



READ
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The Earth Book

This resource was created to accompany the Green-Schools Ireland Global Goals Book Club.

www.greenschoolsireland.org



3 GOOD HEALTH AND WELL-BEING





Global Goal 3: Good Health and Well-Being



This resource is designed to inspire your classroom with engaging activities that support critical thinking and meaningful discussions centred around the Global Goal of 'Good-Health and Well-Being'.

Age Group: Pre-school, junior and senior infants, 1st Class, 2nd Class

Book List:

Included in this resource:

- The Earth Book Discussion Questions
- Scavenger Hunt Activity - The Earth Book
- Mindful Photo Walk - The Earth Book
- Earth Art including activity video - [watch here](#)

Global Goals Book Club and Global Goal 3: Good Health and Well-Being

Teaching children about Global Goal 3: Good Health and Wellbeing is important for laying the foundation for a healthier, happier future. Understanding the importance of physical and mental health helps children develop healthy habits early on. "The Earth Book" by Todd Parr aligns with this goal by emphasising how caring for our planet directly impacts our well-being. Through its beautiful illustrations and simple messages, the book teaches children that taking care of the Earth—like planting trees, recycling, and conserving water—not only benefits the environment but also promotes healthier communities. By connecting these practices to their own health and the health of others, children learn the interdependence of a clean, sustainable environment and personal wellbeing, encouraging a sense of responsibility and proactive attitudes towards a healthier world.

We would love to see pictures of your bookworms artwork and creations from the activities in our Global Goals Book Club. Please email any photos to globalcitizenship@eeu.an.taisce.org



Global Goal 3: Good Health and Well-Being



The Earth Book

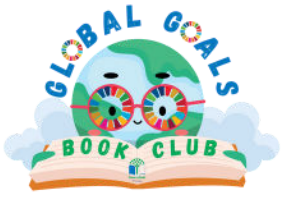
Read or listen to the book 'The Earth Book' by Todd Parr with your class. The questions below offer a guide for discussion with your class, along with some actions and activities to complete.



[Listen to the story here.](#)

Discussion Questions:

1. What are some ways we can take care of our own health every day?
2. How do you feel when you eat healthy foods and exercise?
3. How does keeping the Earth clean help our health and well-being?
4. Can you think of ways to make your school or neighbourhood a healthier place?
5. Why is it important for everyone around the world to have clean water and air?
6. How do you think helping others stay healthy can make the world a better place?
7. What are some healthy habits that you practice at home or at school?
8. How can we encourage our friends and family to make healthy choices?
9. How do you feel when you spend time outside in nature?
10. Why is it important to take care of our mental health as well as our physical health?
11. What can we do to prevent getting sick and to stay healthy?
12. How does taking care of the Earth help prevent diseases?
13. How do our actions, like recycling or conserving water, impact our health and the health of others?
14. What small changes can we make in our daily lives to help improve everyone's health?
15. How does a clean environment contribute to our health and happiness?
16. Can you think of any activities that are good for both our health and the environment?



Earth Day Scavenger Hunt .



Your mission is to find:



3 Rocks



2 Sticks

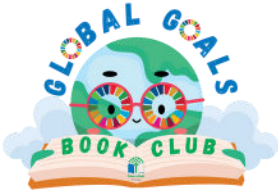


3 leaves



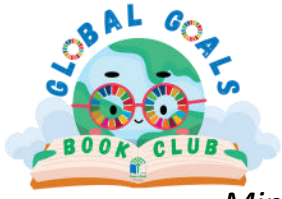
3 flowers

1 Tree Rubbing :



How can you help the Earth?
Draw a picture to show ways
you help the Earth.

A large, empty rectangular box with a thin green border occupies the majority of the page. It is intended for a student to draw a picture illustrating ways to help the Earth.



Mindfulness Photo Walk

Mindfulness is the practice of noticing what is around us, being in the present moment and simply noticing.

Benefits of a mindful photo walk:

- Helping students to focus on connecting to the present moment and their surroundings
- Physical activity
- Increase in observation skills
- A calming tool that can be done together as a class or with the family.



Pick a theme for your photo walk, here are a few examples but you can get creative and come up with your own;

The colour green

Straight lines

Flowers

Tree barks

Shapes

Leaves

Wavy lines



Go on your nature walk and enjoy the sights and sounds and smells on your walk, look out for anything that might fit with your theme. If you notice the students minds wandering, gently bring them back to focus on the mission.

Get the students to take photos of things that match the theme.

At the end of the walk , look at the photos together

Get the students to describe how they felt before the walk and after walk. Has their mood changed?



World Earth Day

Here are some activities for World Earth Day. We have been at home so much this last year that we have gotten to really know what grows around us. This is an opportunity to gather sticks, flowers, seaweed, stones, ivy and any dried flowers or anything that will spark your imagination to create with!!

The first task is to find elements from nature to write out the letters Earth with, this can be done in the school playground or anywhere with a flat surface. For this task I found dandelions, daisies, seaweed and dried out sticks.



Mandala Art: I like to pick weeds especially dried out ones that you can find in hedgerows, once you start looking you'll be amazed what you can find. They can be arranged in any design total freedom of expression!





Last activity is to create your own stick sculpture, I use three stick and the sticks at the bottom are a bit larger than the ones on top, try to have sticks of similar lengths and equal width. This task is all about balance and concentration. This is my idea of a stick sculpture but you can arrange the sticks in any format, there are many variations and best to let everyone find their own.

https://youtu.be/eS_SkNySpGE

