

CHILDREN'S DEPARTMENT

Glenda Amos - World Director

The world leaders at the United Nations summit in September 2015 passed an Agenda for Sustainable Development. It included 17 Goals which it aims to achieve by 2030. These goals cover social, environmental and economic areas. Alcohol proves to be a major obstacle to achieving many of these goals. The activities for this unit highlight some of the problems that alcohol causes to individuals, communities, nations and economies.

For more information see:

<https://www.un.org/sustainabledevelopment/>

<http://iogt.org/the-issues/alcohol-facts/>

Be involved - get the SDGs in action app:

<https://www.sdgsinaction.com/>

Introduction - Principles of Health

Activity 1: Bible Code Verse - Well Wishes -
3 John 1:2 (1 page)

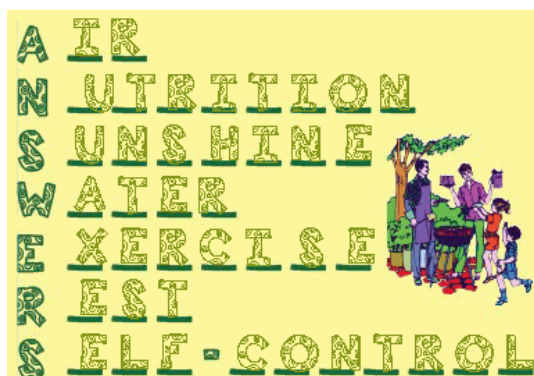
WISE WELL WISHES

DEAR FRIEND I PRAY THAT
YOU MAY ENJOY GOOD
HEALTH AND THAT ALL MAY
GO WELL WITH YOU

Use the musical code to work out John's message to his friend.
3 John 1:2 NIV

A	D	E	F	G	H
I	J	L	M	N	O
P	R	T	U	W	Y

Activity 2: ANSWERS Health Principles & Game (2 pages)



Have you discovered the ANSWERS for a healthy life? Write them on page 1. END	POOR CHOICES Used alcohol and drugs! Go back to the start. 49	SELF-CONTROL Use moderately and in balance those things that are good. 48	TOO MUCH REST Stayed in bed all day! Don't be a sloth! Go back to 42. 47	SELF-CONTROL Say "No!" to the things that harm your body. Make wise choices. 46
NO EXERCISE Sat inside watching TV all day - Go back to 34 41	REST Too much sleep is worse than too little sleep. 42	EXERCISE Muscles that are not used become weak. 43	TOO LITTLE REST Stayed up late - go back to 40 (no rocket use) 44	TOO LITTLE REST Stayed up late - go back to 40 (no rocket use) 45
REST 8 hours sleep a day is the best! 40	WATER Drink plenty of water! Wash regularly too! Go back to 34 31	EXERCISE Strengthen your muscles by daily exercise. 34	LACK OF WATER Did not drink water or wash your hands - go back to 32 (no rocket use) 35	
SUNSHINE Helps to kill bacteria & changes chemicals in our bodies into vitamins. 30	WATER Drink plenty of water! Wash regularly too! Go back to 34 32	EXERCISE Strengthen your muscles by daily exercise. 34	LACK OF WATER Did not drink water or wash your hands - go back to 32 (no rocket use) 35	
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NUTRITION Eat a good balance of fruit, grains, nuts, vegetables & protein foods. 20	WATER Drink plenty of water! Wash regularly too! Go back to 34 32	EXERCISE Strengthen your muscles by daily exercise. 34	LACK OF WATER Did not drink water or wash your hands - go back to 32 (no rocket use) 35	
LACK OF AIR You smoked a cigarette - go back to 1 11	WATER Drink plenty of water! Wash regularly too! Go back to 34 32	EXERCISE Strengthen your muscles by daily exercise. 34	LACK OF WATER Did not drink water or wash your hands - go back to 32 (no rocket use) 35	
START 1	WATER Drink plenty of water! Wash regularly too! Go back to 34 32	EXERCISE Strengthen your muscles by daily exercise. 34	LACK OF WATER Did not drink water or wash your hands - go back to 32 (no rocket use) 35	
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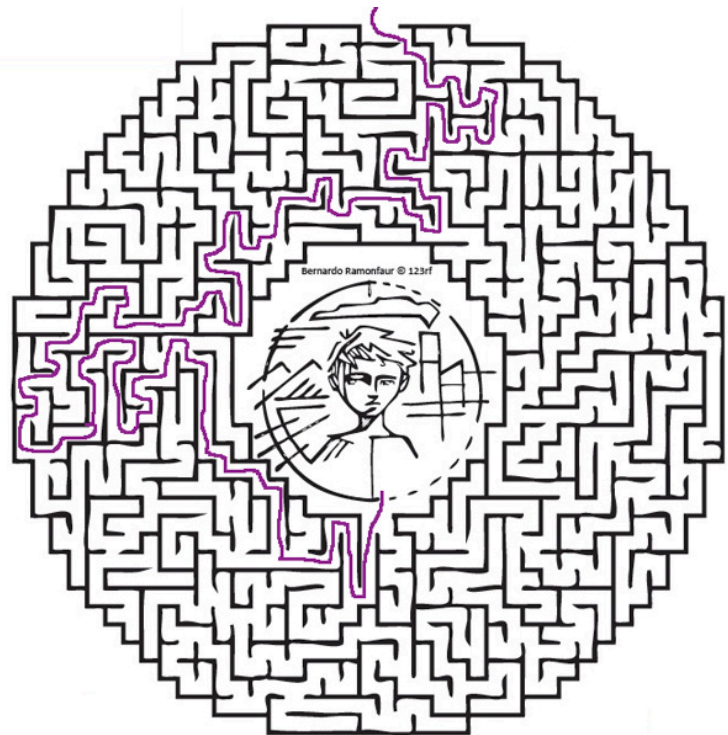
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[Activity 3:](#) Word Find - Healthy Life (1 page)

UN Sustainable Development Goals & Alcohol

[Activity 4:](#) SDG 1.1 No Poverty Maze
 activity sheet. (1 page)



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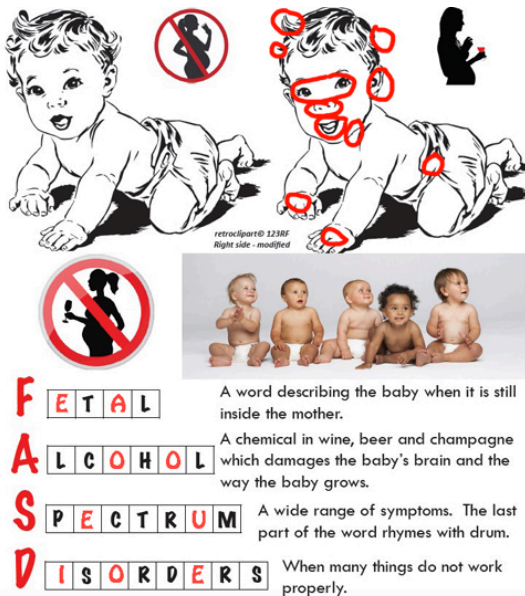


Activity 5: SDG 2.1 No Hunger matching exercise - Food used to produce alcoholic drinks. (1 page)

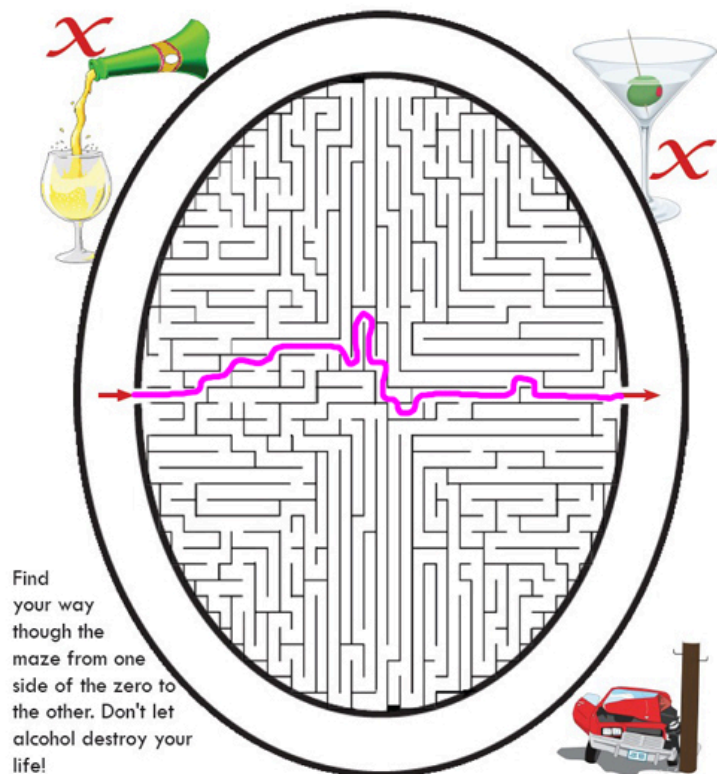
Answers:

- Cherries - wine
- Apples - cider
- Grapes - wine
- Sugar cane - Rum
- Rice - Beer
- Corn - beer, whisky
- Rye - beer, whisky, vodka
- Potatoes - beer, vodka
- Barley - beer, gin, whisky
- Wheat - beer, vodka
- Juniper berries - Gin

Activity 6: SDG 3.1-3.2 Good Health - FASD - Find the differences, and fill in the blanks (1 page)



Activity 7: SDG 3.4-3.6 Good Health - Zero alcohol maze (1 page)



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Activity 8: SDG 4.1 Quality Education - Maths additions and coded messages (2 pages)

4 QUALITY EDUCATION



Do the maths equations on the left.

Use the answers to work out the coded messages below and on the next page.

Circle the 15 differences in the pictures.

Color the pictures!

4 QUALITY EDUCATION



20.18.16.24.27.29
FAMILY

23.26.10.27.26.21.13.26.15 -
NEGLECTED

21.12.24.27.15.19.26.23
CHILDREN

31.25.19.30 25.19
WORK OR

18.21.13 18.22 21.18.19.26.19.22
ACT AS CARERS.

23.25 19.26.22.25.17.19.21.26.22
NO RESOURCES

20.25.19 14.25.25.30.22 25.19
FOR BOOKS OR

11.26.23.21.24.27.22
PENCILS.



27.26.18.19.23.24.23.10
LEARNING

11.19.25.14.27.26.16.22 15.17.26 13.25
PROBLEMS DUE TO

20.18.22.15
FASD.

Color images from:
1. <https://sites.google.com/a/tapa.tp.edu.tw/modern-day-slavery/child-labor/child-labor-in-south-asia>
2. Mosby's Medical Dictionary, 9th edition. © 2009, Elsevier.

18.27.21.25.12.25.27 21.18.23 22.13.25.11
ALCOHOL CAN STOP

21.12.24.27.15.19.26.23 20.19.25.16
CHILDREN FROM

12.18.28.24.23.10 18 10.25.25.15
HAVING A GOOD

26.15.17.21.18.13.24.25.23!
EDUCATION!






Activity 9: SDG 5.1 - 5.2 Gender Equality - Word Find and Hidden messages on Domestic Violence (2 pages)

5 GENDER EQUALITY



**DO FOR OTHERS
WHAT YOU
WOULD LIKE
THEM TO DO
FOR YOU.
MATTHEW 7: 12**

**SHOW RESPECT TO
EVERYONE 1 PETER 2: 17A**

**SAY "NO" TO
ALCOHOL!**

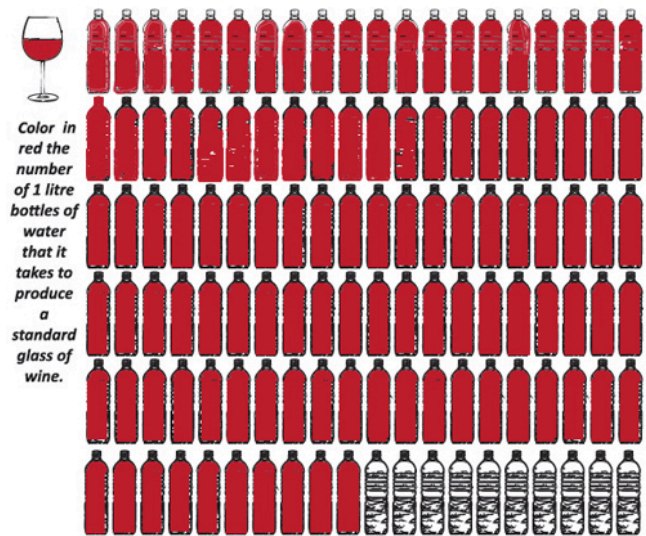
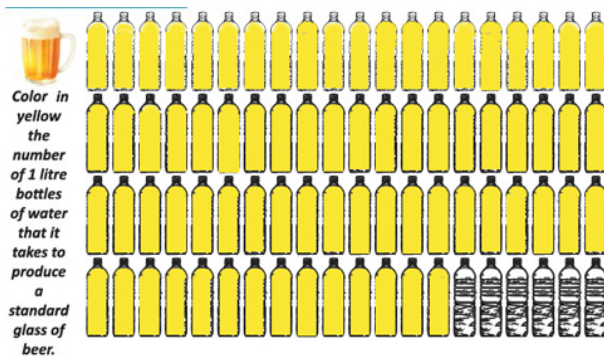
Color Graphics by Evgenii Naumov © 123rf

V	N	D	O	F	O	G	N	R	O	T	K	S	H	E
I	E	R	S	W	E	E	R	H	T	I	H	T	A	T
C	M	Y	O	N	M	U	W	O	L	L	O	D	L	
T	O	I	D	K	E	T	H	L	E	M	T	P	O	D
I	W	E	O	F	T	C	E	P	S	E	R	S	I	D
M	R	O	R	Y	O	D	U	D	I	G	N	I	T	Y
S	L	R	I	G	I	M	A	T	T	H	E	W	7	U
P	:	1	2	S	U	M	H	O	D	N	W	R	N	E
E	N	V	S	P	N	P	P	E	I	C	A	C	I	T
A	E	I	F	J	K	O	T	O	A	O	O	M	D	E
K	T	O	R	O	I	L	V	E	R	M	R	Y	E	O
N	S	L	I	K	N	I	N	E	F	T	D	I	A	S
O	I	E	E	E	D	T	P	O	A	O	A	E	S	T
E	L	N	S	L	E	R	L	M	E	R	N	2	:	
X	I	T	D	Y	Y	T	C	E	7	A	S	A	T	Y
A	"	N	S	O	A	O	S	H	U	R	T	I	N	G
M	O	"	C	B	H	T	T	H	I	T	T	I	N	G
P	O	A	L	O	I	A	L	R	E	S	P	E	C	T
L	R	E	L	C	V	I	O	L	E	N	C	E	C	O
E	H	T	H	R	E	A	T	E	N	I	N	G	O	L

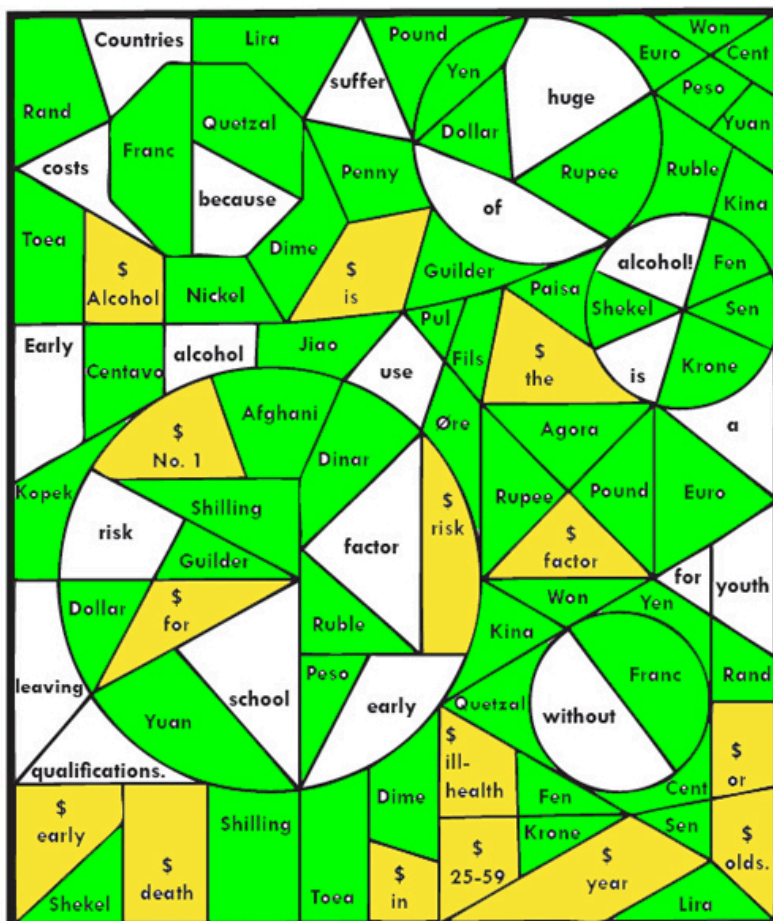
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Activity 10: SDG 6.1 Clean Water & SDG 12:2,3 & 8 Responsible Consumption Alcohol production water footprint (2 pages)

For information go to <http://www.project-platforms.com/files/productgallery-new.php>



Activity 11: SDG 8:2; 8:6; 8:8 Good Jobs and Economic Growth - Colored messages (1 page)



Answers:

Alcohol is the No. 1 risk factor for
 eil-health or early death in 25 - 59
 year olds.

Countries suffer huge costs because of alcohol!

Early alcohol use is a risk factor for youth leaving school early without qualifications.

Some countries -

South Africa - rand

Italy - lira

Britain - pound

European countries - Euro

Japan - Yen

Russia - ruble

India - rupee

PNG - Kina

Australia, NZ, USA, - Dollar

Norway - Krone;

China - Yuan; Israel - Shekel, etc.

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Activity 12: SDG 11.7 Sustainable cities and communities & SDG 16.1-16.2 Peace and Justice - Dot to dot and circle message (1 page)



If you would like to do an origami dove with the children please see instructions at:

<https://www.instructables.com/id/Origami-Peace-Dove/>

<http://www.origami-instructions.com/origami-dove.html>