

Good Life Challenge

OVERVIEW

Share this take-home worksheet after school field trip programs, gallery activities, afterschool programs, and other educational programming. This extension activity serves as a way to connect participant engagement and learning to individual actions that support the United Nation's Sustainable Development Goals.

If possible, encourage participants to share the results of their challenge week with each other, or friends and family, and to reflect. How does it make them feel to take positive steps in their own lives? Which actions can they continue to take? Which actions were the most difficult?

The worksheet is designed either to be printed as a hand-out or as an interactive digital file. The action boxes can be checked off right in the file when viewed in Acrobat or Preview, or when using the Chrome browser. (The interactive checkboxes won't work when the PDF is opened using Safari or Firefox.)

Other resources

More information on the UN Sustainable Development Goals is available online:
<https://www.un.org/sustainabledevelopment/>

You can encourage program participants to watch this introductory video,
<https://www.goodlifegoals.org/> or download the Sustainable Development Goals in Action app:
<https://sdgsinaction.com/>

Big ideas

- Sustainability means healthy people, communities, and environments, now and in the future.
- We can work together to create a sustainable future. Everyone has a part to play.

Learning objectives

- Awareness of the ways that sustainability is relevant to their lives and issues they care about.
- Sense of self-efficacy related to sustainability, including their ability to take sustainable actions and participate in conversations about sustainable futures.

LICENSE AND CREDITS

This worksheet was created by the Sciencenter for the NISE Network as part of Arizona State University's Rob and Melani Walton Sustainability in Science and Technology Museums program, supported through funding from the Rob and Melani Walton Foundation. Learn more about related sustainability programs by visiting www.nisenet.org.

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<https://sdghub.com/goodlifegoals/>