

Cyril's Kindness Crew

Ending Poverty, Feeding the World!

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This book series “Raising Change Makers” is dedicated to
all children, the inherent vision-holders of peace, justice,
and sustainability.

Prof. Cyril Sustain

Professor of Sustainable
Development, Community
Building, and Nuts.



Welcome, welcome!
You're most welcome indeed.
I am super excited to meet you.

I'm Cyril.
I'm a squirrel.
A very kind squirrel.
And I am a little smart, too.

Do you want to learn new things?
Hear a few facts?
Fill up your brains?
Well, you're in luck! I have a few things to share with you...
if you want to learn about **sustainable development**, that is.
You do?
Great!



First, let's talk about the elephant in the room.
No not that one, the other one!
What does sustainable development mean?

Any idea?

Let me break it down for you...

Sustainable:
Lasts for a very long time.

Development:
Positive changes.

Sustainable Development:
Positive changes that last
for a very long time.

But wait, when we
are talking about the
world, **sustainable
development** means
even more than that!

Sustainable development means to make everybody's lives around the world better right now, without hurting the world in the future.

We have to make the world better for us all, of course! But we also have to think about the world our children, and grandchildren, and great-grandchildren,



and great-great-great-gazillion-great-grandchildren are going to live in!

Resources:
supplies of money, materials, and people.



It's about not using all of our resources now, because if we do that, there will be no resources left for later. That wouldn't be wise or kind, would it?

For instance, you went shopping for some food, and you came back home to eat all of it in just one day. There wouldn't be any left for the rest of the week.

Oh, and you'd be super full!

Energy Well-being

Quality Education

Gender Equality

Water and Sanitation

Living in Peace

Technology

Equality

Poverty

Hunger

Ocean Protection

Safe Communities

Responsible Consumption

Systems

Climate Change

Earth Care

Work

Partnerships

"Why do we need sustainable development?"

Well, there are countries and people all over the world that have little good things or none like you and me.

And we want everyone to have nice things, don't we?

So, what do we do?

What can we do?

The answer? Loads of stuff.

In fact, there are so many things we can do, that we could stay up all night discussing them!

Today, I'm going to talk about two things:

Thing 1... ending poverty!

Thing 2... ending hunger!

Prof. Froggy Poor: Professor of Poverty, Money, and Croaking



Let's start with the first one, ending poverty.

Time to meet your first expert!

Let me introduce you to the master of money, the brain of the bank,
our very own professor of poverty...

Professor Froggy Poor!

Poverty:

Being so in need that you
can't afford basic things

like food, clothing or
a home.

Hi guys!

Froggy here.

I'm not your ordinary expert, I am the magical frog who knows all there is
to know about poverty and how to chase it away.

First of all, you're probably wondering exactly what poverty is!



Here's the situation.

There are loads of people on the planet who are in **poverty**.
In fact, according to the United Nations, nearly 1 in 10 people in the world are in **poverty**.
That's A LOT of people... about 780 million people, actually!
But that number goes up and down, depending on how much help the world provides.

So, how do we make that number go down and not up?
It's all very well giving away "stuff".
I've helped to send food to communities and countries with special needs before.
But once they've used the stuff and eaten the food... they have nothing again!





Can you imagine how hard it is to be in need?

Can you imagine what it's like to have no food to eat, no bed to sleep on, no way to make money, or no house to live in?

Doesn't sound very fun at all, does it?

So, what needs to happen?

Well, a more **sustainable** solution is to give them the tools to make their own money and build their own communities.

There's an old saying...

"If you give someone a fish, you feed them for a day. If you teach someone to fish, you feed them for a lifetime."



Technology



It is also important to make sure that people in need have services that they can use. Services that you and I take for granted, like technology, land, medical care, and transport.

Land



Medical Care



Transport



Equality:

People being equal
to one another in
status, rights, wealth
and opportunities



These sustainable solutions to ending poverty are important in our journey to creating global equality.

Professor Reginald Rumbles



Give Froggy a big hand everyone!
I have a much better understanding of poverty, don't you?

Next up, it's hunger.
Let me introduce you to the master of meals, the finder of
food, our very own hero against hunger...
Professor Reginald Rumbles!



Hunger:

Feeling weak and sick because
of not eating enough food, as
well as desperately
wanting to eat.

Greetings all!
I'm Reginald, but you can call me Reg.
I know all about the mysteries of hunger and how to peck them away.
"Hunger?" you say. "What's that?"
Well, it's this...

Hunger: Feeling weak and sick because of not eating enough food, as well as desperately wanting to eat.





Do you know that feeling?

When you've been out all day and your Mom or Dad is late cooking dinner?

That empty feeling in your stomach when it starts to rumble and groan?

That's hunger, kids.



A lot of people across the world, mostly the people in need Froggy told you about, feel like that *all the time*.
Imagine that?
Not a fun thought at all.
So, what's the solution?

Well, there are a few main things to offer.

The big one is to make it so that everyone in the world can grow their own food if they need to. That means teaching people about what they can grow where they live.

Do you know what you can grow where you live?



You see, you can't grow anything just anywhere. If you tried to grow pineapples at the North Pole, you'd go hungry!

It's not hot enough to grow them there.

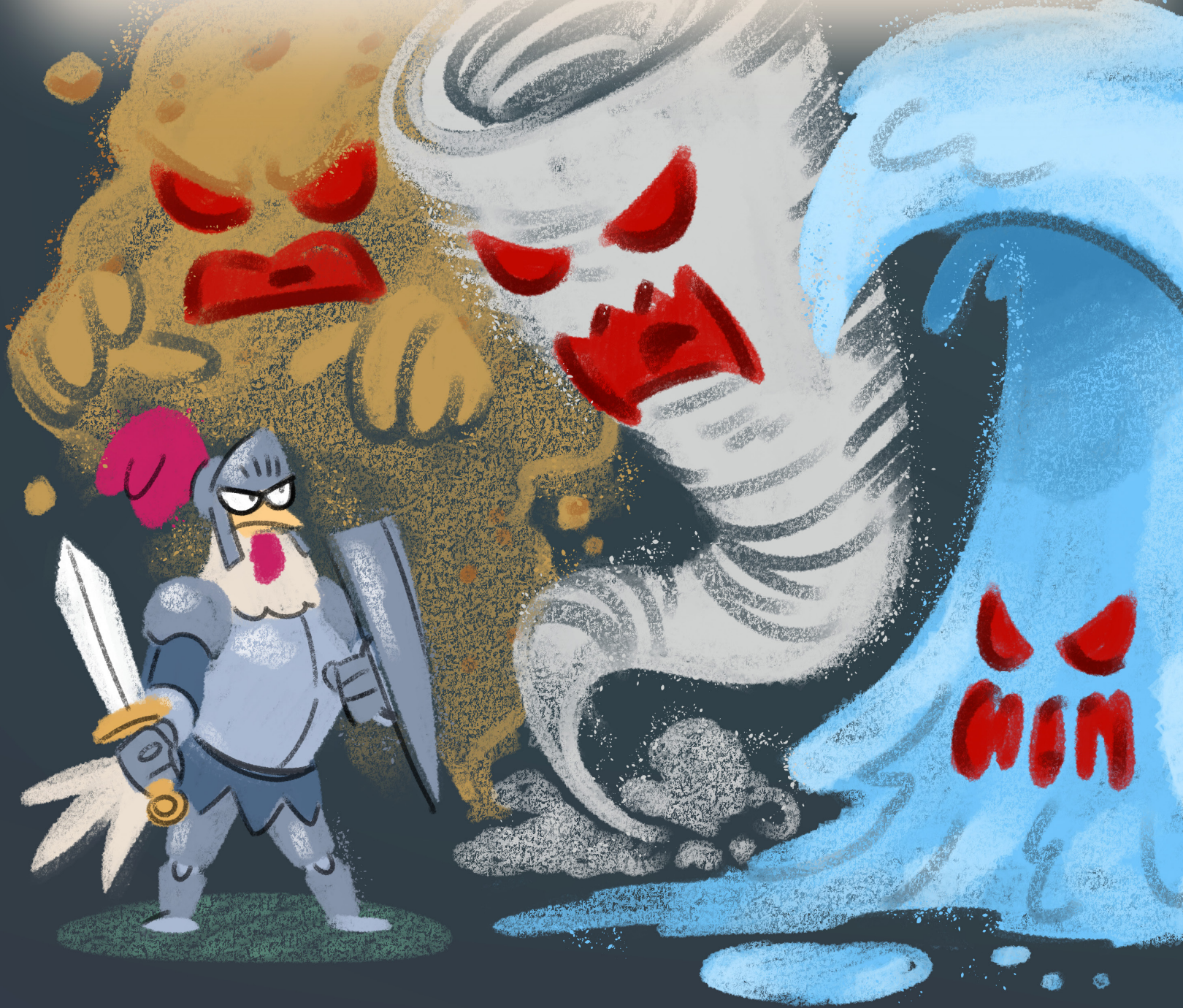
Teaching everyone what will grow sustainably on their land will help them to make the best use of it. And it will protect the land. If we are kind to our land, it can provide for us all!

To do that, you must set up transport networks from local food makers, to make sure food is getting spread fairly amongst everybody.



Next, some people in need can't make their own food, like vulnerable people...
So, elderly people, people with disabilities, and mothers of young children.
It's important to make sure they can get basic food all year round.

Last of all, we have to protect farmland from disasters like droughts, flooding, and hurricanes.
But that's a big one.
That's a **global warming** problem.
I'm sure there will be an expert along in another class to tell you all about that!



Give Reg a round of applause everyone!

Now, that's all the experts I have for today.

We've done lots of talking, now I want you to go away and do some thinking...



I think you'll agree that these are BIG problems with BIG solutions.

These big changes are possible for important grown-ups in government to make... but you can help too.

Do you want to know my Top Secret for how we can all make a difference? Yes?

KINDNESS!

If we practice kindness to ourselves, to others, and to nature, we can make a difference!

Be kind to your body, eat well, rest well and play! You will feel joyful.

When joyful, you will find it easy to be kind to others.

And to be kind to all things on Earth, even those Ruckus Makers — the Humans!

What small things can **YOU**
do to help end global poverty?

Is there anything **YOU** can do to help put a
stop to world hunger?

Are there any programs near **YOU**
that you can get
involved in?

You can also help by raising your voice, getting involved, and talking to your friends about these questions too...

I leave you all to discuss and practice kindness!

And I'll be seeing you next time, right? When we will talk about **well-being and education.**

Bye!



Hi!
Me again.
Something extra for you all here...

Did you know?

In 2015, 193 countries agreed to a bunch of Sustainable Development Goals at the United Nations. That's almost the whole world!

Oh, by the way, Sustainable Development Goals (or SDGs) are like a global to-do list. It's a special plan to improve people's lives and take care of the Earth.

There are 17 goals on the list.

17 different goals, for 17 different problems!

Problems like making sure everyone has yummy food to eat...

...or clean water to drink...

...or a cozy and safe place to live.

And here's where it gets exciting... all 17 goals are connected.
It's like a massive puzzle!

We can't hit just one goal on its own and then move on after it's done.
It doesn't work like that.

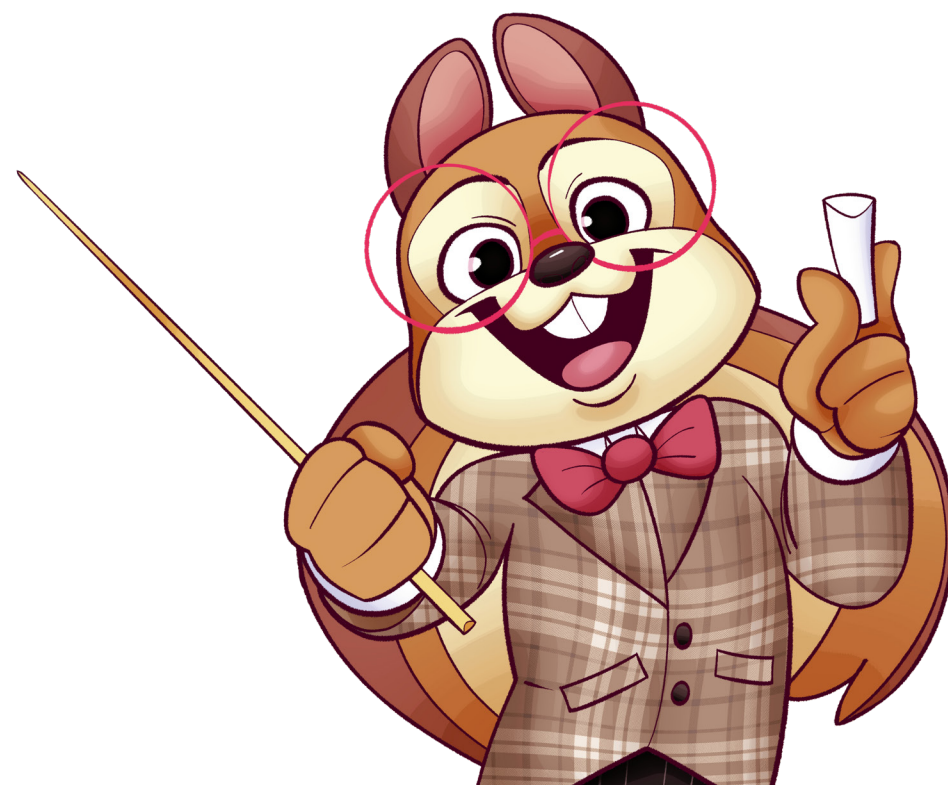
We need to work on all the goals at the same time because they're all related.
So, it's like a big team effort where we discover how the goals fit together and solve problems in a fun and clever way. Like superheroes all coming together to save the day!



In this book, we talked about Sustainable Development Goal 1 (or SDG1) ... ending poverty.

It would be really kind of you to go just a little further. Here's how...

1. Read a bit more about poverty. Learn about why it happens. Talk about why it's important to end it.
2. Hey, got any clothes, toys, and books you do not use? Why not hand them to an organization that gives those things to children in need?
3. Be kind to the world and take care of the Earth so it can carry on providing for us all.
4. Support fair trade products and companies that pay workers fairly.
5. Help charities raise funds to end poverty.



Sustainable Development Goal 2 (or SDG2) is about making sure that everyone has enough to eat, that the food is good for them, and that it's grown in a way that protects the environment.

Here are some ideas for acts of kindness for yourself, others and the environment...

1. Eating a balanced and nutritious diet and learning about why that is important.
2. Planting a vegetable garden or buying food from a local farmer's market.
3. Being mindful of food waste by doing planned shopping or storing food properly to make sure it doesn't go to waste.
4. Learning about, and supporting, sustainable farming in your home country.
5. Speaking up for the right of all people to have access to enough safe and nutritious food.

And most of all, remember this...

Kindness creates magic!

