

Super Friends  
are like the sun.  
Even if you don't  
see them, you  
know they are  
still there.

# SUPER FRIENDS9!

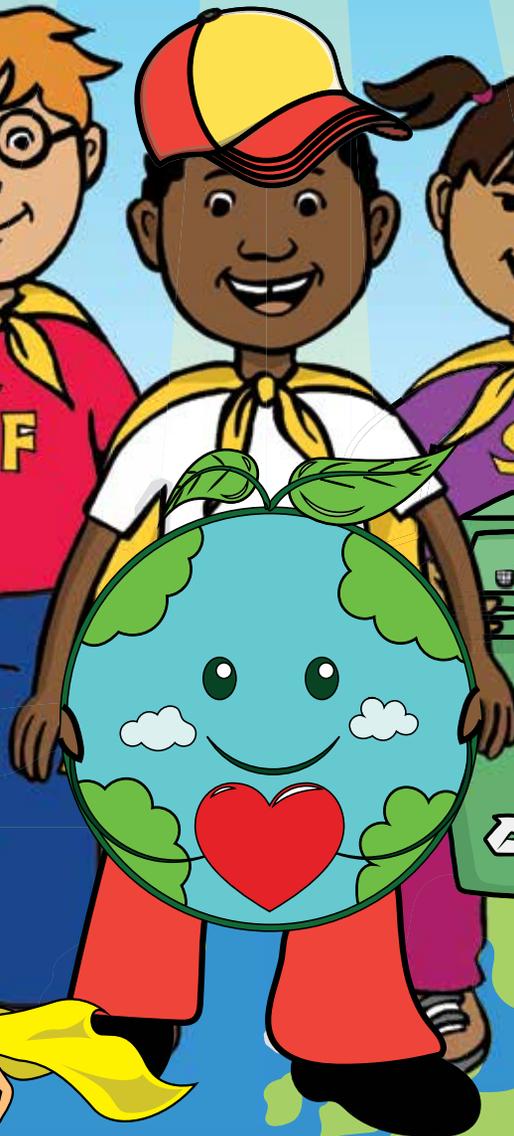
## INSIDE:

Welcome to  
Super  
Friends9!

Goal 13:  
Climate  
Action

Podcasts,  
Books, Movies

Super Friends  
Corner



# Welcome to

# SUPER FRIENDS 9!



## What are Sustainable Development Goals (SDGs)?

In September 2015, the 193 countries of The United Nations launched The Global Goals of Sustainable Development, SDGs, a commitment to achieve 3 extraordinary things in the next 15 years: end extreme poverty, fight inequality & injustice and fix climate change. In order to get this done, 17 Goals have been set.

<http://margreetdeheer.com/eng/globalgoals.html>

## SUSTAINABLE DEVELOPMENT GOALS



**WHY ARE CLIMATE CHANGE AND CLIMATE ACTION SO IMPORTANT?**  
Climate change is caused by human beings and their activities. This is threatening the way Super Friends live and the future of our planet! Super Friends can help change this and build a sustainable world for everyone.



**SUPER FRIENDS- WHAT CAN KIDS DO?**  
Take action. Find out what Sustainable Development Goal Number 13 means and share with your family and friends. Ask your parents to do the Earth Day word search with you.



## GOAL 13: CLIMATE ACTION

13 CLIMATE ACTION



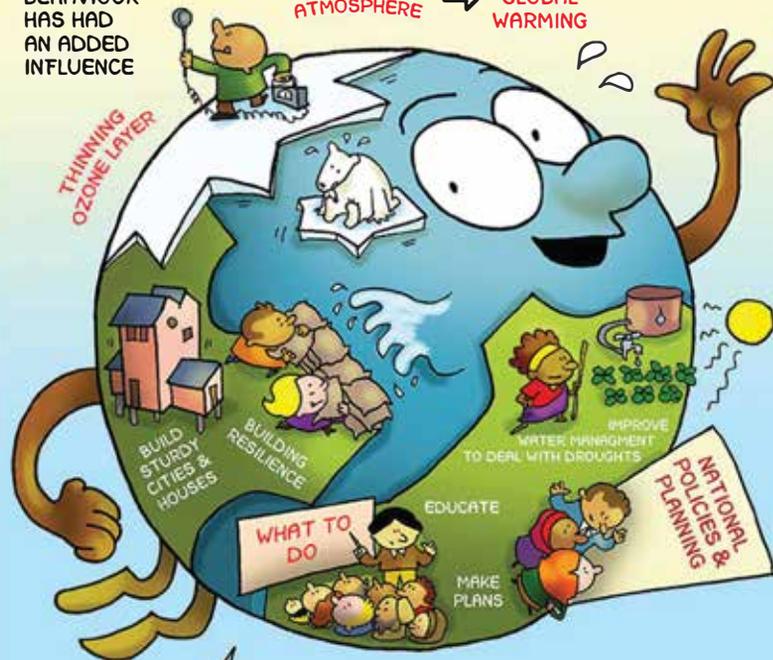
BY: MARGREET DE HEER

**THE CLIMATE IS CHANGING!**

THE CLIMATE IS ALWAYS CHANGING NATURALLY, BUT IN THE LAST 200 YEARS, HUMAN BEHAVIOUR HAS HAD AN ADDED INFLUENCE

EVEN WITH ALL THE MEASURES TAKEN, IT WILL TAKE DECADES TO REVERSE GLOBAL WARMING - SO WE MUST BE **PREPARED** TO MANAGE EXTREME WEATHER AND NATURAL DISASTERS!

CO<sub>2</sub> IN THE ATMOSPHERE → GLOBAL WARMING



ALL NATIONS MUST **WORK TOGETHER** TO HELP MITIGATE AND ADAPT TO CLIMATE CHANGE AND ITS IMPACTS FOR THE BENEFIT OF PEOPLE EVERYWHERE.



# Protect Our Home



## What is the environment?

The environment is everything in the world around us that affects all life on Earth: the air, food chains, the water cycle, plants, animals and other humans.

## What is climate change?

A big environmental change that is affecting the lives of people, animals and plants.



## Planet Earth

We need oxygen, water, food and warmth from the environment:

We get water from rain that fills lakes, rivers and creeks

We get food from plants, animals, fish and birds

We get warmth from the sun.

## Easy things you can do to help the environment

- The 3 minute shower: get wet, switch off the water, soap all over, wash your hair, turn the water back on, rinse and turn off the water



- Use a glass of water to wet your toothbrush, brush, rinse your mouth and clean your brush

- Switch off taps and switch lights off when you leave a room



- Find out more about our environment:

<https://climatekids.ca/>

<https://climatekids.ca/climate-science-brain-buster/>

"Plant more trees, they give us oxygen and shade."

"I turn the lights off when I leave a room."

"Sort out your garbage and use a recycle bin."

"Learn the recycling rules in your community."

"We make compost with food scraps then we put it on the veggies. We have solar power too."

"We have a timer on the shower. You have to be quick if you wash your hair."



## Children's Earth Prayer

Dear God, thank you for this beautiful planet.

Bless it and keep it safe from harm.

We pray for the protection of the animals, the soil, air and water.

May we care for all you have made.

Help us to love the Earth as you do.

We pray in Jesus' name. Amen.

- Carol Meyer, Earthbeat





Learn more about climate action - with your family and friends!

## Podcasts



**Ecolution.** Young activists across the world make a difference in the fight against climate change.  
[https://www.rte.ie/radio1/podcast/podcast\\_ecolution.xml](https://www.rte.ie/radio1/podcast/podcast_ecolution.xml)

**Earth Rangers.** With top ten countdowns, an animal guessing game, conservation conversations, and epic animal showdowns.  
<https://www.earthrangers.com/podcast/>

**WOW in the world.** Coolest new stories in science and technology.  
<https://www.npr.org/podcasts/510321/wow-in-the-world>

**Tumble.** Stories about science discoveries, with the help of scientists.  
<http://www.sciencepodcastforkids.com>

**Kids on Climate Change.** Grade 10 students bring information and create awareness on climate change.  
<https://www.noordinarylawsuit.org>

## Books



**The Magic School Bus and the Climate Challenge** by Joanna Cole and Bruce Degen  
Brings new, improved understanding to climate change, engaging kids and empowering all.

**Old Turtle** by Douglas Wood  
A classic fable about ecology, peace, and the interconnectedness of all beings.

**We Rise: The Earth Guardians Guide to Building a Movement that Restores the Planet** by Xiuhtezcatl Martinez, Justin Spizman  
Xiuhtezcatl Martinez is a 16-year-old climate activist, hip-hop artist, and powerful new voice on the front lines of a global youth-led movement.

**Winston of Churchill: One Bear's Battle Against Global Warming**, by Jean Davies Okimoto  
This timely, funny story helps children understand that in the face of global warming, everyone must do their part, no matter how small.

## Movies



**WALL-E:** In the distant future, a small waste-collecting robot inadvertently embarks on a space journey that will ultimately decide the fate of humankind.

**The Lorax:** A 12-year-old boy searches for the one thing that will enable him to win the affection of the girl of his dreams. To find it he must discover the story of the Lorax, the grumpy yet charming creature who fights to protect his world.

**Boy and the World:** The story of a changing world through the eyes of a curious child, Boy and the World depicts a clash between village and city, nature and industry, the rich and the poor – and despite the tumult, the heart and soul of the people beats on as a song.

**Hoot:** A young man moves from Montana to Florida with his family, where he's compelled to engage in a fight to protect a population of endangered owls.



# Word Search

Find all the Earth Day related words from the list below. The words can be up, down, forward, backward, or diagonal.

L	E	J	E	X	T	I	N	C	T	I	O	N	Q	E	M	R
N	N	N	L	M	S	C	L	G	N	H	D	M	E	C	S	I
O	U	C	O	A	E	N	I	N	E	Q	E	E	F	U	A	A
I	T	Y	A	Z	R	J	T	O	M	W	Z	Z	I	D	E	C
T	H	V	R	M	O	R	T	I	N	A	Z	W	L	E	L	V
U	W	P	E	L	F	L	E	T	O	T	B	Y	D	R	C	S
L	C	E	X	G	K	S	R	A	R	E	K	G	L	R	Y	M
L	O	O	K	Z	S	H	A	V	I	R	P	R	I	E	C	O
O	M	P	Z	B	S	A	B	R	V	N	L	E	W	S	E	G
P	P	L	F	A	W	G	K	E	N	R	A	N	L	O	R	E
N	O	E	R	M	L	Z	E	S	E	R	N	E	M	U	Q	A
A	S	T	I	O	H	S	X	N	E	F	E	J	L	R	S	P
E	T	W	B	I	U	E	L	O	R	J	T	L	P	C	E	R
C	D	A	A	E	U	G	T	C	U	Y	O	A	W	E	E	I
O	L	S	R	S	V	S	K	L	T	R	N	X	U	S	R	L
V	D	Y	L	O	T	V	F	L	A	D	Z	G	N	H	T	K
C	L	I	M	A	T	E	L	A	N	D	H	Q	G	Q	H	G

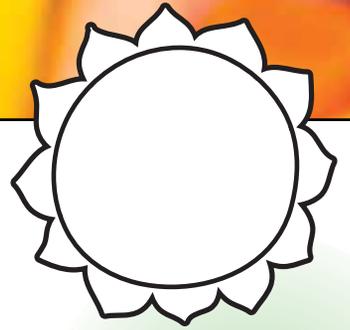
**Word List:**

- |              |            |           |          |
|--------------|------------|-----------|----------|
| AIR          | EXTINCTION | PEOPLE    | TRASH    |
| APRIL        | FOREST     | PLANET    | TREES    |
| CLEAN        | GLOBAL     | POLLUTION | WASTE    |
| CLIMATE      | LAND       | RECYCLE   | WATER    |
| COMPOST      | LITTER     | REDUCE    | WILDLIFE |
| CONSERVATION | NATURE     | RESOURCES |          |
| ENERGY       | OCEAN      | REUSE     |          |
| ENVIRONMENT  | OZONE      | SMOG      |          |

**(Solution on p.8)**



# Colour our World



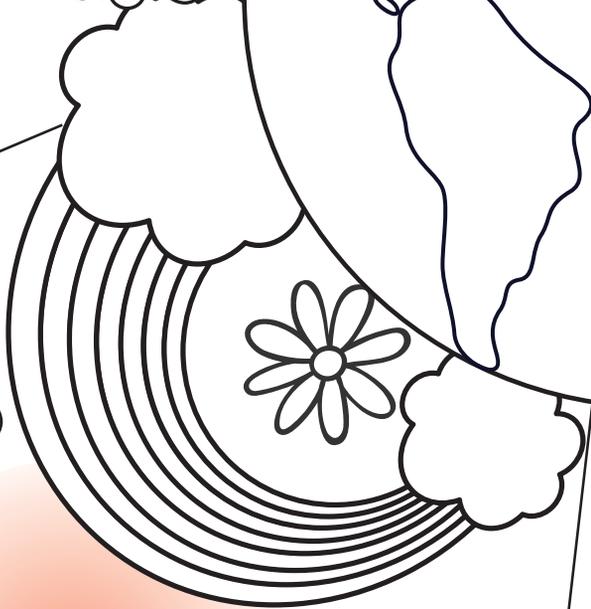
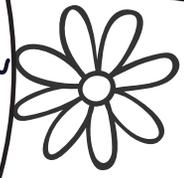
**Q: Why did the sun go to school?**

**A: To get brighter!**



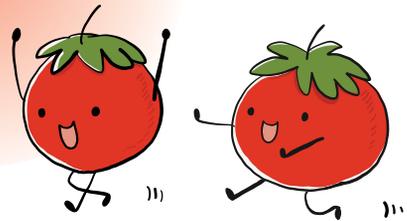
**Q: Why did the leaf go to the doctor?**

**A: It was feeling green!**



**Q: What is a tree's least favourite month?**

**A: Sep-timber!**



Catch Up

**Q: What kind of shorts do clouds wear?**

**A: Thunderwear!**



## Chocolate Banana Bonkers Overnight Oats

### Ingredients:

- 1 banana
- 1-2 tsp cacao powder
- ½ cup rolled oats
- ½ cup milk of choice
- 1 tsp peanut butter or maple syrup



### Directions:

1. Mash the banana, then mix it with the cacao powder.
2. To make it look nice first layer half of the oats and milk, then add a layer of the banana mix. Repeat. Finish off the oatmeal with a dollop of peanut butter or maple syrup.
3. Put it in the refrigerator overnight and microwave for 2 minutes on high the next morning. Yum!

## Green Slime Smoothie

### Ingredients:

- 2 cups of spinach
- 2 cups of frozen strawberries
- 1 banana
- 2 tablespoons of honey
- ½ cup of ice



### Directions:

1. Place spinach in the freezer until frozen (at least 1 hour)
2. Mix the spinach, strawberries, banana, honey and ice together in a blender and blend until smooth (ask a parent for help if you need it)
3. Drink and enjoy your slime!



## Super Friends Corner

### Pancake Tuesday in the Yukon



At this year's annual Pancake Supper, St Paul's in Dawson City raised **\$470** for PWRDF's equity in the Canadian Foodgrains Bank, designated for the Rohingya and Yemen Emergency responses. One little boy from the church singing group could not attend the Pancake Supper but wanted to make a difference. "The next day at practice he gave me \$5 to help – really touching," says Betty Davidson, PWRDF Diocesan Representative for the Diocese of Yukon.

### Buy the Farm Project



Inspired by PWRDF's "Advent Lives", the Sunday School class of four at St John the Evangelist Church in Crapaud PEI led their congregation in raising funds for their Buy the Farm project during Advent. Using a gift of hand held Comfort Bears, the children sold them for \$2.00 each using the tagline "Buy a bear

to bring comfort here and a world away. "They were delighted to see that they had raised **\$210.00**, enough to buy seven goats!

### The Tipping Point

Madison Unrau delivers the local *Vernon Morning Star* newspaper, but thanks to her generosity, she's also delivering clean water to communities in Cuba. When she saw the PWRDF gift guide and brochures at the back of her church, All Saints in Vernon, B.C., in the Diocese of the Territory of the People, she wanted to help. So she donated Christmas tips from the people on her paper route. Her initial goal was \$75, to buy one water purification system for a church in Cuba, but once word spread she was able to raise **\$180**, enough to buy two systems, and a bag of seeds for the All Mothers and Children Count program.



# How to Use

## Tips for Parents and Teachers



The impact of climate change on our local environments and globally is very real for young people today, so much so we are seeing a massive increase in anxiety, namely climate anxiety and climate grief.

It can be hard to engage in these conversations sometimes; as parents and Sunday school teachers we do not feel informed enough to respond to the questions and concerns our children have. The most important thing to do is to honour the questions, concerns and anxieties that are being shared and engage in those perhaps not to find the "answers" but to become informed and educated together.

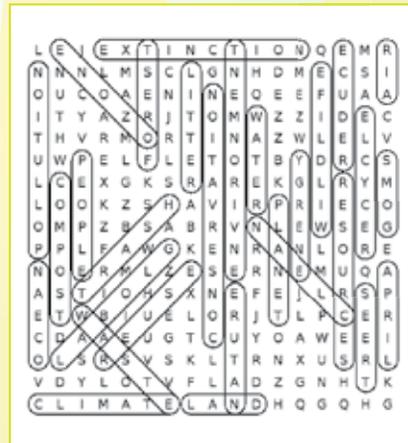
The Australian Psychology Association has put together a really fantastic resource for families; you can find it here: <https://www.psychology.org.au/for-members/publications/inpsych/2019/december/Young-people-and-the-climate-crisis>.

- Share your child's copy of Super Friends9! with your friends, family and teachers.
- Use Super Friends9! for children's time during worship, Sunday school or Vacation Bible School.
- Meet with worship leaders to discuss Super Friends9! and how topics raised, such as climate action, can be explored with the entire congregation. Talk about including children in the offertory time or in a time for mission.
- Read it at home with your children – at bedtime.
- Be creative – suggest that children write a prayer for PWRDF Super Friends and partners – and send it to PWRDF.
- Tour the PWRDF website with your children and learn more about PWRDF – together! [www.pwrdf.org](http://www.pwrdf.org)
- Consider a Sunday school fundraising project to help PWRDF respond to climate change.



## What KIDS can do...

- **Sharing** – Share what you have learned about climate action around the world and in Canada – with your family and friends.
- **Learning** – Learn about your community and parish and how they reduce, reuse and recycle.
- **Caring** – Collect coins and send them to PWRDF to help Super Friends to take climate action.
- **Celebrating** – Check out PWRDF's World of Gifts (<https://pwrdf.org/world-of-gifts/>) and the next time you have a birthday or at Christmas and Easter buy a gift to support Super Friends far away.



Page 5 word search solution

Visit <https://pwrdf.org/get-involved/resources/> and get your copy of Super Friends8!: Caring for Creation



**PWRDF**

The Primate's World Relief and Development Fund

*le fonds du Primat pour le secours et le développement mondial*

THE ANGLICAN CHURCH OF CANADA

80 Hayden Street, 3rd floor  
Toronto, Ontario, Canada M4Y 3G2

Tel: 416-924-9192 x 325  
Toll Free: 1-866-308-7973

Email: [pwrdf@pwrdf.org](mailto:pwrdf@pwrdf.org)  
Website: [www.pwrdf.org](http://www.pwrdf.org)

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