

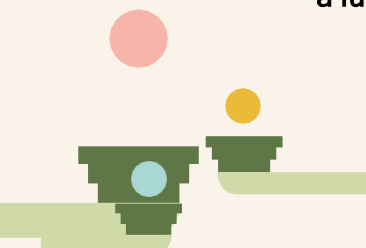


Let's take a trip through the SDGs!

**Would you like to go on an amazing family adventure?
With this digital guide, you will be able to do just that!**

The pages that follow will take you on a journey through the UN's 17 Sustainable Development Goals (SDGs), a global action plan to make the world a better place. Each SDG represents a challenge that we need to address as a society, from fighting poverty to protecting the environment.

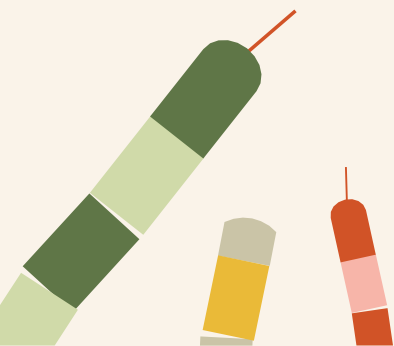
At each stop on this journey, **you will find out about a different SDG and, through a fun and creative hands-on activity**, you will put values such as solidarity, responsibility and respect for our planet into practice.



**The most important thing is that you have fun
while you learn and contribute
to a better world!**

Have a good trip!

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SDG 7



Affordable, non-polluting energy.

No matter where you are, within everyone's reach, less quantity and cleaner.

Find out more here



Have you ever wondered where the electricity that powers your toys and video games comes from?

Energy is an invisible force that allows us to do so many things!

What does affordable, non-polluting energy mean?

Imagine that energy is a super potion that gives us power. The aim of SDG 7 is for everyone to access this magic potion, no matter where they live or how much money they have!

But this potion also needs to be clean, a super potion that does not pollute the air and water. We don't want fumes and waste to harm our friends, animals and plants!

How can we achieve that?

- By saving energy: Turn off lights when you are not using them and unplug electronics you are not using!
- By using clean energy: Ask older people to use energy-saving LED light bulbs and to turn off the heating when they don't need it!
- By recycling: Batteries are energy too! Recycle them so that they do not cause pollution.



Let's get to work!

We will build a small wind generator in this workshop.

You will see how wind can generate enough electrical energy to light a small light bulb!

VIDEO:

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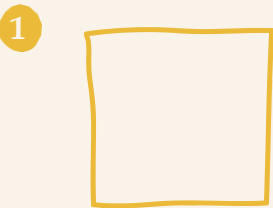


THE POWER OF THE WIND Windmills

What do you need?

- Cardboard and recycled paper: magazines, newspapers, etc.
- Glue, scissors and drawing pins
- Paints, markers and crayons for colouring in
- Paper straws and plasticine
- Lots of creativity

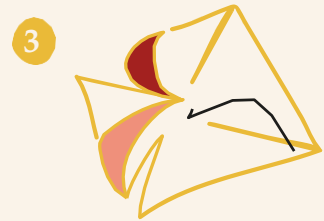
Step by Step



Using a piece of cardboard, draw a square and cut it out.



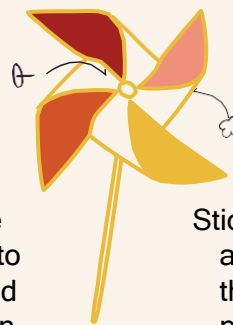
Draw your own design by painting "free style" or by sticking recycled paper onto one side of the square.



Fold and mark out the two diagonals and cut down the lines without going all the way to the centre.

4

Fold one corner of the the triangles that are formed into the centre of the square and attach it with the drawing pin.



5

Stick it onto the straw and protect the tip of the drawing pin with plasticine.

Challenge achieved! Blow it to check it.

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SDG 12



Responsible production and consumption.

Recycle to create, and use sustainable materials and renewable energy.

Find out more here



Did you know that you can help the planet with just a few simple actions?

In this workshop you will learn how to create something amazing using recycled materials, renewable energy and lots of great ideas.

What is responsible production and consumption?

Imagine that the planet is our home and that we need to look after it like a treasure. SDG 12 calls on us to be responsible guardians, using resources wisely so that they last for a long time!

That means that we can't just throw away everything we no longer use. We need to be creative and give things a new life!

Recycle, reuse and create!

Plastic bottles, cardboard boxes and even old clothes can be turned into amazing things. Use your imagination and become a master recycler!

Energy that shines without polluting

Did you know that the sun and wind can be our allies in caring for the planet?

Renewable energies give us energy without polluting the air and water!

We can put solar panels on our homes to provide clean electricity or build windmills that work using the power of the air. It's like having renewable magic!



Are you ready to use wind energy to create a fun toy?

In this workshop, we will make some floating balls. You will find out how energy can move things!

VIDEO:

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THE POWER OF THE WIND

Floating balls

What do you need?

- Coloured cardboard
- Glue, scissors and sellotape
- Paints and washi tape to customise your creations
- Paper straws
- Newspaper and recycled CDs

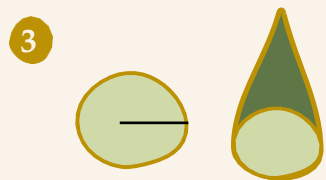
Step by Step



Draw a circle on a piece of cardboard using a CD and cut it out.



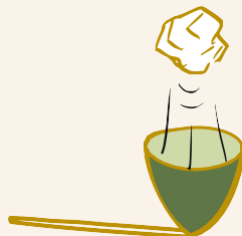
Customise your design with washi tape and paints.



Mark the radius, cut it out and glue it to form a cone.

4

Insert the straw through the tip of the cone and seal it tightly with tape.



5

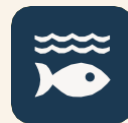
Create a few balls with recycled newspaper.

And now let's play! Trial and error.

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SDG 14



*Underwater life.
Clean seas and oceans,
less plastic, more fish.*

Find out more here



Do you like to use your imagination to discover incredible worlds?

In this workshop, we will take a look into the sea to meet some of its fantastic inhabitants and learn how to take care of them!

What is SDG 14?

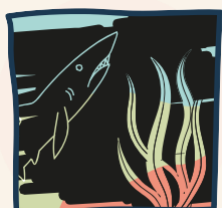
Imagine that the sea is like a big amusement park full of magical animals. SDG 14 wants to protect this park so that all of the fish, coral and creatures can live happily and safely.

Danger! Pollution in the sea

Unfortunately, boats and people throw rubbish into the sea, which pollutes the water and makes the animals sick. We need to be heroes of the sea and protect it from pollution!

How can we become heroes of the sea?

- Do not throw rubbish into the sea: even a small piece of paper can harm a fish!
- Recycle: plastic bottles and cans can be turned into new objects!
- Save water: Turn off the tap while you are brushing your teeth!



Are you in?

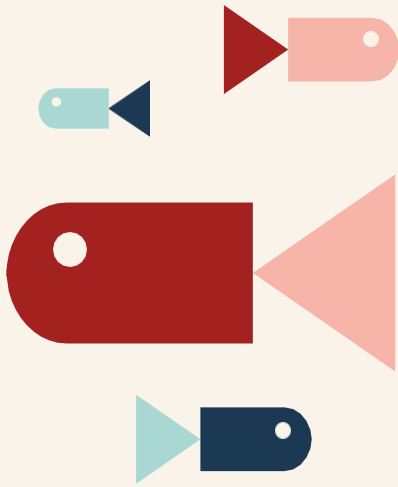
In this workshop, we will create a mural with drawings of marine animals. Let's imagine a clean ocean full of life!

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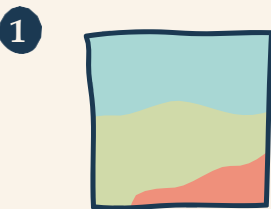
MAGIC DRAWINGS

Create a seascape full of life

What do you need?

- Cardboard
- Blue wax, black shoe polish
- Toothpicks and/or a hole punch

Step by Step



Prepare a piece of cardboard and colour it with blue wax. Combine different shades to give it a more creative look.



Use a pot of black shoe polish to cover the entire surface of the cardboard.



While you are waiting for the polish to dry, you can get involved in another activity. Are you in a hurry? Take it home and finish it there.



Use a toothpick to draw the Cantabrian Sea. Discover animals and plants.

Hang up your seascape full of life in a visible place at home and remember to help protect it.

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SDG 15



Life of land-based ecosystems.
Deserts, jungles and forests, care for and respect animals and plants and stop desertification.

Find out more here



Do you know what biodiversity is?

It is the variety of plants and animals that live on our planet. Imagine a forest full of trees, flowers and birds, or a desert with cacti, reptiles and insects! Every species has an important role to play in keeping things running smoothly.

What is SDG 15?

The aim of SDG 15 is to protect the life of land-based ecosystems, and take care of forests, jungles, deserts and grasslands, which are home to a great variety of plants and animals.

It also means that we need to fight against desertification and deforestation, which are destroying natural habitats and endangering biodiversity.

What are desertification and deforestation?

These are two problems that make forests and deserts dry and lifeless.

We need to protect them! Did you know that our planet is like a giant sticker album full of amazing plants and animals? In this workshop, we will find out about some of these treasures and learn how to protect them!

What is biodiversity?

Imagine that every plant and animal is like one of the stickers in your album. Biodiversity is the variety of stickers that exist in nature.

The more different stickers you have, the better and more special your album will be!

Why is biodiversity important?

Every species of plant and animal has an important role to play in the balance of nature. They are like the gears of a giant machine! For example, bees pollinate flowers, trees provide shade and oxygen, and animals help control pests.

What are desertification and deforestation?

Desertification is like deleting some of the stickers in your album. It's what happens when the land becomes dry and arid, making it impossible for plants and animals to live there.

Deforestation is when trees are cut down on a massive scale, as if you ripped entire pages out of your album. This also causes many animals to lose their homes.

How can we become nature explorers?

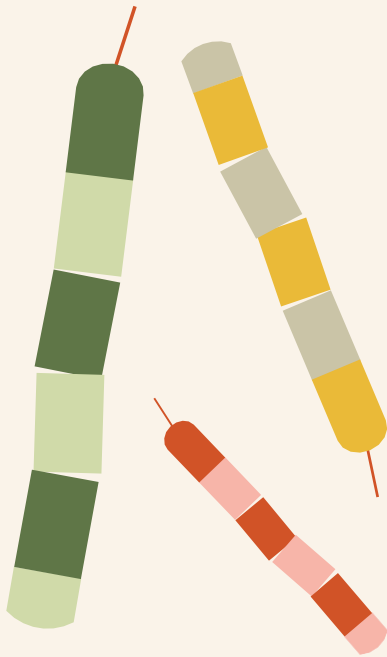
- By observing! Look out for the plants and animals around you in the park, in your garden or even in your home.
- By learning! Investigate different ecosystems and the species that live in them.
- By taking care! Do not throw rubbish into our natural environment, recycle and save water to protect our planet.

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JUNGLE ANIMALS

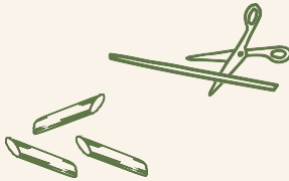
Protects snakes

What do you need?

- Pasta tubes, whatever you find around the house
- Paper straws, scissors and beads
- Pipe cleaners, EVA foam and a rattle
- Little eyes and glue

Step by Step

1



Let's start with the body.
Prepare a handful of pasta tubes/macaroni, choose some beads and cut some straws.

2



Create the head
and your pet's tongue with
the EVA foam and the little
eyes.

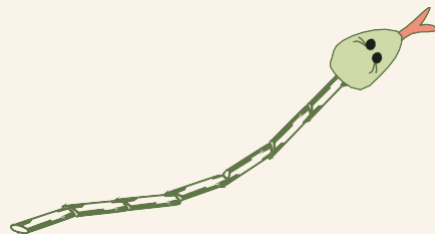
3



Pick a pipe cleaner and
alternately put the pasta
tubes, beads and pieces of
straw onto it.

You can join several pipe cleaners
together to create a great big boa.

4



Glue the head onto one end and fold the
other end to secure the body. If you put
a rattle on it, you have a snake with a lot
of rhythm.