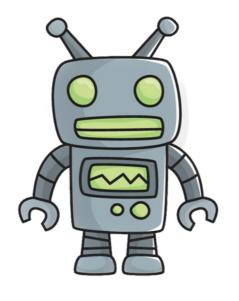
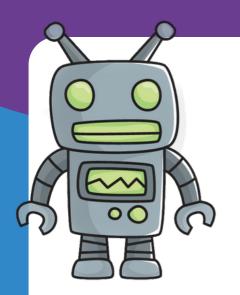
# KIDMON PLAY, LEARN, LAUGH - REPEAT!

# SDGs BOOK

Our planet has some puzzles and STEAM (Science, Technology, Engineering, Art, and Math) is our superpower to solve them. Ready, set, STEAM ahead!





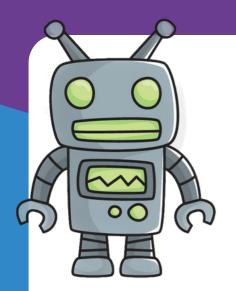
## What are the SDGs ?

Imagine our world as a big puzzle, where each piece represents something that makes our planet a good and happy place to live. Right now, some pieces are missing or not fitting right, and we need to fix the puzzle to make sure everyone, everywhere, has a nice place to live and play.

The SDGs are like a guide to help us fix this puzzle. SDGs goes for Sustainable Development Goals. There are 17 goals in total, and each one talks about a different piece of the puzzle. Let's look closer.

# SUSTAINABLE G ALS





### SDG 1: No Poverty

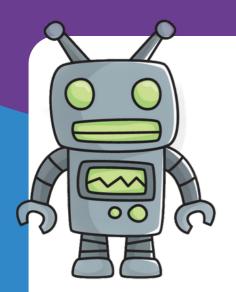
DEFINITION SDG 1 - No Poverty

Everyone should have what they need, like food, clothes, and a home. Nobody should be too poor to afford basic things.



CHALLENGE : Find old toys or clothes and donate them to a local charity so that others can enjoy them.

YOUR IDEA :		
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## SDG 2 : Zero Hunger

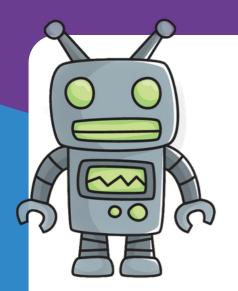
#### DEFINITION SDG 2 - Zero Hunger

Everyone should have enough to eat, so no one's tummy feels empty or growls because they're hungry.



CHALLENGE : Start a small food drive in your neighborhood or school to collect non-perishable food for a local food bank.

YOUR IDEA :		
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# SDG 3 :Good Health and Well Being

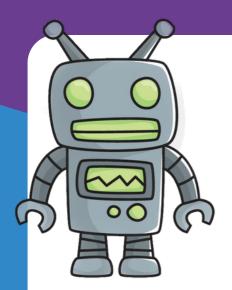
DEFINITION SDG 3 - Good Health and Well Being

People should be healthy and not get sick often. And if they do get sick, they should get the medicine and care they need.



CHALLENGE : Try a new fruit or vegetable this week, and get moving by dancing, walking, or playing a sport for at least 30 minutes a day.

YOUR IDEA :		
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## SDG 4 : Quality Education

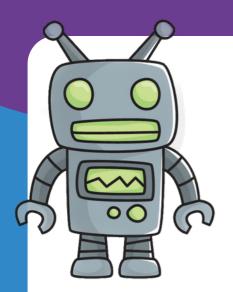
DEFINITION SDG 4 - Quality Education

All kids should be able to go to school, learn fun and important things, and have good teachers.



CHALLENGE : Read a book or story from another country and share what you learned with a friend or family member.

YOUR IDEA :		
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## SDG 5: Gender Equality

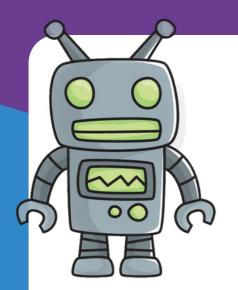
#### **DEFINITION SDG 5 - Gender Equality**

Boys and girls, men and women, should all be treated fairly and equally. Everyone should have the same chances and opportunities.



CHALLENGE : Write or draw a story where the hero can be a boy or a girl, showing that both can be strong and brave.

YOUR IDEA :		
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# SDG 6: Clean Water and Sanitation

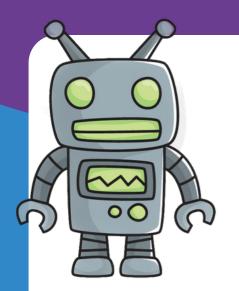
#### DEFINITION SDG 6 - Clean Water and Sanitation

Everyone should have clean water to drink and a safe place to wash their hands and use the toilet.



CHALLENGE : Always turn off the tap while brushing your teeth to save water.

YOUR IDEA :		
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# SDG 7: Affordable and Clean Energy

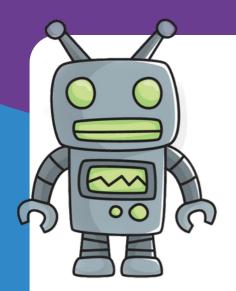
#### DEFINITION SDG 7 - Affordable and Clean Energy

We need energy to power our homes and cars, and it's best if that energy is clean (like from the sun or wind) and doesn't harm our planet.



CHALLENGE : Spend a day without using any electronic devices. Instead, play outside or read a book.

YOUR IDEA :		
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## SDG 8: Decent Work and Economic Growth

DEFINITION SDG 8 - Decent Work and Economic Growth Everyone should have a chance to do work they like, be treated well at their jobs, and earn enough money.



CHALLENGE : Set up a mini "job" like a lemonade stand or yard work and learn about earning and saving money.

YOUR IDEA :		
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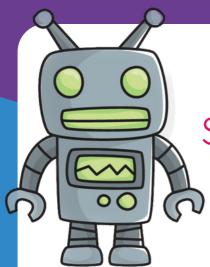
# SDG 9: Industry, Innovation and Infrastructure

DEFINITION SDG 9 - Industry, Innovation and Infrastructure. We should build cool and helpful things in a way that's good for everyone, and always think of new and better ways to do stuff.



CHALLENGE : Build something creative using recycled materials you find at home.

YOUR IDEA :		
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## SDG 10: Reduce Inequalities

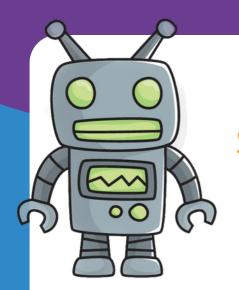
#### DEFINITION SDG 10 - Reduced Inequalities.

No matter where someone is from, what they look like, or how much money they have, everyone should be treated fairly and with respect.



CHALLENGE : Make a new friend at school or in your neighborhood, especially someone who might feel left out.

YOUR IDEA :	 



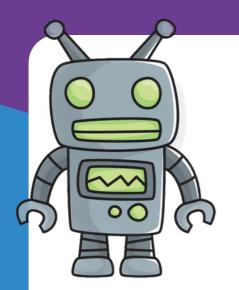
# SDG 11: Sustainable Cities and Communities

DEFINITION SDG 11 - Sustainable Cities and Communities Our towns and cities should be safe, clean, and good places to live, where people and nature are both happy.



CHALLENGE : Plant a tree or flower in your backyard or community garden.

YOUR IDEA :		 
	1	



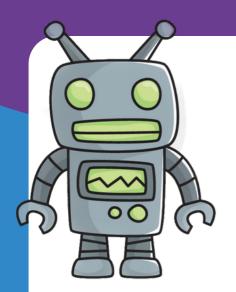
# SDG 12: Responsible Consumption and Production

DEFINITION SDG 12 - Responsible Consumption and Production We should use and make things in a way that's good for the planet and doesn't waste stuff.



CHALLENGE : For a week, try to use things without wasting, like using both sides of paper or eating all your food.

YOUR IDEA :		
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## SDG 13: Climate Action

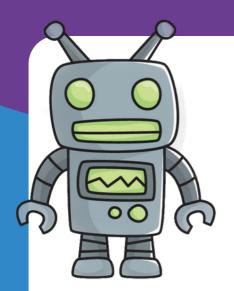
**DEFINITION SDG 13 - Climate Action** 

Our planet is getting hotter, and we need to take care of it by doing things like planting trees and using less plastic



CHALLENGE : Ride a bike, walk, or carpool instead of taking a separate car to reduce pollution.

YOUR IDEA :		
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### SDG 14: Life Below Water

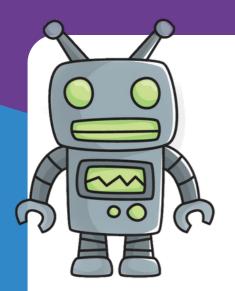
#### DEFINITION SDG 14 - Life Below Water

The fish and all creatures in the sea need our help. We should keep oceans clean and not take too many fish out of them.



CHALLENGE : Organize or join a local river or beach cleanup day.

YOUR IDEA :		
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## SDG 15: Life On Land

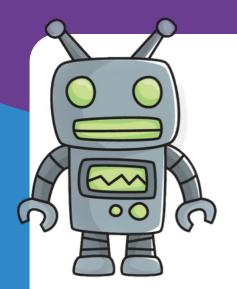
#### DEFINITION SDG 15 - Life On Land

Animals, trees, and plants on land are important too. We should protect forests, animals, and nature.



CHALLENGE : Set up a bird feeder or create a small wildlifefriendly spot in your yard.

YOUR IDEA :	-
	-



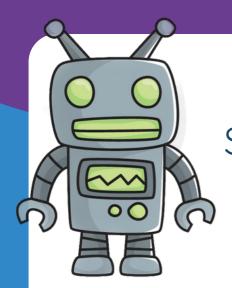
# SDG 16: Peace, Justice and Strong Institution

DEFINITION SDG 16 - Peace, Justice and Strong Institution Everyone should live in places that are peaceful, where they feel safe and where people in charge are fair and kind.



CHALLENGE : Learn about a hero who worked for peace (like Martin Luther King Jr.) and share their story with friends.

YOUR IDEA :		
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# SDG 17: Partnerships for the Goals

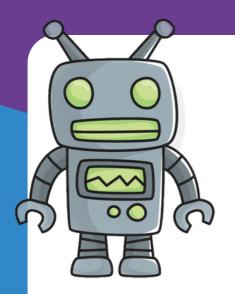
DEFINITION SDG 17 - Partnership for the Goals.

This is like teamwork! All countries and people should work together to make all these goals happen.



CHALLENGE : Team up with friends or family to do a community service project, like cleaning up a park or making care packages for the elderly.

YOUR IDEA :		
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### THANK YOU

Our world is like a big puzzle, and the 17 Sustainable Development Goals help us fit the pieces together. From oceans to cities, everyone has a part to play. Even small actions can make a big difference. Let's work together to create a happy, safe, and bright future for all!

## SUSTAINABLE G ALS

