



What is Sustainability?

Me and Myself

My Day

Today I feel

because

I am glad that

.....

For the teacher: Ask the students to write briefly how they feel on this day and why. Ask them to think of something they are glad about, even if they do not feel happy, and write about it.



Warm up



Read this definition.

Sustainable: able to go on for a long time; regarding environment—using things or working in a way that does not harm the environment and can therefore be continued for a long time

Now, look at two goals.

- Reduced inequalities (People are treated more equally.)
- Climate action

Discuss in class without looking at the text.

1. Why are these goals important?
2. What could be the difficulties in meeting these goals?
3. What could be done to help achieve these goals?
4. How could these goals be related to sustainability?



21C Critical Thinking, Communication, Collaboration; **IL** SEL—self-awareness, **SDG** – Reduced Inequalities, Climate Action



Read and understand

The United Nations (UN) is an organisation of many countries that aims to maintain peace and security, develop friendly relations among states and promote cooperation in a peaceful way. In 2015, all UN members adopted the 2030 Agenda for Sustainable Development. This agenda includes 17 world Sustainable Development Goals (SDGs). The aim of these global goals is “peace and prosperity for people and the planet, now and into the future”, while tackling climate change and working to preserve oceans and forests.



inclusive: including different kinds of people and treating them fairly

Discuss in class.

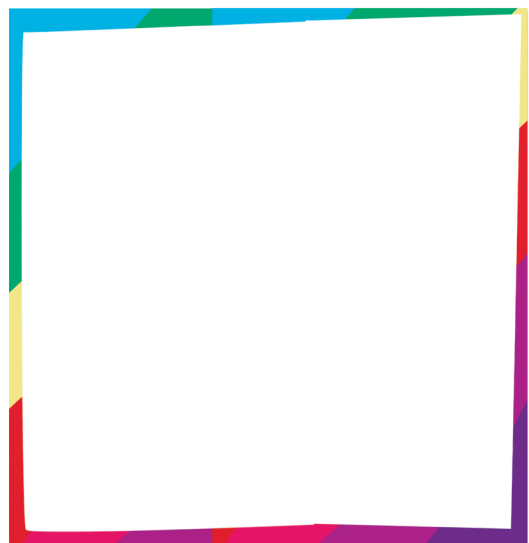
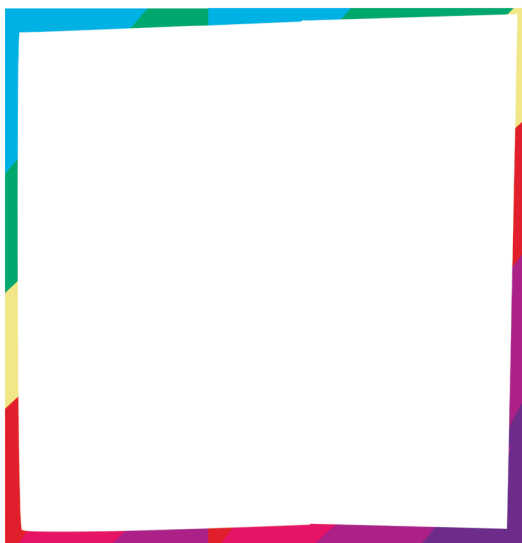
1. Goal 5 mentions gender equality. What other kind of (in)equality do you think is meant by goal 10?
2. Which previous goal is clean water and sanitation linked to? How?
3. a. How can cities / towns / villages be inclusive (goal 11)?
b. How can they be sustainable? (Think of their effect on environment.)
4. Look at goal 12. What is our responsibility, with regard to sustainability, while using or making different things?
5. Why do you think life below water and life on land have been included as goals here?
6. What could be the meaning of goal 17?
7. All these goals are for sustainable development. Many of them are also linked individually—one of them affects one or more other goals. Give an example of two or three interconnected goals.

You can look up the UN SDGs online to check or build on your ideas.



Do it yourself

Look at the icons or logos used for the goals. Pick any two of the goals and draw an alternative logo for each of them.



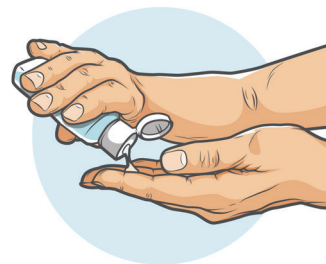
Me and My Wellness

Sanitation is about hygiene, hand-washing, drinking clean water and using toilets properly. These are especially important at your age, when your body undergoes certain changes.

Complete these guidelines with the correct words from the box.

breath	exercising	floss	feet	mouth	nails
odour	sanitiser	soap	socks	toilet	underarms

- Shower or bath at least once a day, using _____ or shower gel.
 - Wash your _____, groin and _____ carefully.
 - This will also help you avoid body _____.
 - Take a shower if you sweat a lot after _____ or being out in the sun.
- Always wash your hands after using the _____, especially a public one. It may also help to carry a hand _____ and/or wet wipes.
- Brush your teeth twice daily and _____ if you can.
 - Rinse your _____ after every meal.
 - This will also help avoid bad _____.
- Wear clean clothes, _____ and undergarments every day.
- Clip and clean your _____ regularly.



Me and My World

Greta Thunberg is a young Swedish environmental activist who challenged world leaders to fight climate change. The picture on the next page shows her leading an event in Berlin in 2021.

What can you do to fight climate change? Read the list on the next page and add at least four more points to it. You can discuss the list in groups.

21C Critical Thinking, Communication, Collaboration; **IL** Values—*swachchhata*, Life Skills—being clean, good habits, Wellness, SDG – Climate Action



- Learn about climate change—what causes it and why is it so harmful? This will help you take better decisions and actions, as well as inform others.
- Ride a bicycle, walk or use public transport whenever possible. This will reduce fumes from cars polluting the air.
- Avoid using plastic as much as possible. Many places have now become plastic-free. Find out how they function.

- _____
- _____
- _____
- _____

Hint: You can get some ideas from UN's Climate Action Superheroes.



Now I know



Tick (✓) the correct columns.	I understand this.	I need to think about this.
I should learn about sustainability and different aspects of it.		
I should maintain good hygiene to stay healthy.		
I should take whatever steps I can to fight climate change.		