



The Curious At

by the **The KK Times**



**Dream,
Draw,
Design,
Discover.**



Healthy Earth, Healthy You

Earth Day is
celebrated on 22
April each year.

ABOUT THE COVER

Find out how a healthy earth can
affect our health. Depicted on the
cover is a beautiful lush green
earth with happy people but on the
other hand people are facing
health problems due to pollution
caused by humans themselves.

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Note from the Editor:

Welcome, young scientists, to an informative issue with facts about Earth and Health. This issue revolves around how a healthy earth that positively affects your health.

So get ready to dive in to a world of nature, people and science- "Earth." This issue has many fun activities and articles for you, our beloved readers. We hope that you follow the SDGs (Sustainable Development Goals) to make the earth a better place for all. Share your views on sustainable living through letters to editor or posters.

With multiple articles on topics related to Earth, facts and activities about health and how the two topics combine, this issue has it all. Enjoy reading!

Filled with love, Kanira
World's Youngest Chief Editor

**Happy
Earth
day**



**World
Health
Day**

Next Issue of The Qurious Atom:
31 May 2024

Theme : Connecting Voices: The World of
Telecommunication

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Celebrating EARTH

The Earth is our home, our mother and without it we wouldn't be able to live. We need to take care of Earth to take care of our selves. Let's try to understand the problems we cause, how it impacts us and how we can help.

Problems caused by Humans:

- 1. Pollution- Humans cause air pollution, water pollution and soil pollution by producing harmful chemicals, littering everywhere and using dangerous products.*
- 2. Global Warming- It is caused because humans burn coal, fossil fuels, oil and natural gases.*
- 3. Deforestation- Humans cut trees to make materials and products like single-use paper and wood to use in their everyday life.*

How does it impact us?

- 1. Air pollution leads to high risks of respiratory infections, lung cancer and heart diseases while water pollution may cause diarrhoea, cholera, typhoid, dysentery or other diseases.*
- 2. Global warming leads to rising sea levels, increased drought, melting glaciers and obviously hotter temperatures.*
- 3. Deforestation causes loss of habitat for animals causing some animal species to cease to exist.*

Continued on Page 4

Poor earth...



Soil erosion and global warming are only a few major problems caused by deforestation.

Earth Day is celebrated on 22 April each year but for us it is every day. This day is a reminder to always take care of Mother Earth. Here are a few tips and tricks on how you can contribute to the wellness of our environment :-

- *Use both sides of a sheet and try to not waste any paper.*
- *Plant as many trees and plants you can.*
- *Do not use single-use plastic bags or other such products. Consider using jute bags, paper bags or cloth bags instead.*
- *Always throw garbage in bins rather than roads and waterbodies, so that they can be recycled.*
- *Throw biodegradable and non-biodegradable wastes separately.*
- *Follow the 5 R's - Refuse, Reduce, Reuse, Repurpose, and Recycle.*
- *Raise awareness about these problems and encourage people to follow these tips.*

I hope you understand the importance of a healthy environment, its impacts and how to save our environment. Make sure to read our other articles on Healthy Earth, Healthy You and don't forget to share your articles for our next edition of The Curious Atom.

COLOUR TIME!





HEALTHY EARTH, HEALTHY YOU

MYTH

- Global warming isn't real because it's still cold.

FACT

- Increasing Earth's temperature due to global warming affects our normal climate. This change leads to more extreme weather conditions like stronger droughts, heatwaves, hurricanes, and even colder events becoming more frequent and intense.

- Air quality is always better inside than outside.

- In smaller homes without ventilation, air-quality is worse than outdoor air pollution.

- Being Cold Gives You a Cold

- Excessive exposure to cold air doesn't necessarily cause illness. A particular study demonstrated that in men with good health, being in slightly frozen conditions for extended periods boosted their immune system's capacity to combat viruses. Interestingly, it's more probable to catch a disease indoors, as germs spread more easily in contained spaces.



Sustainable Products

WHAT IS SUSTAINABILITY

Sustainability is the process when we use resources in a way that they are available for long time.

Eri Silk



Eri Silk is the only non-violent silk in the world because it does not require to kill the silk moth while harvesting. Instead it is extracted once the moth is done spinning and flies off.



Jute bags are a sustainable alternative to plastic bags as the bags are completely biodegradable. They are also very durable and can hold heavy items. Jute bags are also recyclable and are a natural product.

Jute Bags



Bamboo Tableware



Bamboo tableware is way more sustainable than any other material because after being harvested the bamboo plant grows quickly (up to 2 feet per day). Bamboo tableware is also recyclable and non-toxic.



The Curious Chronicles of Jungle Grove

Ch-8 “Exploring Our Earth: Mandy's Journey of Discovery”

In Class 5, Mandy the Monkey found herself embarking on a new chapter of learning with Mrs. Dorothea Deer as her teacher. Their first chapter in Science was titled "Our Earth, Our Home," a fitting introduction to the wonders of the planet they called home.

As Mandy eagerly flipped through the pages of The Curious Atom, she discovered that the magazine's topic was also focused on Earth, highlighting its beauty and importance. Excited to delve into the subject, Mandy and her classmates listened attentively as Mrs. Deer guided them through the lessons.

STORY

However, a change in teachers meant that Mandy and her friends were separated. Undeterred, Mandy seized the opportunity to make new friends, including Tanya Tiger, a new student from Russia. Together, they embarked on a journey of discovery, exploring the ways in which humans impact the Earth and how they could work together to protect it for future generations.

In this chapter, they learned about the

harmful effects of waste on the environment and the importance of recycling and reducing their carbon footprint. They discussed how pollution, deforestation, and climate change were threatening the delicate balance of the Earth's ecosystems.

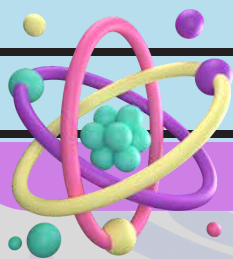
Their newfound knowledge inspired them to take action. They brainstormed ideas for their first assessment—a poster showcasing how human activities were affecting the Earth and which Sustainable Development Goal (SDG) could help address these issues.

With colorful markers and creative minds, they worked together to create a visually stunning poster that highlighted the importance of



As they prepared for their exams, Mandy and her classmates felt a sense of responsibility to make a difference. They studied diligently, determined to demonstrate their understanding of the importance of a healthy Earth for a healthy future.

On the day of their exams, Mandy and her friends approached the test with confidence, knowing that they had not only learned valuable lessons but also gained a deeper appreciation for the planet they called home. And as they turned in their papers, they vowed to continue their journey as stewards of the Earth, committed to making a positive impact on the world around them.



WONDER WHY?



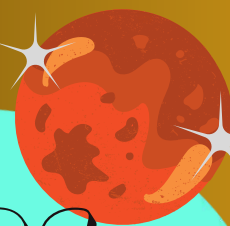
ANIMALS MIGRATE



Animals migrate to find food, water and shelter. Another reason to migrate is to find favourable climate for breeding (reproducing with others of their kind).

Stars twinkle because we are seeing them through Earth's atmosphere, which has lots of thick, moving air in it. The light is refracted through the atmosphere, in lots of different directions, which causes the appearance of twinkling.

STARS TWINKLE



The Sustainable Development Goals

A HOPE FOR THE FUTURE GENERATION

THE SDG'S ARE A GROUP OF GOALS MADE BY THE UNITED NATIONS (UN). THEY WERE ADOPTED BY ALL UN MEMBERS IN 2015 AND ARE SET TO MAKE THE WORLD A BETTER PLACE BY 2030. THERE ARE 17 SDG'S. THEY'RE AS FOLLOWS-



THE GLOBAL GOALS

1. **NO POVERTY**
2. **ZERO HUNGER**
3. **GOOD HEALTH AND WELL-BEING**
4. **QUALITY EDUCATION**
5. **GENDER EQUALITY**
6. **CLEAN WATER AND SANITATION**
7. **AFFORDABLE AND CLEAN ENERGY**
8. **DECENT WORK AND ECONOMIC GROWTH**
9. **INDUSTRY, INNOVATION AND INFRASTRUCTURE**
10. **REDUCED INEQUALITIES**
11. **SUSTAINABLE CITIES AND COMMUNITIES**
12. **RESPONSIBLE CONSUMPTION AND PRODUCTION**
13. **CLIMATE CHANGE**
14. **LIFE BELOW WATER**
15. **LIFE ON LAND**
16. **PEACE, JUSTICE AND STRONG INSTITUTIONS**
17. **PARTNERSHIP FOR THE GOALS**



THESE GOALS ARE THE KEY TO ACHIEVING A SUSTAINABLE AND PEACEFUL FUTURE. IF WE WORK TOGETHER TO FOLLOW THESE GOALS, EARTH WILL BE A BETTER PLACE FOR ALL FUTURE GENERATIONS. HERE ARE SOME WAYS YOU CAN HELP ACHIEVE THESE GOALS-

- **RAISE AWARENESS ABOUT CLIMATE CHANGE**
- **DO NOT USE ANIMAL PRODUCTS OR EAT ANIMALS**
- **DO NOT WASTE LEFTOVER FOOD, INSTEAD GIVE IT TO PEOPLE IN NEED**
- **TREAT EVERYBODY EQUALLY**
- **DO NOT LITTER**
- **DO NOT WASTE ELECTRICITY**
- **DO NOT WASTE WATER**
- **DONATE OLD BOOKS AND SUPPLIES TO PEOPLE IN NEED**
- **CONSUME RESPONSIBLY**
- **GET REGULAR HEALTH CHECK UPS AND MAKE SURE YOU ARE HEALTHY**
- **USE SUSTAINABLE PRODUCTS (CHECK PAGE 6)**



BY FOLLOWING THESE SMALL STEPS, YOU ARE PAVING A BETTER PATH FOR ALL FUTURE GENERATIONS. STAY SAFE, STAY SUSTAINABLE.

HEALTH

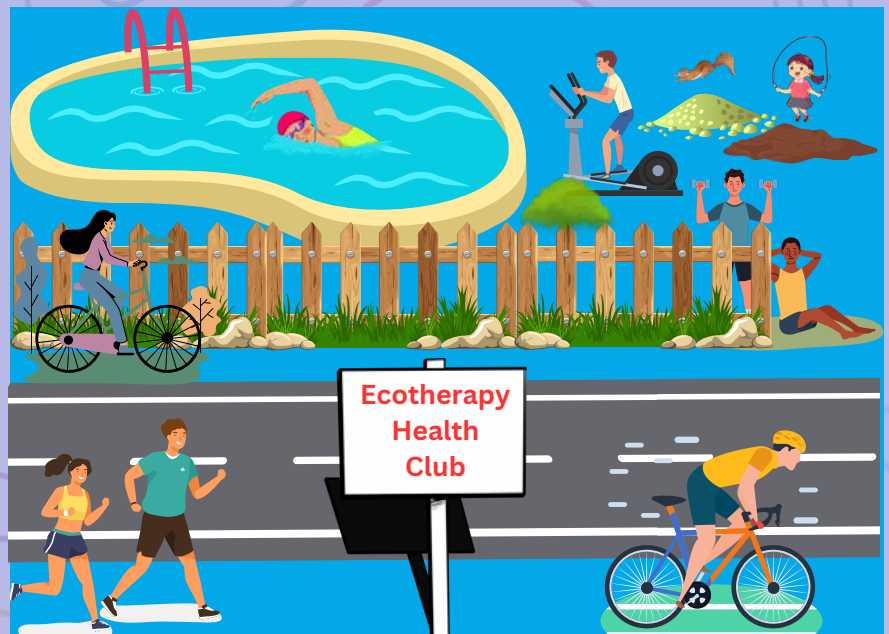
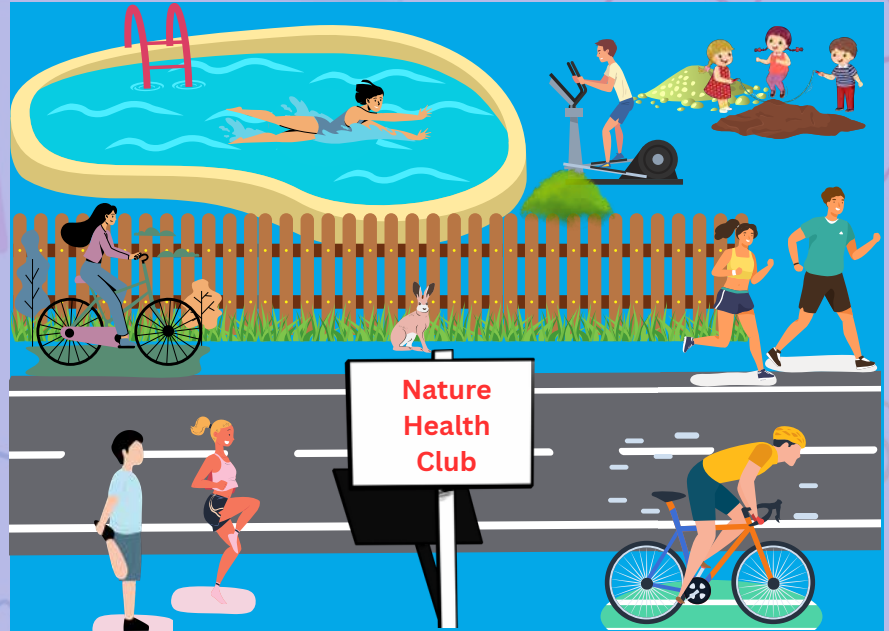


FACTS

1. Mental health is vital for overall well-being.
2. Manage stress through activities like meditation, sleep, yoga, or exercise.
3. Vaccinations help prevent infectious diseases.
4. Regular health check-ups for early detection of health issues and cancers.
5. Balanced Diet is an essential part of physical well-being.
6. Safe drinking water is part of maintaining health.
7. World Health Day (7 April) promotes health awareness and collective action.

SPOT THE DIFFERENCE

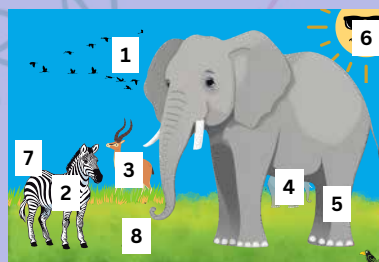
Spot the differences between the two scenes.
Answers in the next edition.



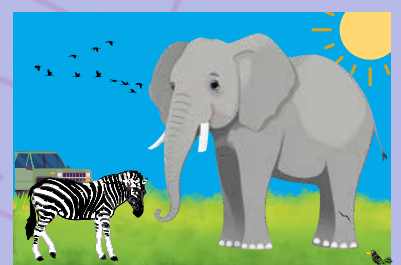
Ecotherapy

Spending time in nature is known as "ecotherapy." It has been shown to have numerous health benefits. It can reduce stress, improve mood, boost the immune system, and even lower blood pressure. Spending time outdoors among trees, plants, and fresh air can significantly contribute to our overall well-being.

Spot The Difference.
Answer of March Issue



A



B

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CurioBuddy

Read our other Kids magazine - **THE KK TIMES**
- a monthly newsmagazine for
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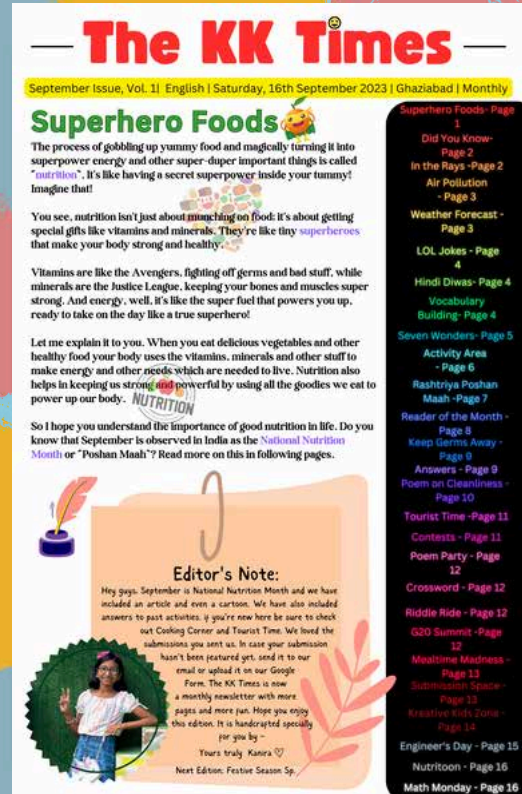
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