Introduction

What is Sustainable Development?
Sustainable Development:

- is “development that meets the needs of the present without compromising the ability of future generations to meet their own needs.” (UN)
- addresses social, economic and environmental issues.

What are the Sustainable Development Goals (SDGs)?
The Sustainable Development Goals (SDGs), also known as the Global Goals, were adopted by all United Nations Member States in 2015 as a universal call to action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity by 2030.

Why teach the SDGs?

- To introduce children to the UN’s 17 SDGs which are our world’s call to action on the most pressing global challenges.
- To build empathy and compassion in children by making them understand the challenges faced by different communities in the world.
- To equip children with the information and skills they need to grow up to be active global citizens and responsible stewards of the planet.
- To empower children to invent, innovate and campaign to Be the Change and meet the Global Goal targets.

About this book

Education for Sustainable Development (ESD) is vital for achieving the 2030 Goals. There is an international consensus that ESD should be “embedded in the whole curriculum, not [taught] as a separate subject” (UNESCO). Be the Change is based on the principle that embedding and integration are necessary to the concept of education ‘for’ sustainable development, which is more impactful than education ‘about’ sustainable development.

One worksheet corresponds to one goal

One Sustainable Development Goal
Perforated sheets

Information about each goal in child-friendly language
Fun activities
# Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>All About Me</td>
<td>1</td>
</tr>
<tr>
<td>Know Your Goals</td>
<td>2</td>
</tr>
<tr>
<td>Worksheet 1</td>
<td>3</td>
</tr>
<tr>
<td>Worksheet 2</td>
<td>5</td>
</tr>
<tr>
<td>Worksheet 3</td>
<td>7</td>
</tr>
<tr>
<td>Worksheet 4</td>
<td>9</td>
</tr>
<tr>
<td>Worksheet 5</td>
<td>11</td>
</tr>
<tr>
<td>Worksheet 6</td>
<td>13</td>
</tr>
<tr>
<td>My Learning</td>
<td>15</td>
</tr>
<tr>
<td>Be Kind</td>
<td>17</td>
</tr>
<tr>
<td>SDG Poster</td>
<td>18</td>
</tr>
</tbody>
</table>
I can draw a picture of myself.

I can write the letters of my name.

I can draw a tree.

I can draw a fish, a cat and a bird.
A goal is something we wish to do. Here are six goals for our world. They are called the Global Goals.

Your teacher will read out the goals.

Match the goals to the pictures with a joining line.

The Earth, together with all the countries and all the people, is our world.

2. Zero hunger

- Good food for everyone

3. Good health and well-being

- Stay fit and happy

4. Quality education

- Love learning

6. Clean water and sanitation

- Use water carefully and keep clean

14. Life below water

- Look after our water bodies

15. Life on land

- Look after our land
All living things need food to stay alive. Everyone must get enough food to stay happy and healthy. We must not waste food.

Plants make their own food with soil, water and sunlight. Some birds, animals, fish and insects eat plants and some of them eat other animals. People get their food from both plants and animals. Look at the birds, animals and insects in the picture.

Count and write:
Number of animals

What food do the animals, birds and insects in the picture need?
What do you like to eat?
Write the name of your favourite food and draw it in your plate.

I like to eat...

Fresh and healthy food keeps us happy and active.
We need food and water to stay healthy and active. We also need exercise. Exercise keeps us fit. When we are fit, we can move more easily.

Tick ✔ the pictures that show actions that keep our bodies fit.

Which exercise do you think is the best? Say why.
Exercising keeps us happy. Sing and move to the movement song along with your classmates.

**LET’S GET MOVING**
(Tune: If you’re happy and you know it ...)

If you’re happy and you know it, jump up high.
If you’re happy and you know it, jump up high.
If you’re happy and you know it, and you really want to show it,
If you’re happy and you know it, jump up high!

**Other actions:**
If you’re happy and you know it, touch your toes.
If you’re happy and you know it, twist around.
If you’re happy and you know it, jog in place.
If you’re happy and you know it, stretch your arms.
If you’re happy and you know it, skip around.
If you’re happy and you know it, hop like a frog.
If you’re happy and you know it, dance, dance, dance.
If you’re happy and you know it, wave goodbye.
All children must go to school to learn and grow. Children must look after their books and the things in their classrooms.

**RULES FOR A HAPPY CLASSROOM**

To learn and play happily at school, we need to follow rules.

Are the children following rules? Colour in yes 😊 or no 😞.

![Image of children following rules](image-url)
RULES KEEP US SAFE AND HAPPY!

A pledge is a promise. Say this classroom pledge aloud, all together.

I pledge today to do my best in Reading, Math, and all the rest.
I promise to obey the rules, in my class and in our school.
I’ll respect myself and others too,
I’ll expect the best in all I do.
I am here to learn all I can,
To try my best and be all I am.

Draw a picture showing a classroom rule you follow.
WORKSHEET 4

We all need clean water to drink. We also need clean water to keep ourselves clean. **Sanitation** means keeping things clean and free from germs. **Germs** are tiny creatures that can make us sick.

Look at all the places where germs can hide on your hands!

Spot the germs and colour them.
Hand-washing keeps us healthy and germ free. Look at the pictures given below. They show you how to wash and scrub your hands.

Sing this song to help you wash and scrub for 20 seconds.

(Tune: “Row Row Row Your Boat”)

Wash, wash, wash your hands,
Make them nice and clean.
Rub the bottoms and the tops,
Fingers and in between.
Just as there are living things on land, there are living things below water too. The oceans, seas, rivers, lakes and ponds are home to lots and lots of plants, fish and animals. We must keep our water bodies clean.

Draw and colour:
1 a boat on the water
2 birds and clouds above the water
3 fish below the water.
With the help of a grown-up, follow the steps to make a paper-plate fish.

1. [Instructions for making a paper-plate fish]
2. [Instructions for making a paper-plate fish]
3. [Instructions for making a paper-plate fish]

Look at the pictures of the two ponds and answer the questions given below.

Which pond would you like your fish to live in? Say why.

If the fish lived in the first pond, how would it feel? If it could talk, what would it say?

If the fish lived in the second pond, how would it feel? If it could talk, what would it say?
Trees give us lots of things such as fruits, wood, paper, rubber, shade and clean air. They are also lovely to look at. Trees are homes to many birds and animals. We must look after trees.

How tall are the trees? Colour the blocks to match the trees.

Which tree is the tallest? Which tree is the shortest? Which two trees are of the same height?
Take a nature walk in a park or a garden. Colour the things that you see. In the blank spaces, draw and colour two other things you see.

<table>
<thead>
<tr>
<th>a butterfly</th>
<th>a bee</th>
<th>a worm</th>
<th>ants</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="butterfly" /></td>
<td><img src="image" alt="bee" /></td>
<td><img src="image" alt="worm" /></td>
<td><img src="image" alt="ants" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>a green leaf</th>
<th>a brown leaf</th>
<th>a twig</th>
<th>a gardener</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="green leaf" /></td>
<td><img src="image" alt="brown leaf" /></td>
<td><img src="image" alt="twig" /></td>
<td><img src="image" alt="gardener" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>a tree</th>
<th>a watering can</th>
<th>flowers</th>
<th>seeds</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="tree" /></td>
<td><img src="image" alt="watering can" /></td>
<td><img src="image" alt="flowers" /></td>
<td><img src="image" alt="seeds" /></td>
</tr>
</tbody>
</table>

I also saw ...
I also saw ...

How are trees useful to you? What can you do to take care of trees?
With the help of a grown-up, plant a tree or a shrub.
MY LEARNING

Colour the smileys as applicable

1. I know 6 goals for the world. ☺ ☺ ☺ ☺ ☺ ☺
2. I eat healthy food. ☺ ☺ ☺ ☺ ☺ ☺
3. I get lots of exercise. ☺ ☺ ☺ ☺ ☺ ☺
4. I play with my friends. ☺ ☺ ☺ ☺ ☺ ☺
5. I follow classroom rules. ☺ ☺ ☺ ☺ ☺ ☺
6. I wash my hands properly. ☺ ☺ ☺ ☺ ☺ ☺
7. I know that fish need clean water. ☺ ☺ ☺ ☺ ☺ ☺
8. I took a nature walk. ☺ ☺ ☺ ☺ ☺ ☺
I promise to take care of our world by...

Paper is made from trees. Saving paper saves trees. Reuse paper. After you finish with this book you can

● make flowers for gifts.
● make fans for summer.

1. Colour
2. Tear out
3. Stick and add a stem (straw)
BE KIND

Be kind to yourself, to other people, to birds and animals, and to the Earth.

Chant:
Teacher: BE
Students: KIND!

Colour the bee when you do the kind actions.

- Smile
- Play together
- Feed
- Water
- Help
- Snack healthy
- ‘Thanks!’
- Help
- Help
- Share a rhyme or a song
- Be kind. Draw the picture.
- Be kind. Draw the picture.
The COLOUR VERSION of the Sustainable Development Goals logo is ONLY to be used on a white or light grey background.

See colour values to the right.

**USAGE LOGO: COLOUR VERSION**

**SDG LOGO FOR ENTITIES WITHIN UN SYSTEM**

**VERTICAL LOGO**

**LOGO**

**LIGHT GREY**

PMS:

Cool Gray 1C

R 241

G 241

B 241

C 4

M 3

Y 3

K 0

**USAGE LOGO: COLOUR VERSION**

**SDG LOGO**

**HORIZONTAL LOGO**

**LOGO**

The COLOUR VERSION of the Sustainable Development Goals logo is ONLY to be used on a white or light grey background. See colour values to the right.

**LIGHT GREY**

PMS:

Cool Gray 1C

R 241

G 241

B 241

C 4

M 3

Y 3

K 0
The COLOUR VERSION of the Sustainable Development Goals logo is ONLY to be used on a white or light grey background. See colour values to the right.
Repurpose the cover. Design bookmarks on the strips drawn above. Ask a grown-up to cut them out for you. Use them and gift them to family and friends. Do the same with the front cover.
**Be the Change** is a series of integrated worksheets for Grades 1 to 8 to educate, engage and inspire young people to actively support the UN Sustainable Development Goals. The unique design of the handbooks allows seamless assimilation of ‘the World’s Largest Lesson’ in any curriculum.

**KEY FEATURES**
- Sustainable Development Goals (SDGs) in **child-friendly** language
- **Integrated** with learning across subjects
- **Graded** introduction to goals
- One worksheet for one goal
- Designed to fit into any time-table
- **Perforated** sheets to facilitate use
- Extension activities
- **Artificial Intelligence (AI)** for SDGs
- **Teacher Handbooks** with detailed lesson plans and additional resources

**ABOUT THE CONTRIBUTORS**

Anahita Lee is a teacher and a trainer with over twenty-five years experience. She has authored the Mulberry English Course, GK 360° and Little Artists (published by Oxford University Press).

Ritu Malhotra has over two decades of experience in teaching and publishing. She has been associated with institutions and organizations such as Heritage Xperiential Learning School, Step By Step School and Oxford University Press.

**SERIES GRID**

<table>
<thead>
<tr>
<th>Grade 1</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Grade 2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grade 3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grade 4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grade 5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grade 6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grade 7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grade 8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>