

Be Green! Mindful Kids Global Citizen



An activity book for young people who want to save the planet.

- An extension to the popular *Mindful Kids* series which includes *Hello Happy*, *No Worries*, *Stay Strong* and *Be Brave*.
- Illustrated by Katie Abey.
- Taps into trend of global citizenship, helping environmentally conscious kids to become more aware of their impact on planet Earth.
- Includes an introduction and notes for grown-ups so parents and carers can support children as they work through the book.

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BUY NOTHING DAY

You much do you consume and throw away in a single day? The answer probably varies on different days of the week and at different times of the year. In quality part of the world, we make waste and pollution a problem. Talk a day and ask everyone in your household to agree to make it a buy nothing day.

Set down with your family and make a list of all the things you buy in a normal week. It could include everything from your food to magazines, clothes and gifts.

For you also make a promise to make do with what you have. Do not buy anything that you don't need. How does the day go?

At the end of the day, make a list of the money you saved. How much less did you spend than last week?

Now consider the future. How could you buy less and waste less in your everyday life?

WHY DO YOU THINK PEOPLE BUY SO MUCH STUFF?

DO YOU THINK THEY NEED EVERYTHING THAT THEY BUY WHY?

THINK POSITIVE

When it comes to creating a greener, cleaner world there is a lot to do, but lots of good things are also happening every single day, right across the globe. Fill in a sticky note every time you find out about something positive. Being happy to help the environment. It could be locally or in a wider world.

WRITE ONE:

What's the natural news? Talk to your friends? Check out local community initiatives?

PROJECT PROTECT

Many animal species being today are endangered and some have already become extinct. Name some and their actions that animals face today.

As we spread out across more and more of the planet, we destroy natural habitats, making it very difficult for some species to survive.

Do your bit to find out about animal conservation! Pick an endangered species that you care about, then find out about it either online or at the library. Now write about it on these project pages.

THE TYPE OF ANIMAL I WANT TO PROTECT IS:

DRAW A PICTURE OF IT HERE:

DRAW AN ARROW TO SHOW WHERE THIS ANIMAL LIVES:

Reasons why this animal is endangered:

Three things that I can do to help:

This animal is amazing because:

I CAN SEE A RAINBOW

MAKE A BEAUTIFUL RAINBOW OUT OF OLD MAGAZINES

- 1 Tear up the pages of a glossy magazine or come back with small scraps of paper.
- 2 Sort the scraps into coloured piles.
- 3 Fold some glue, then stick the main mosaic pieces onto the rainbow arch.

PAPER IS SIMPLE AND EASY TO RECYCLE. INSTEAD OF THROWING YOUR COPIES AND MAGAZINES AWAY, CONSIDER:

- Using them to cover your schoolbooks
- Creating party, multicultural banners
- Flashing them onto card to make gift tags
- Cutting out headlines letters and creating cool slogan posters

OUR FRIEND, THE EARTH

Colour in our amazing planet

The Earth gives us a home to live in, food to eat, medicine to heal us, water to drink, air to breathe, and energy to run our machines, towns and cities. It is more important than ever to treasure and protect it.

WHAT IS THE ENVIRONMENT?
When we talk about the environment, we mean everything in the world around us. This includes the air, water, plants, animals and food chains.

ONE AND ONLY
The Earth is the only planet in the Solar System with exactly the right conditions for us to survive. It is not too hot, nor too cold, allowing it to support life.

NATURAL HABITATS
The Earth is very diverse. There are mountains and deserts, forests and oceans, ice caps and grasslands. This rich variety provides homes for countless species of plants and animals.

UNDER THREAT
Over the course of many centuries, the Earth's human population has grown. We have had a massive impact on the environment in which we live. We have created pollution on the land, in the skies and in the seas.

CLIMATE CHANGE
One of the biggest consequences of pollution is climate change - the Earth is warming up faster than ever before. Scientists believe that this warming could seriously disrupt the way that our environment works.

ALL CONNECTED
The Earth is finely balanced. The water cycle, weather, plants and animals, and the passing of the seasons, all work in harmony with each other. A small change to any of these can affect others massively.

WE'VE ONLY GOT ONE EARTH. IT'S OUR JOB TO TRY TO PRESERVE THIS UNIQUE ENVIRONMENT. LET'S DO IT TOGETHER!

Pub Date	07/03/2019
Pub Price	£9.99
ISBN	9781787414624
H x W	235 x 190mm
Binding	Paperback
Age Range	7-9 years
Author	Mandy Archer
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Extent	96pp
Rights Available	World