's Rights' innovative approach to rights-based research directly involving children and young people as advisors from the outset. The survey has been designed by child rights experts and 270 children from 26 countries. The survey was open until 31 July 2020. It was made available in 27 languages as well as an Easy Read version for children and young people with intellectual disabilities.

Children and young people contributed to data analysis and interpretation. Each thematic paper presents key findings. Data is disaggregated as far as possible and where findings are significant. Please note that the survey is not intended to be representative of the global child population. Findings are presented on a global basis.

For more information please contact covidunder19@gmail.com

The Centre for Children's Rights at Queen's University Belfast designed and conducted the survey and developed the thematic briefings in collaboration with Initiative partners and a team of child advisors. This was supported by an ESRC Impact Acceleration Account award through Queen's University Belfast