



WCTU - Children's Department Kit 2020

United Nations Sustainable Development Goals



**DRAW AND COLOR SUSTAINABLE DEVELOPMENT GOALS
NUMBER 3, 4 AND 5**

--	--	--



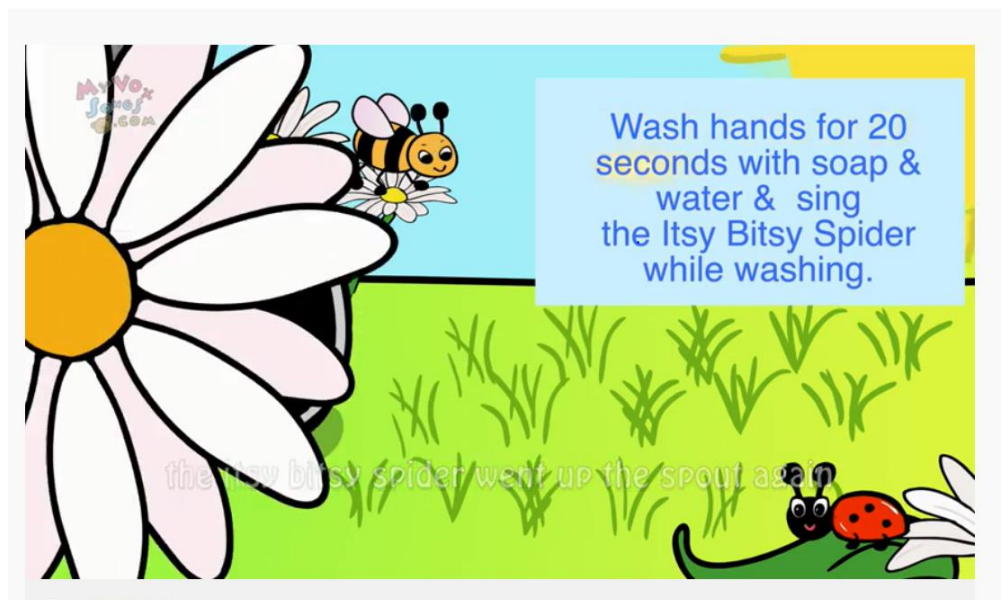
KEEPING HEALTHY

It is important to take good care of our bodies, which are very special.

During the COVID-19 pandemic
it is especially important to wash your hands.

LIST 5 SONGS YOU CAN SING WHILE YOU WASH YOUR HANDS FOR 20 SECONDS.

- 1.
- 2.
- 3.
- 4.
- 5.



<https://www.youtube.com/watch?v=VCA07TwqIFI>



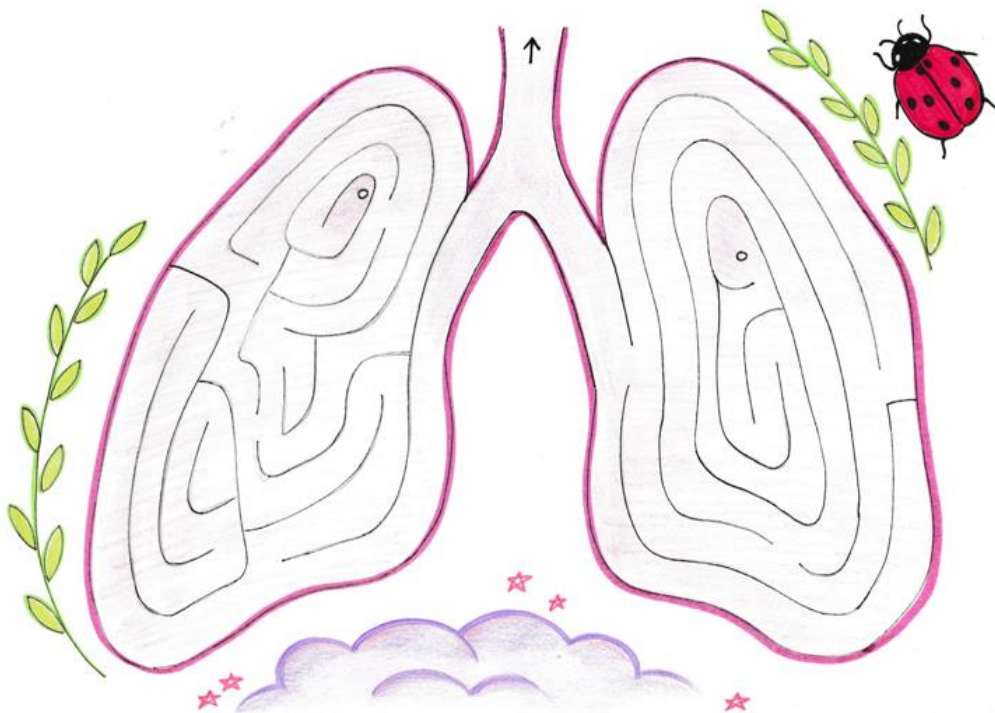
Healthy food. We are what we eat and drink.

FILL IN THE MISSING LETTERS TO UNCOVER THE HEALTHY FOOD.

- | | |
|---------------------|-------------------|
| 1. _ PPL _ | 6. C _ _ UM _ E _ |
| 2. BA _ N _ N _ | 7. S _ LA _ |
| 3. _ O _ AT _ | 8. _ V _ CA _ O |
| 4. CA _ _ O _ | 9. _ R _ NG _ |
| 5. S _ RA _ BER _ _ | 10. _ _ MA _ O |

Say no to smoking and keep away of second-hand smoking.

**FIND YOUR WAY OUT FROM THE LUNGS,
LIKE FRESH AIR FLOWS WHEN WE BREATHE.**

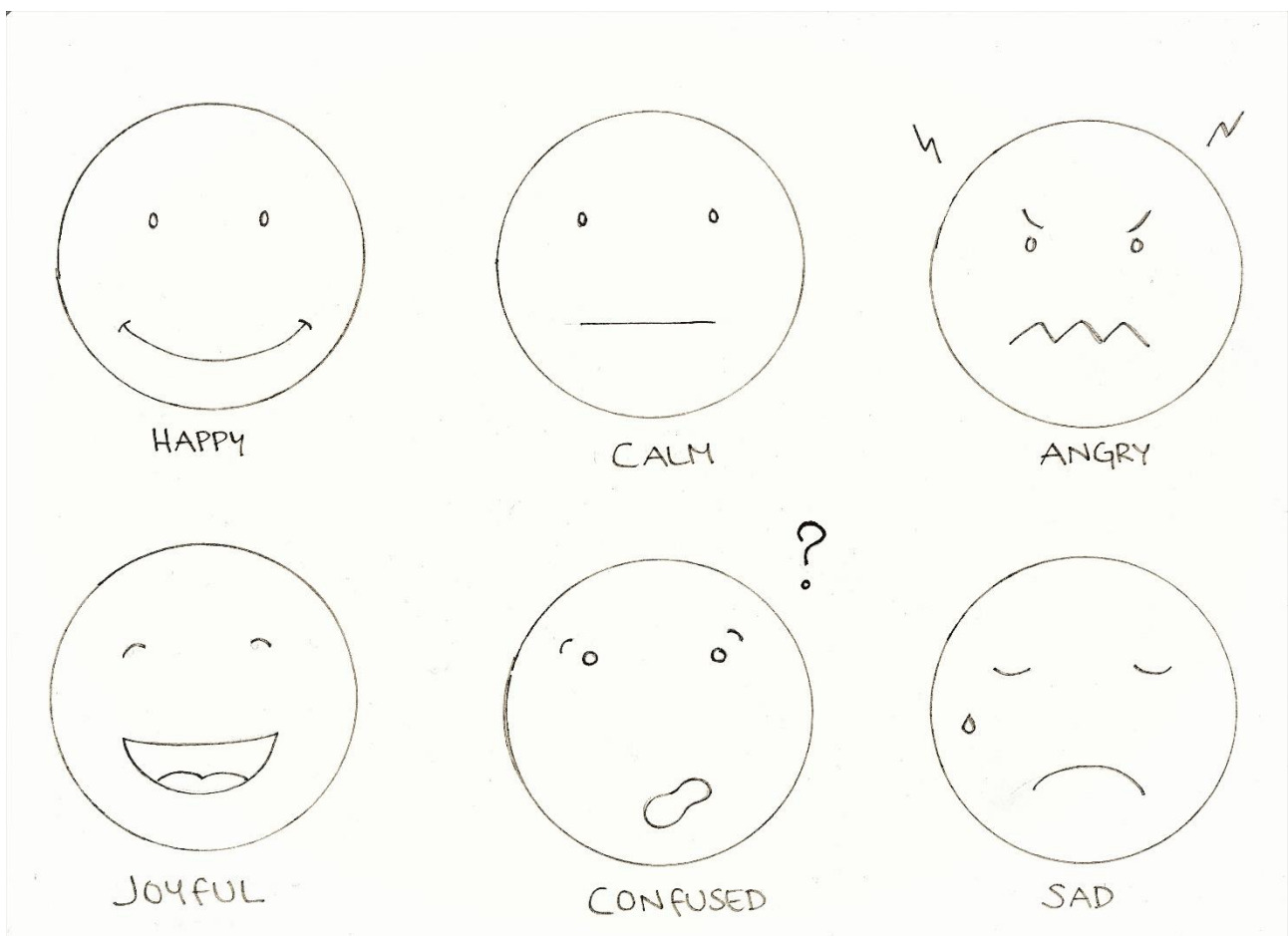




WELLBEING AND BELONGING

Emotions help us communicate with others, but they can also be overwhelming at times. We can learn to express our emotions and navigate through difficult situations.

COLOUR THE EMOTION EMOJIS
– WHAT COLOUR IS YOUR FEELING AND WHY?





Social media is important to many people, and it can be lots of fun. Sometimes social media dependency or cyber bullying may take over. It is important to be aware and turn to an adult in such a case.



**WHICH SOCIAL MEDIA APPLICATIONS YOU USE THE MOST AND WHY?
HOW COULD WE STAY SAFE ONLINE?**

We human beings need daily routines. Daily rhythm increases our wellbeing and mental health.

DRAW AND PLAN YOUR DAILY ROUTINES

Morning	Afternoon
Evening	Night



EQUALITY AND EDUCATION

Equality means that everybody are equal and no one should be excluded because of where they come from, what they believe, or whether they have a disability.

**YOU ARE SPECIAL! COLOR A CARD.
KEEP IT YOURSELF OR GIVE IT TO A FRIEND.**

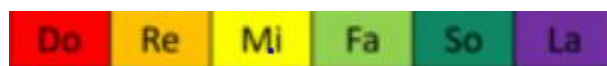




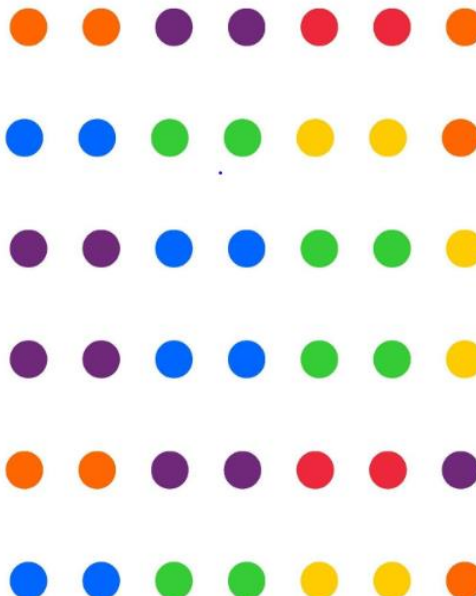
♥MY STRENGTHS CV. LIST OR DRAW YOUR POSITIVE CV ♥



LET'S LEARN TO PLAY TOGETHER! YOU CAN PLAY WITH PIANO, BOOMWHACKERS OR MAKE INSTRUMENTS OF YOUR OWN.



Twinkle, Twinkle Little Star





STAY SAFE!

