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Hej småles!

Summer is here again and we hope you are planning for some fun!

In this issue we are going to share more exciting facts about sustainability and how you can help looking after our planet by taking small steps.

We will also share more on the sustainable practices by IKEA and together we can embed these practices together on our daily life.

Read on... and practice at home. Help our planet to live green.

With Big Bug hugs
Sara

What is sustainability?

All life on Earth depends on the environment. The natural resources that come from the environment includes food, water, plants, and minerals.

Sustainability is the idea that humans must interact with the environment in a way that ensures there will be enough resources left for future generations.

FOOD

PLANTS

WATER

MINERALS

4

Source: <https://kids.britannica.com/kids/article/sustainability>

Types of sustainability

There are four pillars of sustainability:

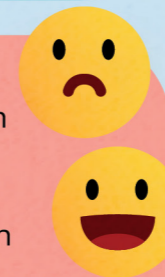
1

Human
This pillar aims to maintain and improve people's life in society.



2

Social
Specifying and managing both positive and negative impacts of systems, processes, organisations, and activities on people and social life.



3

Economic
Practices that support long-term economic growth without negatively impacting social, environmental, and cultural aspects of the community.



4

Environmental
The responsibility to conserve natural resources and protect global ecosystems to support health and wellbeing, now and in the future.



5

Source: <https://www.futurelearn.com/info/courses/sustainable-business/0/steps/78337>

Why is sustainability important?

Sustainability is the key to a better future. Humans rely on natural resources for survival, activities, and businesses.

Sustainable actions help make a real difference in society. Being committed to sustainability will reduce your carbon footprint and the amount of toxins released into the environment, making it safe. When we focus on sustainability, the entire world benefits and gets to live in more healthy, clean living conditions.

Source: <https://bluglacier.com/why-is-sustainability-important/#:~:text=Sustainable%20actions%20help%20make%20a,clean%2C%20more%20healthy%20living%20conditions.>

Leading countries in sustainability



40%

Denmark - Currently, 40% of their energy is generated by wind turbines. The cycling culture is common across the country, especially in Copenhagen which has 400km of cycle paths intricately woven throughout the city.



99%

Costa Rica - 99% of Costa Rica's electricity is from renewable sources, such as solar, geothermal, wind and hydroelectric. **They are well on their way to become the first carbon-neutral country.**



France - Leading country in tackling food waste and has been named the world's most food sustainable country. Currently, 30% of energy being generated is from renewable sources. **In addition, they are also planning to eliminate cars running on diesel to reduce particle pollution.**

Source: <https://cleanriver.com/blogleading-countries-in-sustainability/>



99%



Iceland - One of the most sustainable countries in the world due to the high-water quality, low air pollution, and an effective climate change policy. **They are also running on 99% renewable energy.**



Sweden - Swedish inventors have been developing new technologies, with the goal of running on 100% renewable energy and recycled sources.



Switzerland - Most of the energy is hydroelectrically generated, which lowers the country's overall carbon footprint.



IKEA's sustainability practices

1

Eating our way to a lower climate footprint



To protect future seafood supplies, all IKEA seafood are sourced with care, sold and served with environmental certifications. With that, we can offer responsibly-produced seafood to over 680 million IKEA food customers in 52 countries.



Our PÅTÅR 100% Arabica, quality coffee is farmed in a responsible way with more sustainable farming practices that are better for people and the planet.

Now allow us to share how IKEA is currently working towards practicing sustainability everyday. With our vision to create a better everyday life for the many people, we believe those lives are truly better when they're lived sustainably.

Join us for a ride and explore the sustainable approach taken by IKEA.

Eliminating plastics & resourceful waste is the new way now

2

Meet KUNGSBACKA kitchen fronts made from recycled wood and recycled PET (Polyethylene terephthalate) bottles. This definitely eliminates the one time usage and helps the environmental impacts.

Tapping into more ways to use less water

All IKEA's shower heads and hand showers are water and energy efficient. This is achieved by a flow regulator, which reduces the water flow.

10

It's the all-round ISTAD resealable bag that is now made mostly (85%) of a renewable material from the sugar cane industry. It is expected to save around 75,000 barrels of oil yearly, helping us to reduce our carbon footprint.

100% committed to sustainable cotton

4

All IKEA cotton is either recycled or grown with less water and pesticides while increasing profits for the cotton farmers. Choosing sustainable cotton means you're teaming up with us to create a better quality of life for the farmers' families.

5 Wood – a material with many qualities

Wood is so important to IKEA, we work together with FSC (Forest Stewardship Council) to take care of the world's forests through responsible forest management, making sure we have forests for all, forever.

Isn't it inspiring? Do check out more stories by scanning the QR code.

*Get guidance from parents to scan the QR code.

Sources:
<https://www.ikea.com/my/en/this-is-ikea/sustainable-everyday/>
<https://www.theguardian.com/business/2018/jun/07/ikea-commits-to-phase-out-single-use-plastic-products-by-2020>

11



Spot the difference

Can you spot the 20 differences?
Circle and number each difference you can find.

Send in your answers with your name, Smālish passport number and contact details to sara@smales.com.my or smales, No. 2, Jalan PJU 7/2, Mutiara Damansara, 47800 Petaling Jaya, Selangor by 15 August 2022. 30 lucky winners will each win a set of GLIS Box with lid.



What will happen if we don't live sustainably?

- More landfills popping up everywhere.
- More animals going extinct due to deforestation and pollution.
- An increase in respiratory diseases.
- Harsher weather (drier and hotter summers, colder and harsher winters, more tropical storms).
- Rising sea levels.
- Fewer green spaces to enjoy in cities and across the world.

Source: <https://www.inspirecleanenergy.com/blog/sustainable-living/what-is-sustainability>

Isn't it sad to know what the future holds if we are not sustainable? By living sustainably, we minimize the negative impact our lifestyles have on planet Earth.

Let's check out on the simple ways to be sustainable in our daily life on the next page.

Simple ways to be sustainable in our daily life

1

Turn off the lights when you leave a room.

2

Limit shower time to 10 minutes.

3

Unplug electronic device chargers when not in use.

4

Separate your trash at home to ensure you are disposing it properly.

5

Practice recycling at home.

6

Participate in a recycling program.

Source: <https://www.naturespath.com/en-us/blog/20-activities-kids-learn-sustainability/>
<https://www.constellation.com/energy-101/energy-choice/energy-activities-for-kids.html>

7

Plant a garden with your parents.

8

Play and enjoy the fresh air outside.

9

Make your own paper.

*Learn how to make one on page 16.

10

Collect rainwater to water your plants.

11

Read and learn more about the Earth.

Summer art & craft Make your own paper

Do you know how easy it is to give "trash" a new life? Making homemade paper provides a hands-on example of how we can help saving the environment, one tree at a time.

Steps:

- 1 Tear or cut the papers into small pieces and put them in a bowl.
- 2 Pour water into the bowl until the papers are slightly covered. Allow the paper to soak for a few hours or overnight.
- 3 Once the papers are soggy, squeeze out the excess water with your hands. Then, use a blender to grind it into a gooey pulp!
- 4 Bend a wire hanger into a rectangle or oval shape and tape the ends together with duct tape to create a frame. Stretch stockings over the frame to make a sieve. Place the sieve on a towel or baking pan (it will get wet!).
- 5 Scoop out the goo from the blender and mash it onto the sieve.
- 6 Press down on the sieve to remove the excess water.
- 7 Let the "new" paper dry. Cover the paper with a towel and iron on low heat. Let the paper continue to dry overnight, and it should be ready to use in the morning.

Enjoy making your own paper but do make sure you are supervised by your parents and be safe.

What you need:

- Recycled paper, such as printed paper or used coloring sheets
- Water
- Bowl
- Blender
- Wire hanger
- Duct tape
- Stockings
- An iron

Fun Facts about Sustainability

Water

A 15-minutes shower uses **95 – 190** litres of water

A tap leaking "with" just one drop per second wastes more than **12,000 litres of water a year.**
(Make sure you don't have any leaking taps at home)

Energy

Recycling 1 aluminium can save enough energy to light a 100 watt light bulb for 20 hours and a TV for 2 hours. That's just from 1 can.

Waste

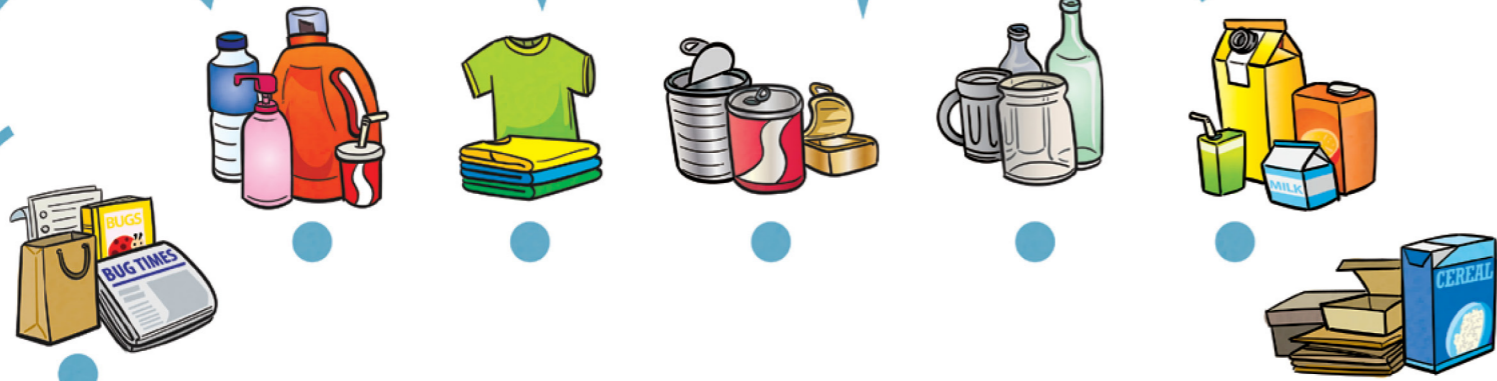
An average person throws away

1.8 kg of trash every day

1,360 kg of solid waste a year

1,000 kg of 100% recycled paper saves the equivalent of 4,100 kWh of energy, 2,650 litres of water, 27.2 kg of air emissions and three cubic yards of landfill space.

Match the words with the right pictures and fill in the blanks.



C_R_T_N G_A_S M_T_L C_RD CL_T_IN_ P_AS_IC P_P_R

B_A_D



Fun Quiz on Sustainability

1

Most of the energy used on Earth today originally came from which source?

- A. The sun
- B. Oceans
- C. Soil
- D. Air

2

If you recycle 1,000 kg of paper, how many trees are you saving?

- A. 12 trees
- B. 17 trees
- C. 23 trees
- D. 28 trees

3

Which of these is a type of green energy?

- A. A petrol pump
- B. A coal burning fire
- C. A wind turbine
- D. An electric cable

4

Which of the following will help you to save water?

- A. Leave the tap running whilst you brush your teeth
- B. Flush the toilet 3 times
- C. Leaking taps
- D. Have a quick 1-minute shower

5

Which of these modes of transport is best for the environment?

- A. Bike
- B. Car
- C. Bus
- D. Tractor

6

Which action does NOT save energy in your home?

- A. Turning all appliances to stand-by when not in use
- B. Turning off and unplugging all appliances when not in use
- C. Turning off all lights when not in the room
- D. Leaving lights on in only the rooms you are moving between

Find out the answers here:

1. a) **The sun** - Most of the energy used on Earth originally came from the Sun.
2. b) **17 trees** - 17 trees are saved by every tonne of existing paper that is recycled.
3. c) **A wind turbine** - Wind is a renewable energy source. Wind turbines do not release emissions that can pollute the air or water (with rare exceptions), and they do not require water for cooling.
4. d) **Have a quick 1-minute shower** - cutting back your shower time by just a minute could save sixty gallons of water per month.
5. a) **Bike** - Bicycle riding uses minimal fossil fuels and is a pollution-free mode of transport. Bikes reduce the need to build, service and dispose of cars.
6. d) **Leaving lights on in only the rooms you are moving between.** - Leaving lights on in rooms you are moving between does not save energy.

Source: <https://ecofriendlykids.co.uk/energyrecyclingquiz/>

INBOX @ SMALES

Best Drawing



Lim Zi Qi, 7 years old

Best Drawing



Tan Lee Faye, 6 years old

Last issue's theme:

The flower garden in Sara and Bugbug's backyard is starting to bloom so the brothers are having an afternoon tea party and have invited a special visitor. Who do you think it is?

Best Letter

"Yes! We did it!!" said Sara

"Thank you so much for the prize, i am so happy!" said Bugbug. "You know, this is our favorite dish – tea-flavored paper porridge, it is the yummy food in the world!! Ha! Ha! Ha!" laugh Sara.

"Let me share the secret recipe with you all, once you eat it, you will get addicted.

The ingredients is very simple, you need to prepare Black tea from Ikea café, one cup of rice, rice paper, carrot, chicken, salt and pepper for seasoning.

Wash you rice first, then take out two teabags, pour with the hot water and soak the rice into the tea for 1 hour. This will made your rice smell great.

Transfer the rice and tea to the stove and cook for 20 minute, add in the carrot, chicken, salt and pepper, continue cook for another 10 minute become porridge.

Let it cold for 30 minute, then take out the rice paper and wrap with one scope of porridge. Give it a bite and you will know how good is the taste." said Bugbug.

" I hope everyone can try my recipe at home and enjoy the great time with your family, i love you all, thank you!" said Sara proudly.

Teh Sher You, 6 years old



Next issue theme:

Sara and Bugbug love their paper porridge and this time they are planning to have a cooking party by using recycling papers to make the delicious paper porridge with their Småland friends. Draw your best cooking party with Sara, Bugbug and friends in Småland.

Include your name, Smålish passport number, age, address and contact number, and send your drawing to sara@smales.com.my or smales, No. 2, Jalan PJU 7/2, Mutiara Damansara, 47800 Petaling Jaya, Selangor by 15 August 2022. 2 lucky winners will each win a MÅLA Portable drawing case.

Last issue's theme:
The winning dish for the great cook off competition is Sara and Bugbugs's tea flavoured paper porridge! Let us invite the brother's up on stage to share how they came up with the idea in mixing tea and paper porridge together?

Next issue theme:
Sara and Bugbug have a plan to write a letter on how they can help the environment by practising sustainability daily. Together with Sara and Bugbug, share how you will start practising sustainability at home daily.

In no more than 150 words, include your name, Smålish passport number, age, address, and contact number and send your letter to sara@smales.com.my or smales, No. 2, Jalan PJU 7/2, Mutiara Damansara, 47800 Petaling Jaya, Selangor by 15 August 2022. 2 lucky winners will each win a MÅLA Modelling dough.



Find and match eco-friendly products to replace single-use items.



Plastic Bag



Alkaline Batteries



Disposable Paper Cup



Disposable Food Box



Bottled Drink



Tissue Paper



Stainless Steel Water Bottle



Reusable Cup



Reusable Shopping Bag



Handkerchief



Rechargeable Batteries



Lunch Box

Colour me

