

an  
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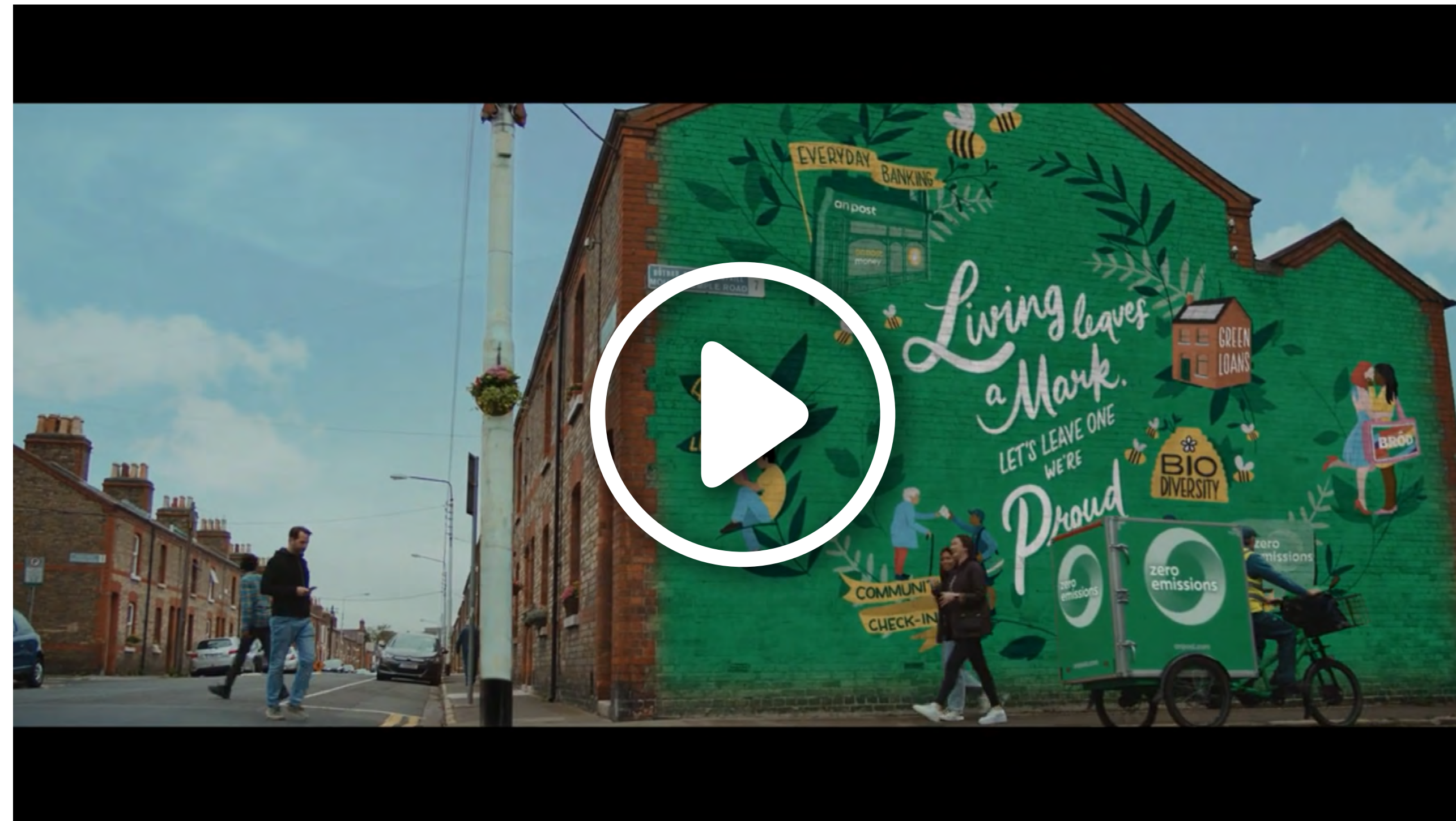
# A Happier and Healthier Ireland 2030

Time to play your part!

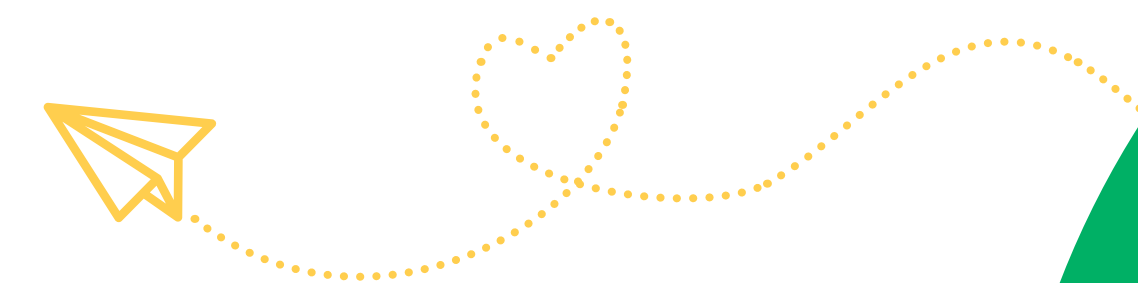
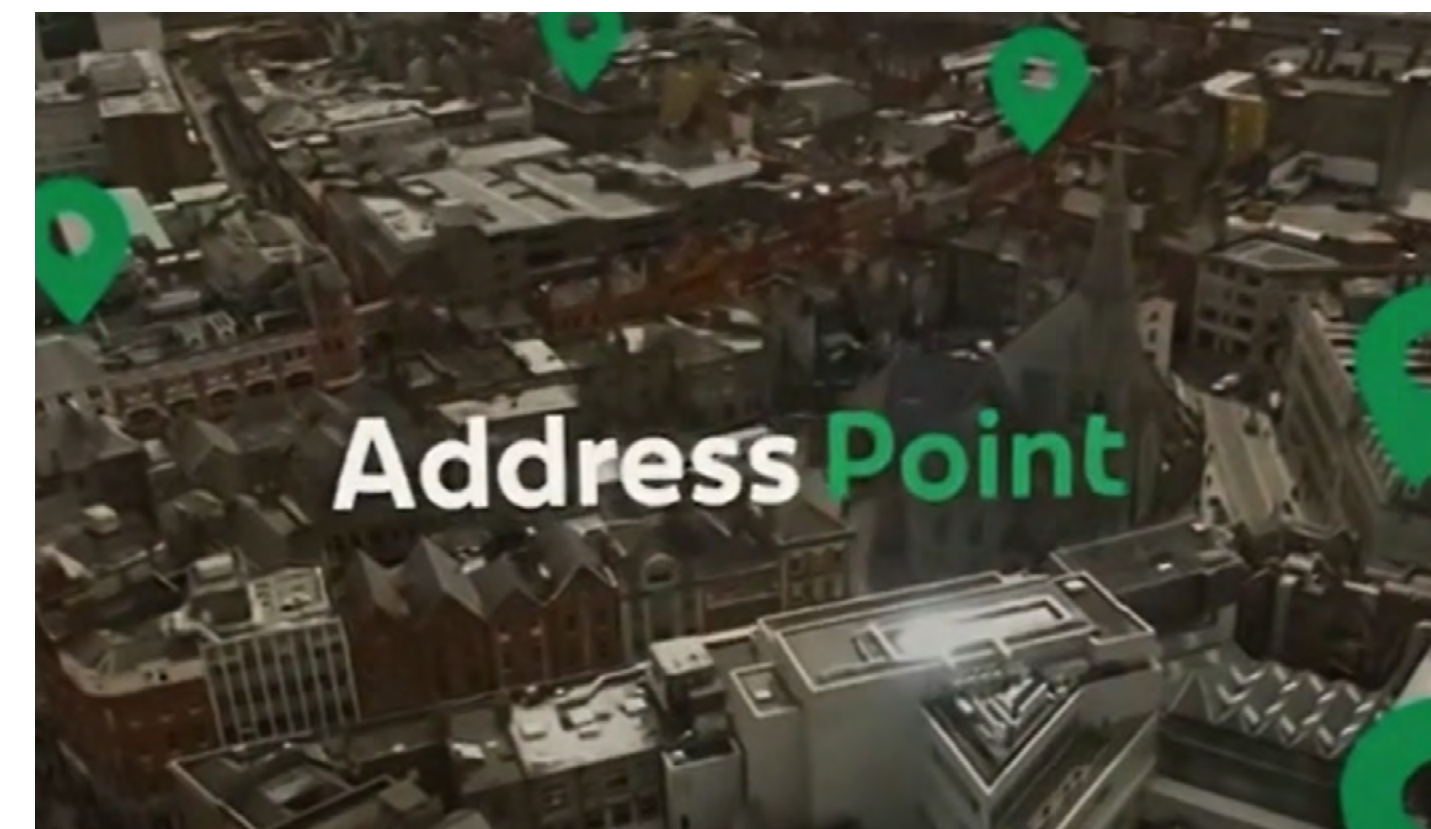
5<sup>TH</sup> & 6<sup>TH</sup> Class



# An Post - check out what they're doing to make Ireland happier and healthier in the future!

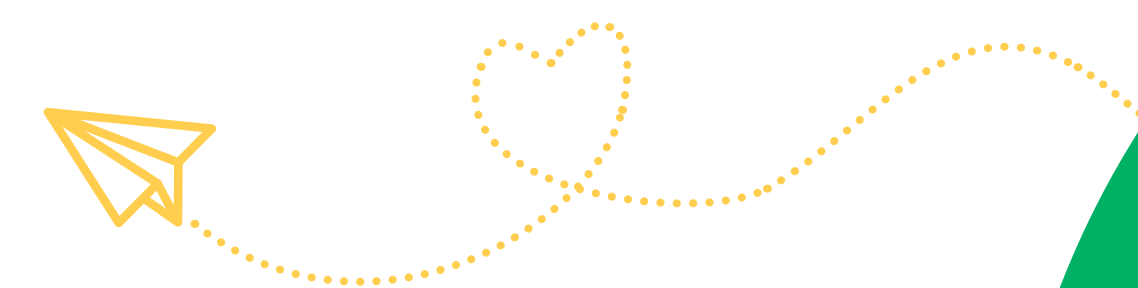


# An Post - Leaving their mark!



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# Transport - An Post



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# Key Words - Do you know what they mean?



Sustainability



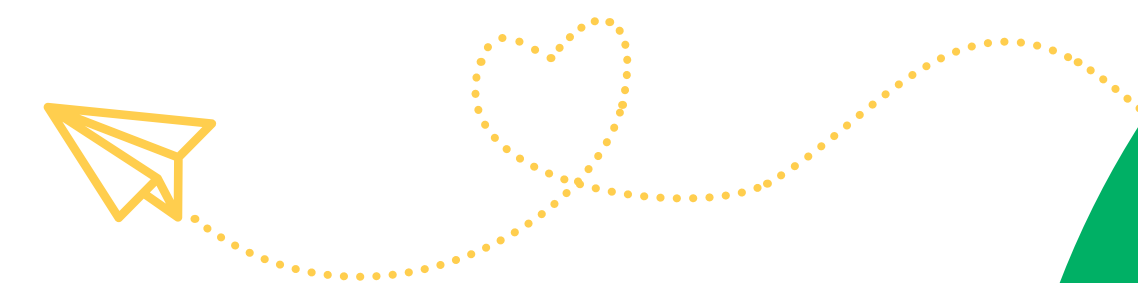
Diversity



Inclusion



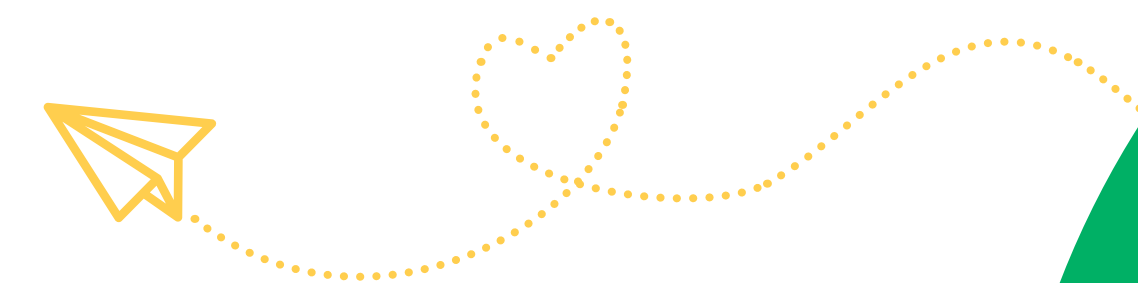
Biodiversity



# Sustainability - What's happening in these pictures?



How can Sustainability in Ireland make our community happier and healthier?

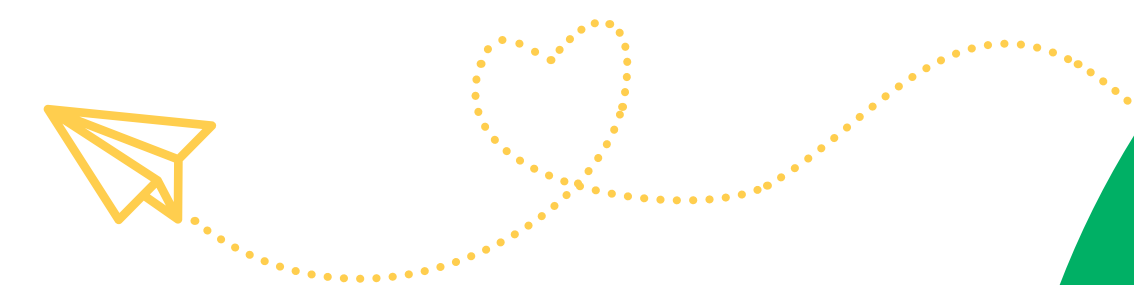


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# Diversity & Inclusion - What's happening in these pictures?



How can Diversity and Inclusion in Ireland make our community happier and healthier?

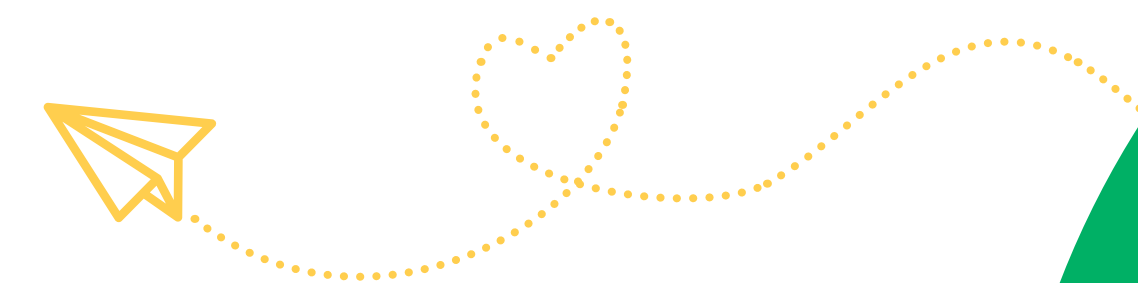


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# Biodiversity - What's happening in these pictures?

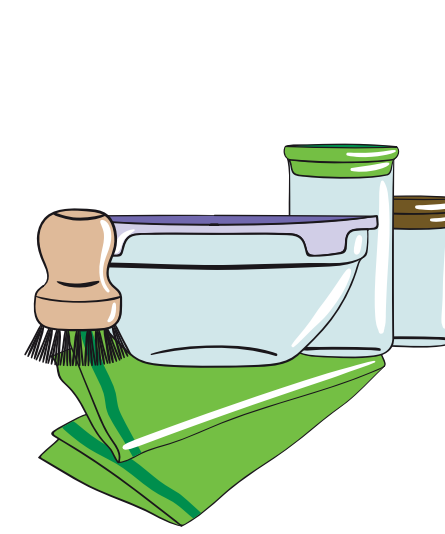


How can Biodiversity in Ireland make our community happier and healthier?





# RRR - What's happening in these pictures?



Try plastic free alternatives



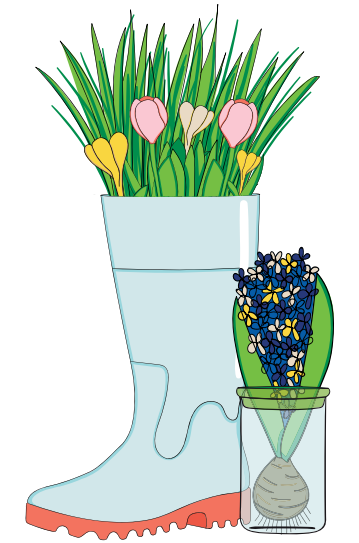
Reject one-off and unnecessary things



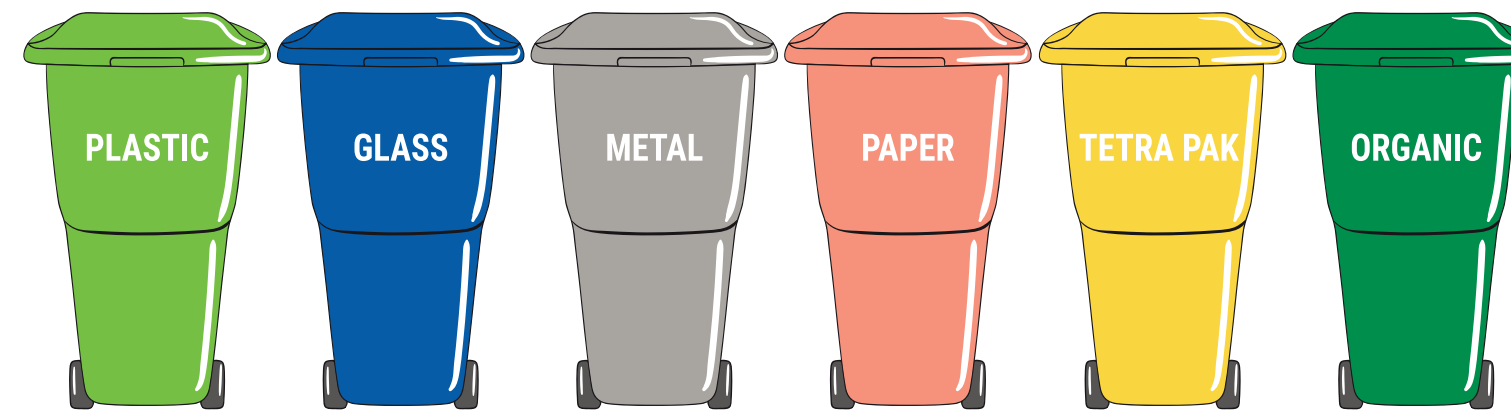
Use your own shopping bags



Repair your clothes and visit a used-clothes store



Upcycle and repurpose old stuff

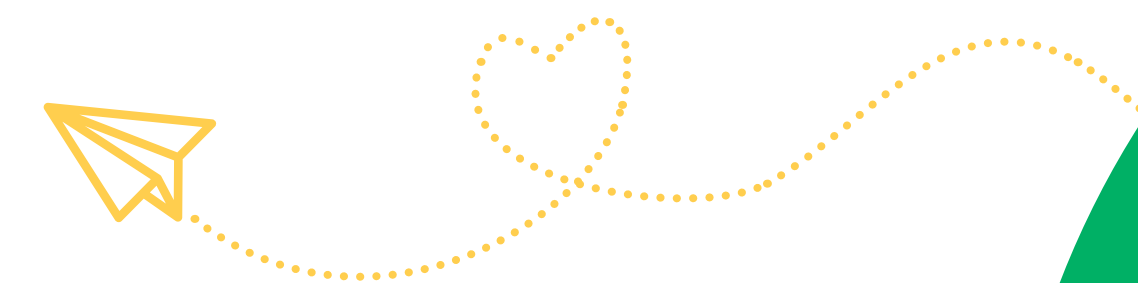


Start to sort and hand over trash to recycling station

Pick up organic residues and compost them



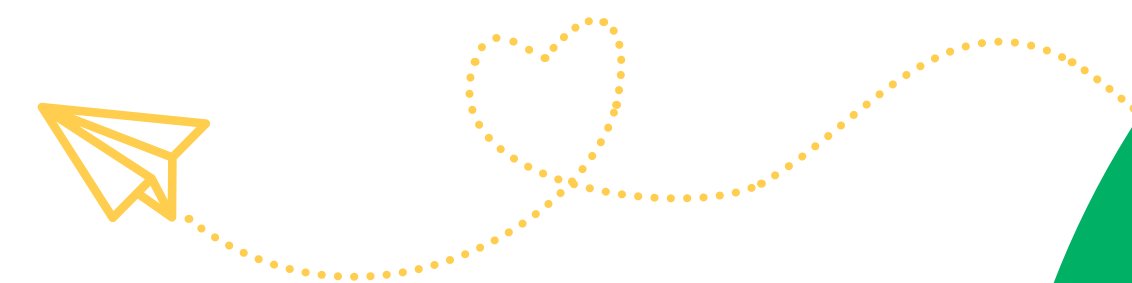
How can “reduce, reuse and recycle” in Ireland make our community happier and healthier?



# Literacy - What's happening in these pictures?



How can Literacy in Ireland make our community happier and healthier?

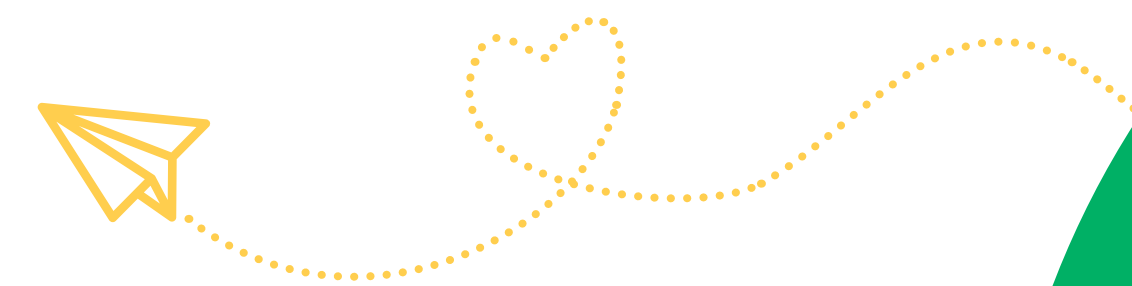


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# Climate Change - What's happening in these pictures?



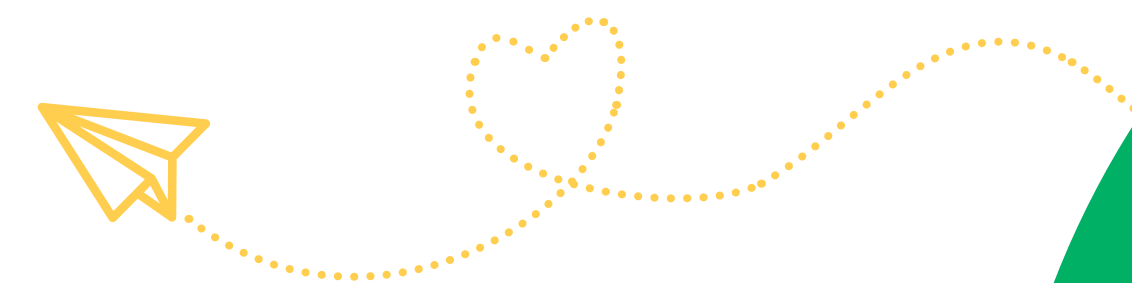
How can we stop climate change in Ireland to make our community happier and healthier?



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# Group Work

- 3/4 per group
- Each group gets a topic for 10mins
- Aim - Discuss within your topic:
  - What 5-10 actions can we take in this area to make Ireland healthier and happier?
- Following this, give each group 1 minute to give feedback to the rest of the class.



# Topics for group work



Biodiversity



Reduce, Reuse, Recycle



Literacy



Diversity & Inclusion



Sustainability



Climate Change



**Reporter**



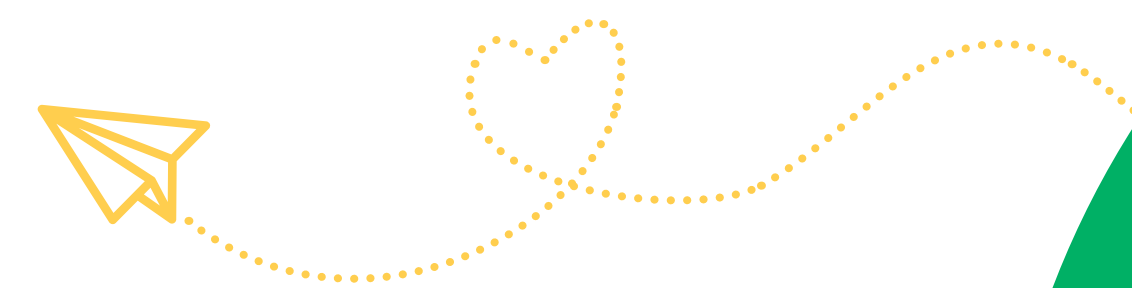
**Note  
Taker**



**Time  
Keeper**



**Group  
Organiser**



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post**

# Sample Letter

Listen to the letter and then write your own!

Orla is 20. She lives in the future - in 2030.



Dear 5th-6th Class,

Greetings from the future! My name is Orla and I live in the year 2030.

Let me tell you all about the healthy and happy world I live in! Firstly, there are so many less cars on the road and loads more bicycles. Anybody who does have a car has to plug it in at nighttime to charge it. There is so much less noise and pollution because everyone cycles now and the bus and train services are used a lot more. It's very cheap to charge your car now too and people are saving so much more money!

When it comes to heating our homes that we live in, this is better now too. We have solar panels on my house that keep my family and I warm. This is "clean" energy, which means it can be used again and again, without running out!

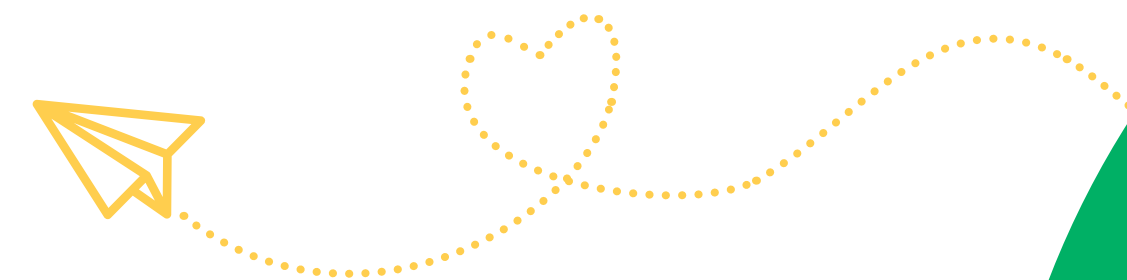
Everyone seems happy and healthy too. My friends and I always make sure to visit the old people in our area. They can get lonely sometimes so it's great to be able to make them happy. I'm in college in Dublin now and there are so many people in my class from different parts of the world. My best friend is called Emile and she is from France. Everybody is made to feel very welcome in our college and it's great to see so much diversity and inclusion everywhere.

We are planting more trees and the earth looks way healthier around us. Every Saturday we do a big litter pick up to keep the animals and plants in our area safe and happy. Climate change isn't so much of a worry anymore because everyone is doing their part. In our community, we have loads of recycling bins and bicycle lanes. It's great!

The future is fantastic. I'm so glad I learned how to write a good letter when I was in primary school so I can share all of the great news about the future with you! Letter writing is still a great skill to have - even in 2030.

Before I go, it would be great if you could help spread the word about making the future better by telling other people how they can help make Ireland healthier and happier and writing your letter entry to An Post?

Thank you,  
Orla



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