

# 1 NO POVERTY



Help those who have less and are in need.

## Daily Actions!

- \* Look at your community, who could use your help.
- \* Donate birthday money to something or someone in need.

- \* Buy from small family run stores.
- \* Donate when you can.
- \* Tell your family about others that need things, ex. clothes, housing and food.

# 2 ZERO HUNGER



Help those that are hungry and learn how to grow healthy food.

## Daily Actions!

- \* Donate food to charities (canned and boxed food)
- \* Grow food and donate it to local groups who prepare food for those that are hungry.
- \* Learn about hunger and tell your family.

# 3 GOOD HEALTH AND WELL-BEING



Encourage everyone around you to be healthy and active.

## Daily Actions!

- \* Don't smoke.
- \* Be more active.

- \* Go for walks at lunchtime or cycle to school.
- \* Make time for yourself and your friends.
- \* Get enough sleep.

# 4 QUALITY EDUCATION



Be the best learner you can be. Keep learning everyday.

## Daily Actions!

- \* Encourage new students to speak English if it's a new language for them .
- \* Provide food at schools to increase attendance.
- \* Shows films that are educational as well as entertaining.
- \* Learn outside and go on fieldtrips.
- \* Share your learning with others.

## 5 GENDER EQUALITY



**All people are equal.**

### Daily Actions!

- \* Encourage all children and friends to take part.
- \* Share with community and family that everyone is equal.

- \* Be confident in who you are.
- \* Make sure all experience and activities are fair for all.
- \* Be true to yourself and do what makes you happy.
- \* Support others if they don't feel equal or good at some thing.

## 6 CLEAN WATER AND SANITATION



**Clean drinking water for everyone and make sure not to waste water.**

### Daily Actions!

- \* Teach your school about World Water Day and Toilet Day.

- \* Conserve water. When ice-cubes are left over from a drink, don't throw them away. Put them into plants.
- \* "If it's yellow, let it mellow, if it's brown flush it down".
- \* Never put paints, chemicals or medication down the toilet or drain. It pollutes lakes and rivers.
- \* Wash your car at the car wash they recycle water.

## 7 AFFORDABLE AND CLEAN ENERGY



**Everyone should have power. Sustainable energy for all.**

### Daily Actions!

- \* When cooking cover the pan with a lid. It cooks food faster.
- \* Turn off TVs and computers

when not using them.

- \* Turn lights off in rooms that aren't being used.
- \* Only fill the kettle to the amount of water needed.
- \* Use energy-efficient lightbulbs
- \* Use solar power.

## 8 DECENT WORK AND ECONOMIC GROWTH



**Encourage local business to hire local workers. Pay workers well for good work done.**

### Daily Actions!

- \* Encourage Bring your- child-to-work Day for youth to see what a healthy work environment looks like.
- \* Share knowledge about child labour and forced labour.
- \* Provide food for low-earning workers.
- \* Encourage more job opportunities for youth.

## 9 INDUSTRY, INNOVATION AND INFRASTRUCTURE



**Encourage innovation and new ideas in building and designing.**

### Daily Actions!

- \* Attend fundraising events to support your schools, hospitals and health clinics.

- \* Keep learning so we can build safe buildings.
- \* What can we do to make sure buildings last a long time?
- \* Give away or repair old house hold items. Our gadgets and house hold items could be used by someone else.

## 10 REDUCED INEQUALITIES



**Treat everyone equally at school, home, everywhere.**

### Daily Actions!

- \* Be friends with anyone, no matter where they are from.
- \* Talk or play with someone who needs a friend.

- \* Many girls in other countries do not get to go to school. Sponsor a child in need of education.
- \* Learn about different cultures.
- \* Read storybooks from all cultures.
- \* Learn to respect all kinds of people who may do things differently than you.

## 11 SUSTAINABLE CITIES AND COMMUNITIES



**Make cities available to all that want to be there.**

### Daily Actions!

- \* Use as little energy as possible.
- \* Use the bus or ride a bike.
- \* Encourage people to use

- parks and gyms. They bring people together.
- \* Speak out to help reduce the cost of public transit.
- \* Keep parks and public spaces safe for women, children, elderly people and people with disabilities.

## 12 RESPONSIBLE CONSUMPTION AND PRODUCTION



**Only buy what you need.**

### Daily Actions!

- \* Donate what you don't use.
- \* Buy fruit that is in funny shapes and over ripe, and make smoothies out of them.
- \* Pick up the litter and encourage others to not litter.
- \* Keep showers short. Don't fill the bath to the top.
- \* Reduce— reuse— recycle.

## 13 CLIMATE ACTION



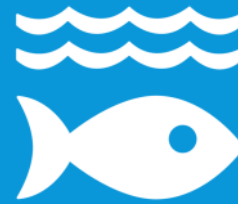
**Do things that help the world stay clean and beautiful.**

### **Daily Actions!**

- \* Compost food scraps.
- \* Drive less.
- \* Bring your own bag shopping.

- \* Air dry. Let your hair and clothes dry naturally
- \* Plant new trees every year. Trees give us clean air.
- \* Only buy what you need. A lot of our food goes in the garbage.
- \* Share what you know about keeping our world clean and beautiful.

## 14 LIFE BELOW WATER



**Keep our oceans clean, take only what we need. Protect what needs protecting.**

### **Daily Actions!**

- \* Learn about sustainable sea food.
- \* Volunteer to clean up the beach.
- \* Use less plastic at home. A lot of our plastic ends up in the ocean.
- \* Learn about life under the water by spending time at the beach. Share your learning and advocate.
- \* Only use the dishwasher and laundry machine when full.

## 15 LIFE ON LAND



**Protect our natural forests and keep them healthy. Take only what you need and leave the rest.**

### **Daily Actions!**

- \* Eat foods that are grown locally, not flown in from other countries.

- \* Recycle used paper and go paperless where possible.
- \* Participate in local urban farming.
- \* Eat less meat. Growing meat creates a lot of pollution.
- \* Buy recycled products.

## 16 PEACE, JUSTICE AND STRONG INSTITUTIONS



**Treat everyone with kindness**

### **Daily Actions!**

- \* If you see something unkind happening tell someone.
- \* Stand up for what you believe in.
- \* Read, write or make a video to stand up for peace.
- \* Show others how to be kind by being kind yourself.

# 17 PARTNERSHIPS FOR THE GOALS



Share what you learn with others.

## Daily Actions!

- \* Be part of a team
- \* Include community in your learning.
- \* Practice teamwork at home.
- \* Be clear, specific and creative about your personal goals.
- \* How can you help or contribute to other community groups.

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**Comox Valley Schools**  
A Community of Learners  
INNOVATIVE • INQUISITIVE • INCLUSIVE



Adapted from: <https://sdgs.un.org/goals/goal4>