

## From the Editors Tab

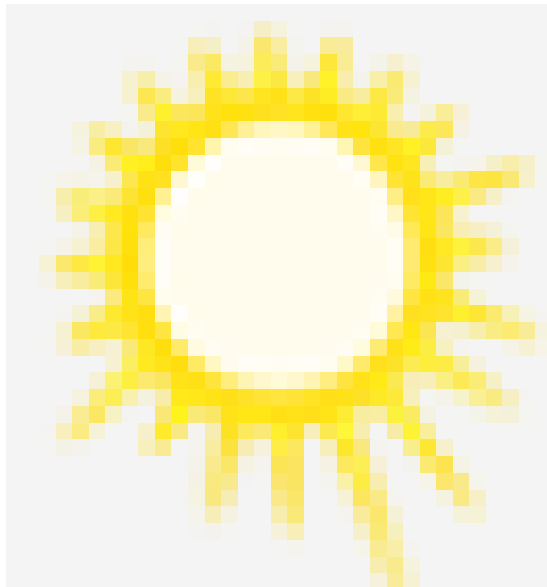
Hello there, my friends!

This edition you all will like.

And so will I!

This edition is interesting as you will see things from food wastage articles showing how much we really waste, to art that you would love to see, to funny jokes you can laugh to and to the *EVENT OF THE YEAR!!!*

Summer holiday is nearly over and let's see what you all did.



I'm sure that most of you would have stayed indoors because of the COVID-19 epidemic and would have gone out sometimes with your family to a park or a restaurant but the best part was.....

Hmm.....

## What do you think?

## The games in action



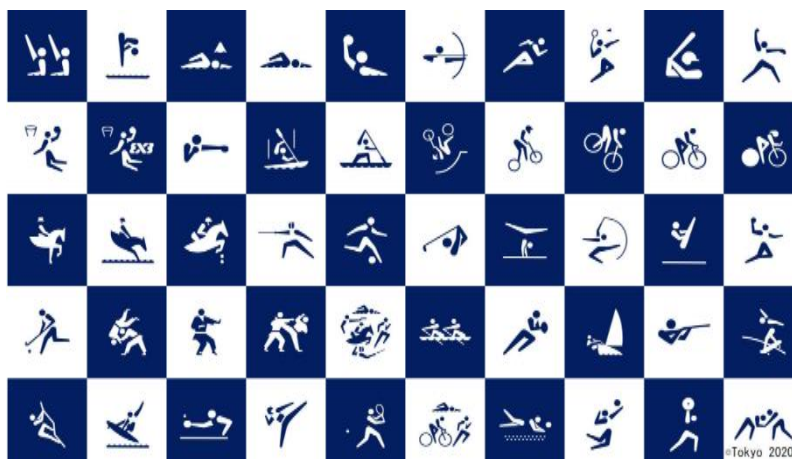
## The Tokyo Olympics!



Here are the Mascots of the Tokyo 2021 Olympics.

The event of the year. It was supposed to be hosted a year before in 2020 but because of COVID 19, it was delayed and held in 2021. Some of the participants in Olympic 2021 were less than 20 years of age.

Now I'm sure many of you like to watch the sports, but do you pay attention to the people?



Here are 2 under 14 years, medal winners that will inspire you forever.



Kokona Hiraki 12 years & Sky Brown 13 years





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## Read to your pet, man!



Whether you have a cat

Or a dog,

You can still read to your pet! And Petey the cat has to say something...



Petey you're right!!! Kids these days during the COVID pandemic watch a LOT of TV! We don't need to stop them from doing that but they have to read to learn just like I do! And if reading with a pet boosts confidence and speaking skills then I don't mind reading LOUDLY next to my fish.

Credits: Dog Man: Lord of The FLEAS by Dav Pilkey



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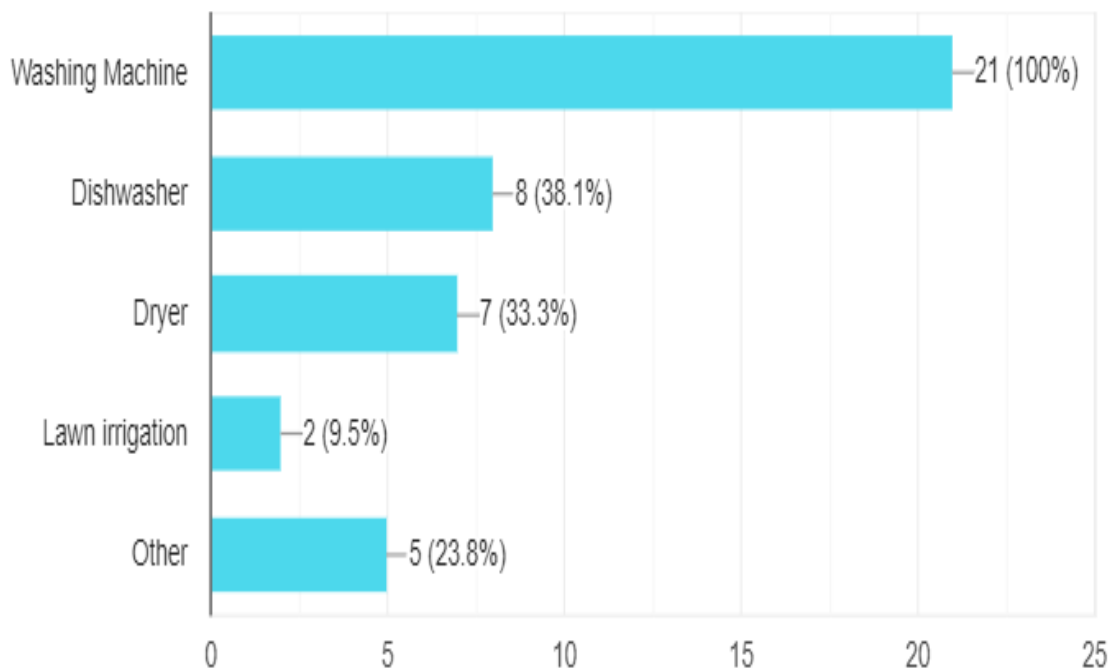
## Wonderous Water Survey



In the July Edition, we shared a survey to find out water consumption patterns across families in different countries. The responses were interesting and as mentioned below:

Which water consumption devices do you use at home?

21 responses





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If other please specify

7 responses

Heater

Cooking and drinking

Kitchen, Geezer

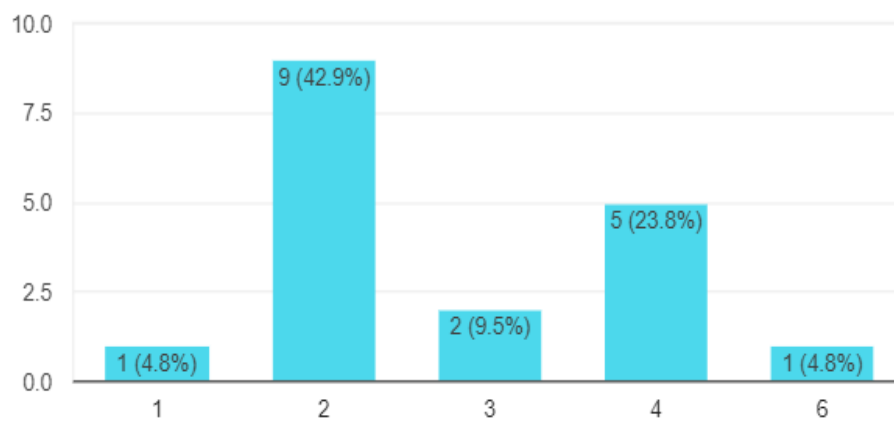
Water filter

Water purifier

Water Purifier RO

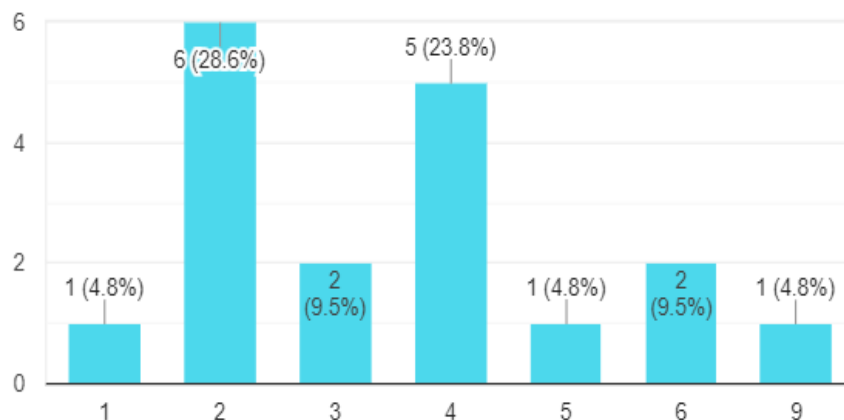
How many toilets do you have?

21 responses



How many family members do you live with?

21 responses





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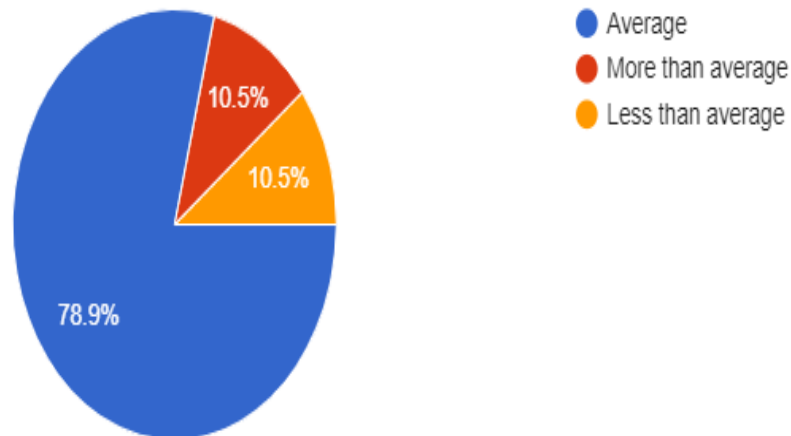
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Compare the amount of water you use to average.

19 responses



Suggest an innovative way to reduce water consumption in your house.

19 responses

Repair leaks

Not sure

Reduce plants

We do not waste any water.

Use a timer





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## Across the Acrostic

**S - Stay clean and green.**

**U - Use & re-use.**

**S - Support the 3 R's (Reduce, Reuse, Recycle).**

**T - Teach others to do so too**

**A - Always be sustainable**

**I - Increase awareness around you.**

**N - Never stop helping Mother Earth**

**A - And keep up the good deeds**

**B - Be the one to make a change**

**L - Learn from others too & make your dent.**

**E - Everyone working together can make a difference.**



Credit: Elizabeth D'sa, 9 years old, Dubai, U.A.E



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## Eco Expert

**Dr. Ed Maibach**  
Climate Scientist  
George Mason University, USA

**Mr. Erik Solheim**  
Former Head of UNEP  
President, Green Belt & Road Institute, Norway

**Ms. Lisa Cutter**  
Hon'ble State Representative  
CO, USA

**Dr. Girija Seshadri**  
Educationist, Social Worker,  
Sports Woman, India

**Mr. Jared Polis**  
Governor of Colorado, USA

**Dr. Maria Michael**  
Indigenous Spiritual Leader

**Ms. Madhvi Chittoor**  
Founder, Madhvi4EcoEthics

**MADHVI & EcoEthics**  
International Eco Ethics Summit  
April 17, 2021  
Saturday  
8.30 AM - 10.00 AM MST

**WELCOME Participants from US, India, Bangladesh, Mozambique, Gambia**

**Climate Action & Everyone's Role In It**

Madhvi4ee, ChittoorMadhvi | Madhvi4ee | Madhvi.Chittoor, Madhvi4EcoEthics



Madhvi is known as the No Styrofoam Ninja and is passionate about saving the planet from plastics and other waste. She is currently raising awareness as

plastic and Styrofoam pollution, Climate change and global warming.



Credits: Madhvi4ee.com, Madhvi Chittoor, 10 years old, Colorado, U.S.A



## Food is Good!

### Say No to Food Wastage



Mir Faraz, 11 years old, Water Alliance Ambassador, Dubai

Food wastage has always been a looming problem in today's world- an important issue which is impacting the planet environmentally, socially, and economically.

#### *What is food wastage?*

Technically speaking, food loss and waste refer to the quantitative and qualitative loss of food that was originally meant for human consumption but for various reasons is removed from the human food chain. In simpler terms, food wastage is the waste of food which was good enough for consumption- it was edible and nutritious, yet it ended up in the trashcan or landfill.

#### *Tips and facts for you from Mir*

Let's systematically go over some of the reasons why food wastage is such a daunting threat:

##### **1. It's morally wrong and socially irresponsible to waste food.**

World hunger is on a steady incline. There are more than 800 million starving people in the world and the number is increasing rapidly. One in nine people do not get enough food to be healthy and lead an active life. Hunger and malnutrition are the biggest risks to health worldwide — greater than AIDS, malaria and tuberculosis combined. Hunger is the



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cause of millions of deaths around the world; hence it is morally unacceptable that those who have access to food in abundance waste it thoughtlessly.

## 2. The environmental impact of food wastage are monumental.

All the discarded, wasted food eventually ends up in the landfills. Rotting food in the landfills releases a gas called methane. Methane is a greenhouse gas which is 23 times more potent than carbon dioxide when it comes to trapping heat received from the sun as well as generated by activities on the planet. This trapped heat results in the rise of global temperatures and sets off a slow but catastrophic chain reaction- melting of ice caps, rise in sea levels, erratic weather pattern and so on.

Here's something else that is worth mentioning. It takes a land mass larger than China to grow the food each year that is ultimately never eaten!!!

## 3. Food wastage is burning a hole in the global economy.

When food is wasted, it is just not food that goes to waste. All factors that go into producing that food and bringing it to supermarkets and eventually to the dining tables of consumers go in vain as well.

### *Here's how you can help.*

Now that we have understood the problem, it's underlying reasons and implications, let's look at something positive- all of us, as consumers, can make a big difference in combatting food wastage. With some basic management in the food buying, storing, and preparing processes, a substantial amount of food can be saved. Here are some very simple and handy tips to save food, save money and be kinder to our beautiful planet.

- Buy wisely
- Eat before you shop
- Read expiry dates
- Be Smart at Restaurants

No matter how tempted you are, order portions that you can consume. Remember, it's an "All you can eat", NOT "All you can waste" buffet!

- Don't get tempted

Remember, if there is prepared food in the house, do not be lured into ordering food from outside or eating out.



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- **Give away what you don't need**

Many a times we buy non-perishable items in big quantities. However, if you feel that you won't really eat all of it and it will eventually go to waste once the expiry date passes, then give it all to charity organizations.

## *We are all responsible*

When we look at these as individual actions to minimize food wastage, they might not seem very significant, but if thousands and millions adopt these practices, a huge impact can be made. Our planet is facing unprecedented threats- environmentally, economically, and socially. Truth is, it is a finite planet with finite resources which are already overstretched. Hence, the responsibility lies with each one of us to use and consume only what we need. If each one of us did that, the problem of food wastage can be tackled. Remember, it's small efforts combined that lead up to big results. So let's all pledge to do our bit and say no to food wastage.





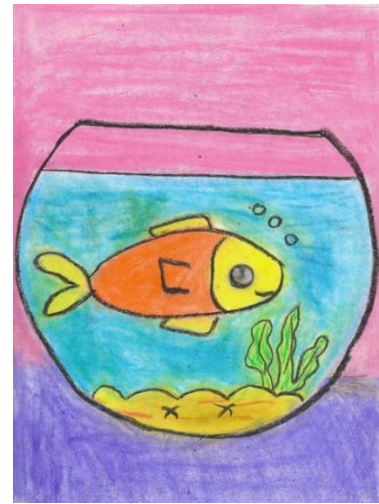
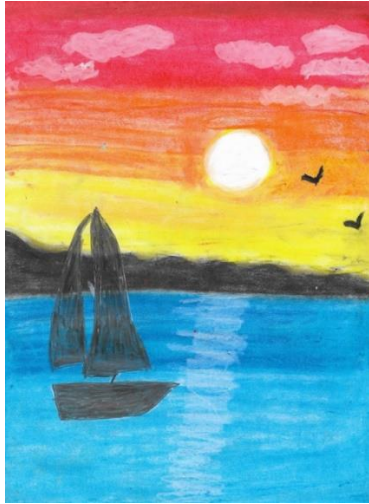
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## Astounding Art



Ayaan Narangale, 9 years old, Dubai, U.A.E



Rithwik Jaishwal, 9 years old, Dubai, U.A.E



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Devansh Mahendra, 9 years old, Dubai, U.A.E



Emma Jimmy, 9 years old, Dubai, U.A.E



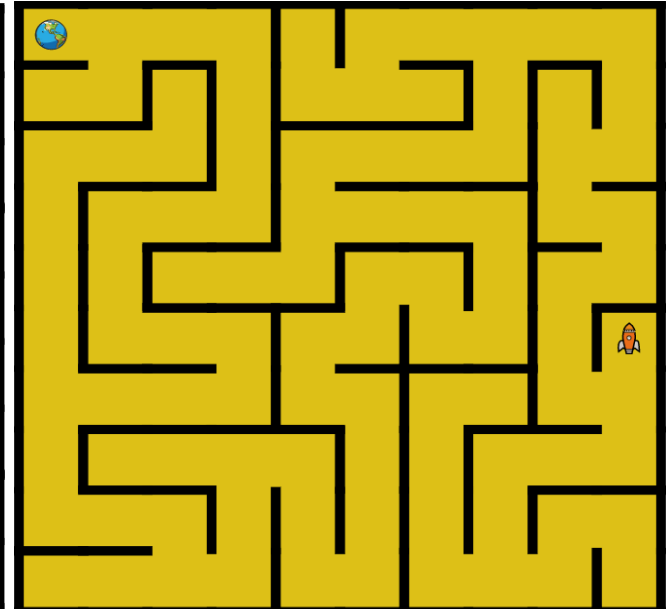
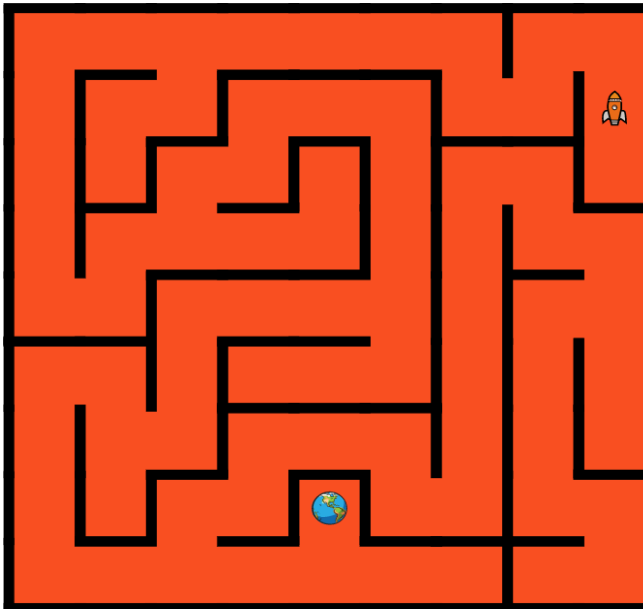
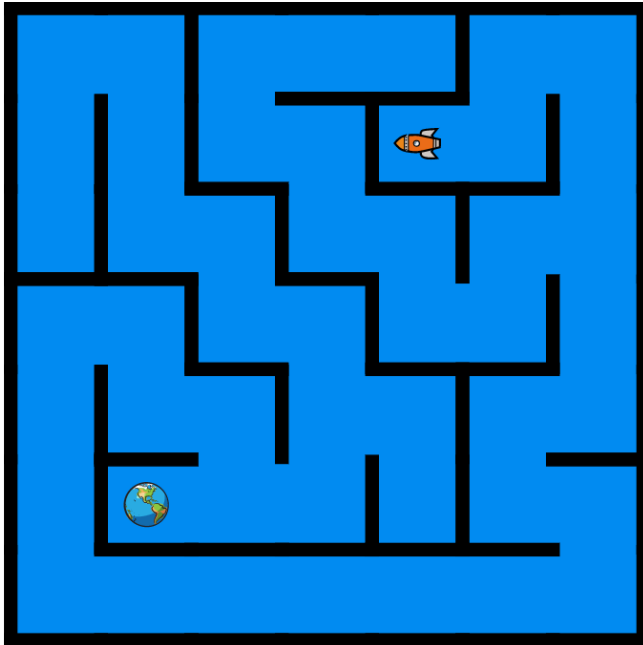
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## Massive Mazes



Credit: Toytheater.com





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## Sustainable Sarah



**Hello Sarah! How old are you and where do you live?**

Hello Naisha! I am 18 years old and I live in Lucknow, Uttar Pradesh which is in India.

**Why do you think sustainability is important?**

Sustainability assumes that resources are finite, and so should be used conservatively and carefully to ensure that there is enough for future generations, without decreasing present quality of life, as we all can see and suffering a lot of problems in the present duration i.e. corona as well as the adverse aspects of climate change it has become the need of hour and so it's important to live and think both sustainably.



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## What are your action taken to a more sustainable world?

Basically I prefer planting trees, more and more trees, with that thought in my mind that I even have to look after the growth of the plant. And since I keep my surroundings cooled down with plants, I don't prefer AC's in my home at all. I prefer walking to my nearby places instead of biking and riding scooty. I prefer local, and less packed food most preferably. I try to save energy as much as i can by switching off the unnecessary appliances, tubelights and fans at my home. And as such there are lot many things I do, just to try to conserve and contribute my part and my duty for the environment. I try to make people aware which consists of my family and friends too about such steps I take for the environment, also I try to post such things on social media so that they may see and get inspired to do so.

## How can children engage in sustainable initiatives during the holidays?

Children's are full of energy; they have that curiosity to learn and execute the plans we just imagine for. They can be engaged by making them aware of these sustainable initiatives like 5R's and making them learn that how to reuse plastic like making Ecobricks with plastic bottles, etc.

We can make them roam, play, and explore the flowers and plants around the garden area and parks to spend time with nature, either than giving them mobile phones, and games.

So like in this way, they may develop innovative and educational skills by keeping the thought that they should care for the environment.



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## Supa' Story!

### Fantasy

By **Miraya Mehrotra**, 9 years old, Lokhandwala Foundation School, Mumbai, India

Once upon a time, there lived a girl called **Hazel**. She was 13 years old but was not very popular at school. She was rather bullied, but as she had an extremely shy personality, she never complained about them to anyone, even to her own family! After being jeered at, **Hazel** always used to quietly and uncomfortably look away and do her class work. She had an elder sister, 15 years old of age, **Amelia** who, unlike **Hazel**, was exceptionally popular at school. No one ever dared to bully her.

While **Hazel** didn't have any friends either. Which is why, she had made an imaginary and magical world brimming with mythical creatures; **Pegasus**, **Unicorns**, **Fairies** as her friends, **Brownies** and **Elves**- you name it! And to describe the unreal but stunning place's beauty was unimaginable. Every day, she used to add more and more details to her world like a bird chipping on twigs to build its **nest**. Anyways, back into reality, (**Hazel's** least favorite place to be in) today was the first day of school after summer holidays. She was very intimidated by the thought of her school and did not want to go to school at all. But her sad expression was covered by an artificial smile. **Amelia**, on the other hand had a real smile wide open with her teeth shining. Just like any other normal day, **Hazel** was lost in the thoughts of school.

Entering the big wide-open gates; Despicable bullies waiting to tease her when **Amelia** goes into her class; First three periods; First Break divided into eating and ignoring being teased, and the rest goes on. It was all so predictable! Suddenly the breaks screeched, indicating that they had reached their destination and interrupted **Hazel's** thoughts just so that they come true. But today, besides the predictions, during the start of the first period, she noticed a new girl kindly asking her if she could sit beside her in the empty seat. This moment was **unbelievable** for **Hazel**! None of her classmates had ever been kind to her! In return **Hazel** too replied warmly, 'Sure!'.

Soon, they started a simple conversation during the first break and found simple things about each other like their names! - **Hazel** and **Bethany**, they had many things in common. Day by day the conversation grew to become even more interesting, and in what felt like an instant, they became best friends! No more did **Hazel** have only imaginary fairies but also a human as her friends. Now no matter the teasing, all she needed was her friendship.





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One day, while Hazel was merrily lost in adding even more details to her enchanting, imaginary world, the surroundings of the spot where the mythical creatures lived became familiar, she hadn't added these surroundings although... Hazel was confused and was trying to recall or understand them but slowly and steadily they became clearer... Oh my! Now that she understood them, she realized that the entry of the place looked just like a spot nearby her-

-home! This was a sign! She called Bethany and told her the whole story. Bethany was in shock after hearing this. They didn't know what to do but after a while one thing was sure. They were going to this spot tonight. And so, the preparation began. An utter excitement aroused in their hearts. Both were extremely adventurous so they knew this feeling of excitement wasn't fear. At night, when everyone was asleep, they were going to sneak out when suddenly Hazel stopped.

She whispered to Bethany that she thought informing Amelia and taking her as well was a better idea. Hazel woke Amelia up. It felt weird telling her all this for the first time, but, of course, who would believe this in the middle of the night, sleepy and that too ALL this for the first time! Amelia didn't too! She sleepily and annoyedly asked Hazel to quietly go to sleep. But Hazel was determined to go with Amelia and repeatedly asked her to come and trust her just for this once until even though she could not be convinced, she would agree.

And so she did! Hazel studied the surroundings and tried to find out the way. Past the letter box, down the stairs built on the green footpath, and to keep straight ahead. They were tirelessly walking with Amelia continuously saying that this was a bad idea but Bethany and Hazel had abundant hope. Soon, just after walking for 10 minutes, when they were on the verge of turning back, they saw a light shining bright. A light sparkling with speckles of colors all around. Hazel squealed in delight followed by a scream of glee squeaked by Bethany. Amelia told them to not get their hopes up, but Hazel interrupted and said the surroundings were just like her imagination!

Amelia pretended to be calm as she was the oldest and the responsible one but she was now convinced enough with excitement from her head to toes. They all stealthily walked towards the light with a feeling that they might just burst. And just as they entered, innumerable, pretty fairies with wings, that were absolutely pleased to see them warmly welcomed them. They had welcome garlands in their hands and how rare were the flowers embedded in the garlands! Amelia, Bethany, and Hazel awed in glee. Their smiles were up to their cheeks. Hazel was praised by Amelia for having such a stunning imagination!

Maple a Fairy, called everyone to come see. Betty and Lily the Unicorns, Emma, Janet, and Autumn the Pegasus, Emily, and Edward the Brownies, and Jolly, Merry, and Freddy the twin Elves. The 3 had a lovely ride on the Pegasus and Unicorns, while the Fairies,



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Elves, and Brownies gave them a tour of the place. 'Allure Flowers' {that were true to their name}, 'The Silver Fountain' and the 'MOON SWINGS' were one of their many favorites. But all the 3 wanted to ask the fairies something. Why did they give Hazel this sign and call her? The Fairies replied that Hazel had created them and they were thankful to her, so they wished to help her with the bullies, - just when the Fairies said this, Amelia asked Hazel what were they talking about?!

Hazel hesitated to tell the truth, but in that moment, realized that she should've told her one and only family and told her the whole story, finally. The bullies: why she created this place; How she met Bethany, everything. Amelia was shocked to hear it, but replied calmly, and told her that she should feel comfortable and not shy talking to her family, your family will always try to help you no matter what the situation might be.

Hazel understood this and promised Amelia she would never do this again. Amelia gently smiled, turned to Bethany, and thanked her for being kind to Hazel as well. Now, she turned to the Fairies and whispered something into their ears. After hearing the whispers, the Fairies stumbled to say something but then said yes. After a little more time of chit chatting, they all sadly bid goodbye but were sure they'd meet again.

The next morning Hazel woke up and tried to believe what had happened last night (Although it was hard to). She got ready for school and pondered what could be better. The same schedule. She entered the gates with a wink from Amelia, attended the first 3 classes, but wait, no bullying in the break. NO BULLYING, NO BULLIES! What could be better? The Fairies really did use the magic for her!

R-rrring! The bell rang and the last period was over. However, the surprises weren't over yet. Bethany flocked over to Hazel and unable to control her giggling, said, 'the Fairies aren't the ones who stopped the bullying. Amelia did. I saw her terribly scaring the bullies before entering her class. I'm sure she must've pleased the Fairies to let herself scold the bullies when she whispered.' Hazel did not know what to say! She couldn't stop smiling and was happier to hear this explanation than the previous Fairy one. She rushed to the place where Amelia used to wait for her and hugged her tight, 'You're the best sister I can ever have.'

The door keys shuffled, and Hazel wondered when she'll meet her imagine land once again.

Children's story by Miraya Mehrotra.

## Terrific Tree planter



In general we study that sustainability means meeting our needs without compromising the ability of future generations to meet their own needs.

The fact is that this does not only relate to resources but it also includes environment, culture and social.

As per my knowledge sustainability teaches us the way to live peacefully. Because this is all about economic, social, environmental, cultural and security aspects.

As I am working for humanity and environment since 2014, I have achieved lots of knowledge and respect which is more than anything.

I have been Ambassador at Global Youth Peace Accord in 2020 and at present I am Ambassador at Global Conscience World.

All species of plants must be planted but we must give more importance to those who are endangered species. Not only this, also we must promote those plants which purify air at greater rate. Which must be planted both indoor and outdoor.

One of my opinions is that planting trees are not enough, the most important thing is to let it grow. One should give more time and space to growing plants.

If someone will ask me that where is change? The simple answer is to see the lifestyle, culture, and ideology of both parents and children.





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Maybe the age difference is less but a huge generation gap is created here.

In last 20-30 years science have done great development which can be considered one of important factor for this gap.

In simple words we have lost the feelings of humanity and for mother earth both. It's regret that today generation could not sustain the good culture of ancestors.

Karthik Verma, 15 years old, Bhadohi District, Uttar Pradesh, India



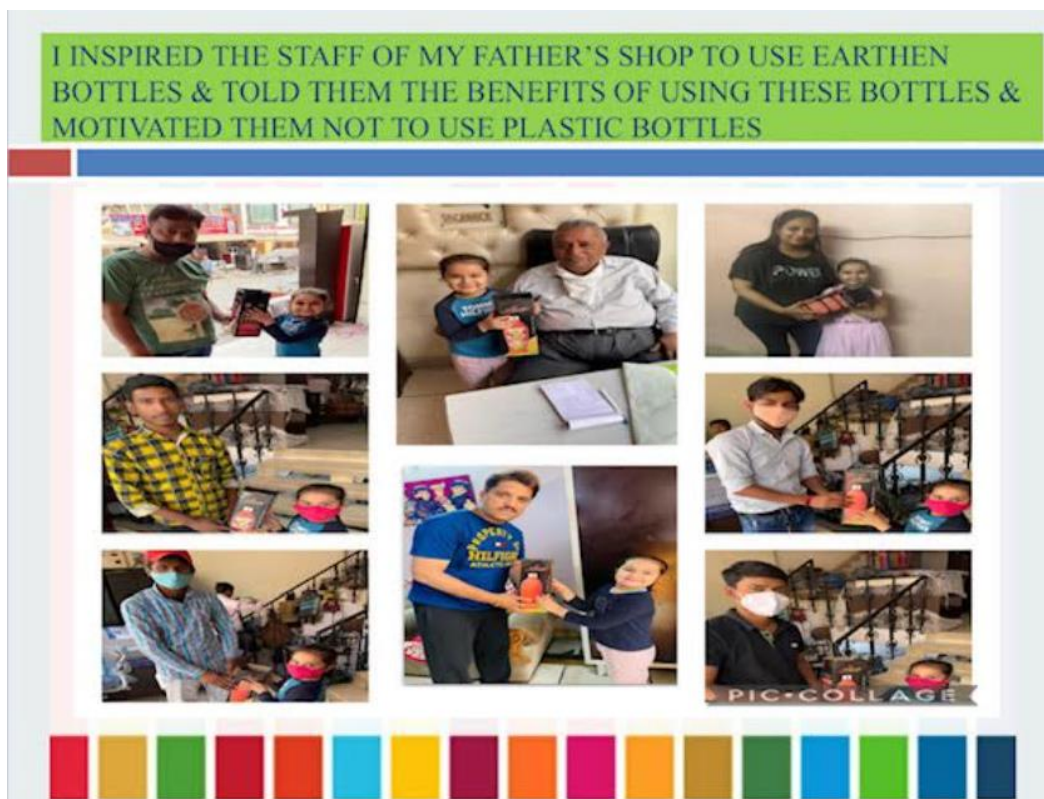
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## Motivating Myra



One of the 17 Sustainable Development Goals is SDG 12 Responsible Consumption and Production which is about doing more and better with less. To ensure this goal I decided to avoid single use food, drink containers and utensils. I was just 5 years old when I started inspiring my friends and relatives to avoid the same. I began to use earthen pots and utensils as they are very beneficial for our health. Mainly the food taken in these products retains the essential nutrients and also helps to get rid of many diseases. I always have my milk in earthen glass. I use muddy water bottle to have water. My mom cooks food in earthen pan. I organized many zoom meetings to inspire others to use these products. As this is the perfect way of Responsible Consumption as these products are made of mud and have no effect on climate otherwise production of plastic and steel cause adverse effects on climate.

I urge all of you to use these products. Thank you ☺

Myra Arora, 6 years, Ahlcon International School, New Delhi, India



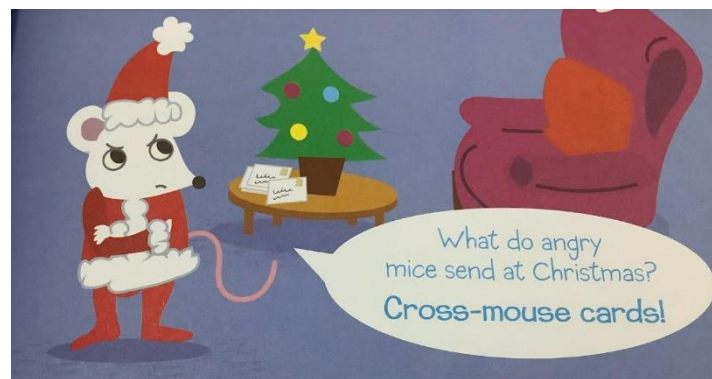
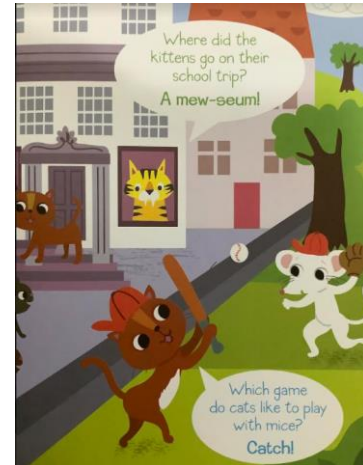
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## It's Just some Jokes!



Credit: My First Joke book, by Amanda Enright.