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The date was chosen to honor the [United Nations General Assembly](#)'s adoption on 10 December 1948 of the [Universal Declaration of Human Rights](#) (UDHR) the first global statement of international rights principles. Here are some ideas for simple yet meaningful ways to celebrate the rights and responsibilities that we all share as human beings.

**Human rights** are rights inherent to all human beings, regardless of race, sex, nationality, ethnicity, language, religion, or any other status. Human rights include **the right to life and liberty, freedom from slavery and torture, freedom of opinion and expression, the right to work and education,** and many more.

All of us have the right to express ourselves. In addition we all have a responsibility to make sure that everyone else in our group also has the freedom to express him/herself. How can we cooperate to make sure that this right is respected in our group?

### Learn about the Universal Declaration of Human Rights.

You can **watch the short videos**, discuss together and propose ways of integrating human rights values into your lives. Younger students will love the animated [video version of the UDHR](#) even when they don't understand what all the words mean. For a more historical view, check out [The Story of Human Rights](#). Check out the UDHR [plain language version](#) or [Amnesty International](#). The book [We Are All Born Free](#) (15 of the illustrated pages of the book can be found on [The Guardian's website](#) if you want to look at them online or print them out.

### School wide Activities

**Make a Helping Hands Wreath** to symbolize the responsibility we all have to help each other. Trace hands on different color construction paper. Cut out the hand shapes and glue or staple them on a paper plate to make a wreath.

**"Human Rights Tapestry"** *Exercise your right to freedom of expression!* Draw pictures together of the rights and freedoms that are important to you. You can make your own "Human Rights Tapestry" by drawing on index cards and using a hole punch to make holes in each corner. Use yarn to tie together the cards to make a tapestry. You can also **make posters or collages**.

Adapted from [humanrightswarrior.com](http://humanrightswarrior.com)

