

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



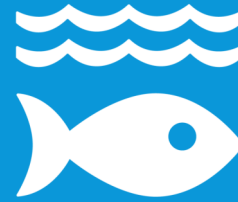
Do things that help the world stay clean and beautiful.

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>