

an  
post

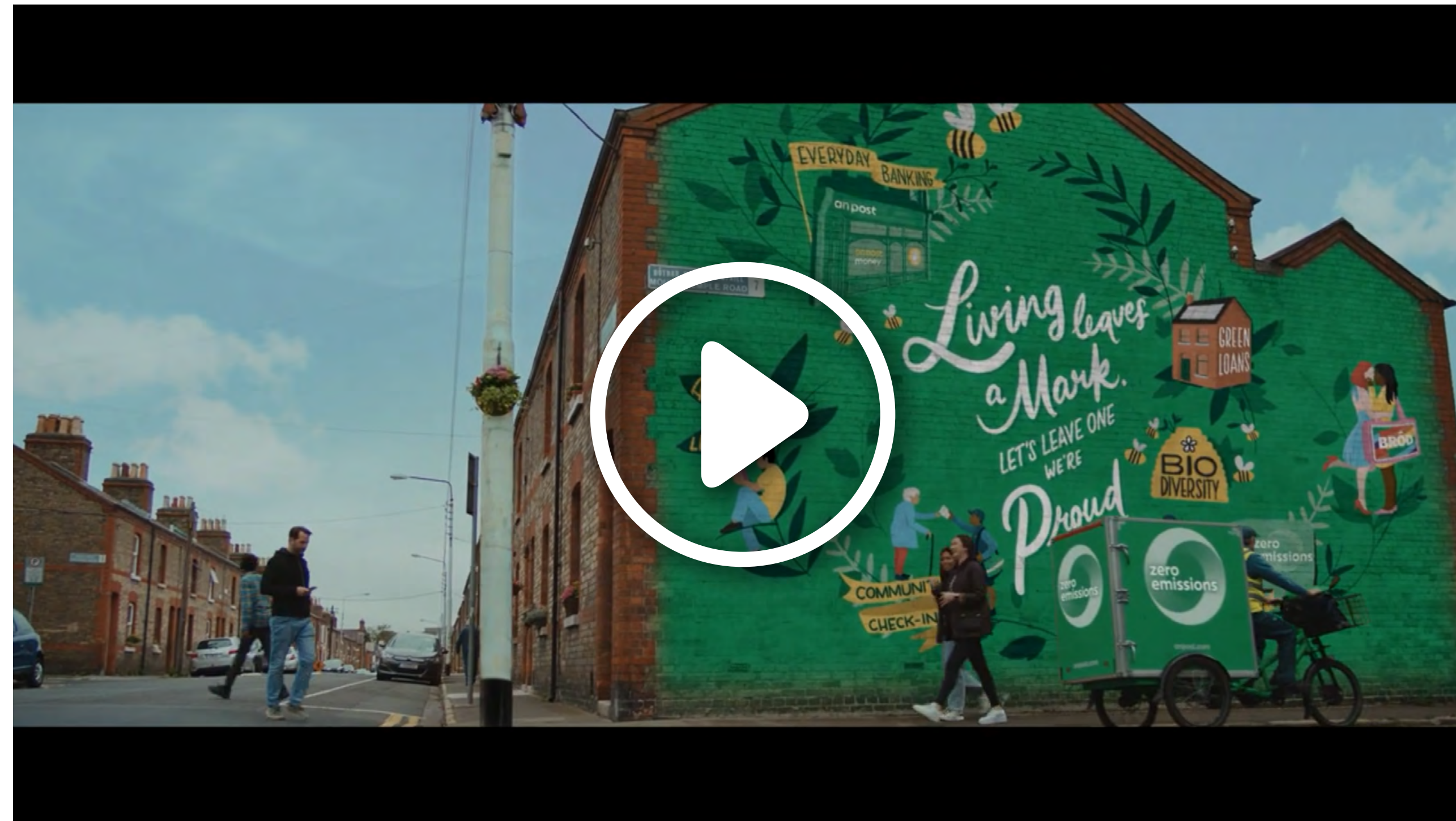
# A Happier and Healthier Ireland 2030

Time to play your part!

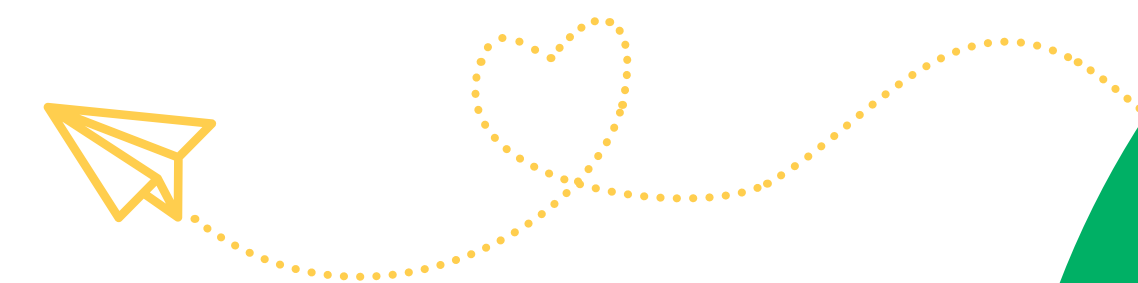
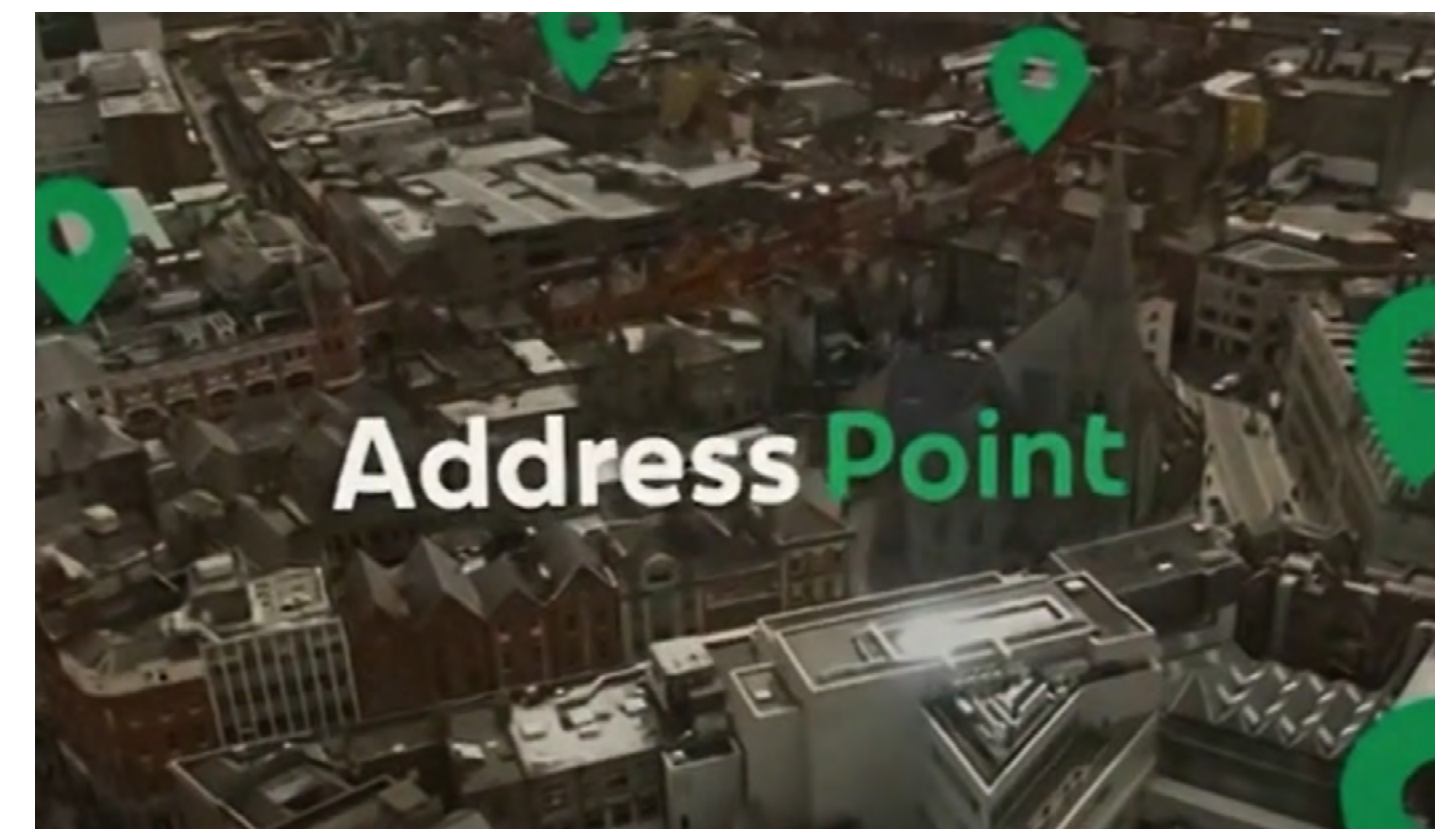
1<sup>ST</sup> & 2<sup>ND</sup> Class



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



# An Post - Leaving their mark!

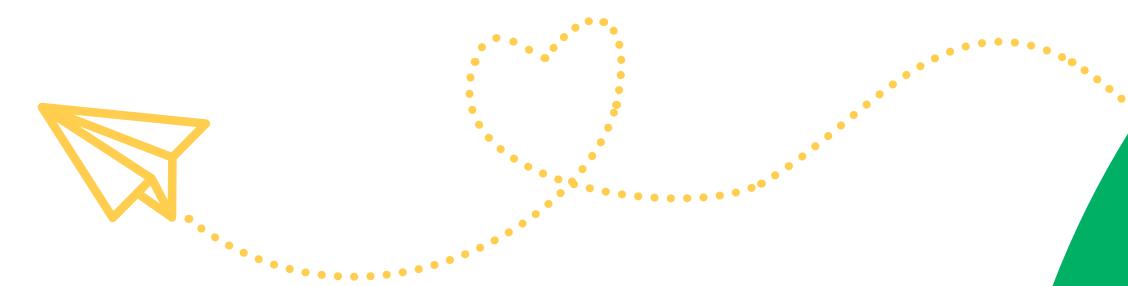


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# What's happening in these pictures?



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

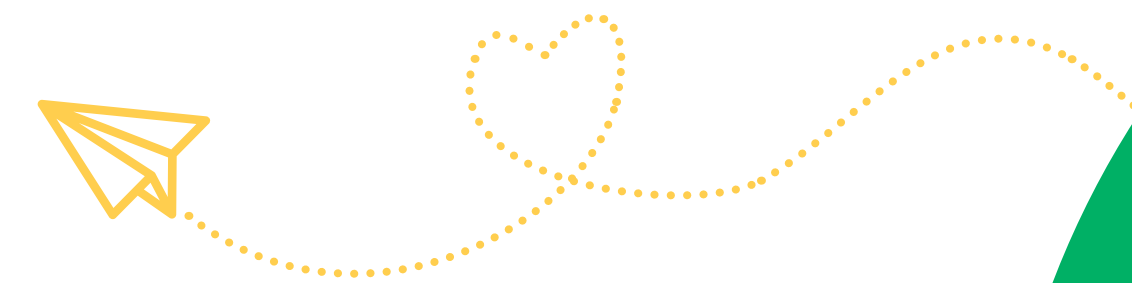


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# What's happening in these pictures?



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

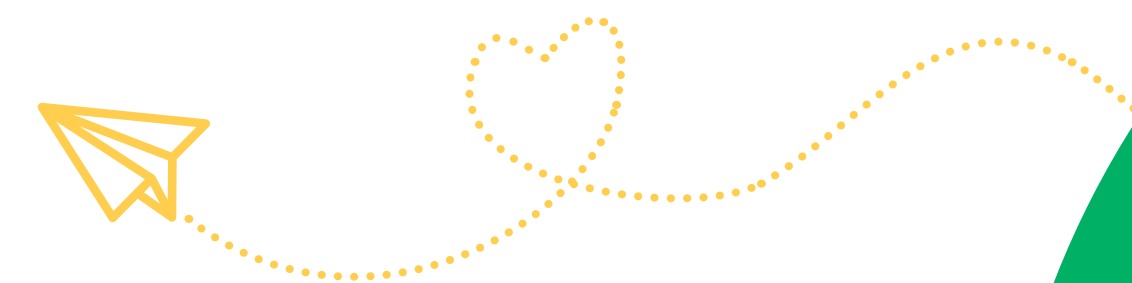


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# What's happening in these pictures?



How can including others in Ireland make our community happier and healthier?

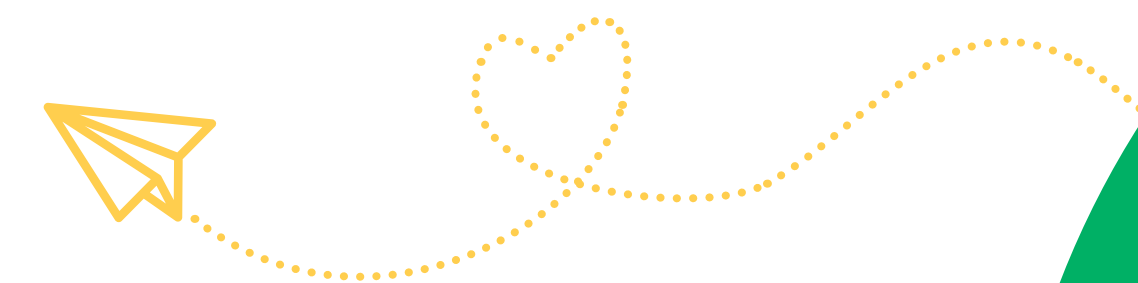


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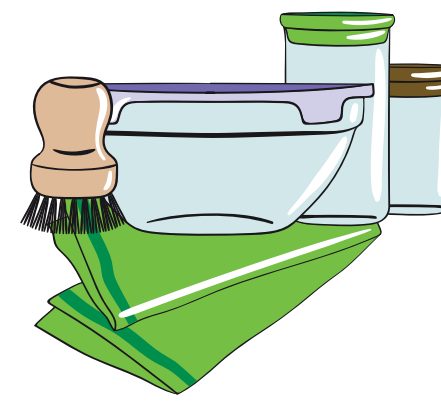
# What's happening in these pictures?



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



# What's happening in these pictures?



Try plastic free alternatives



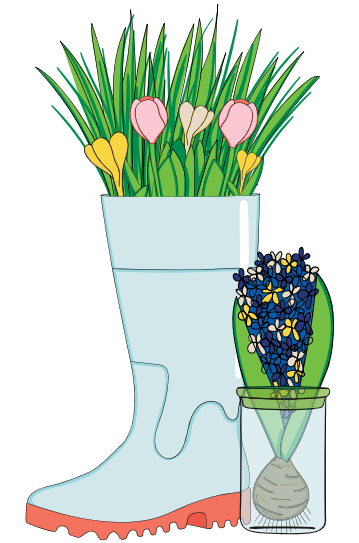
Reject one-off and unnecessary things



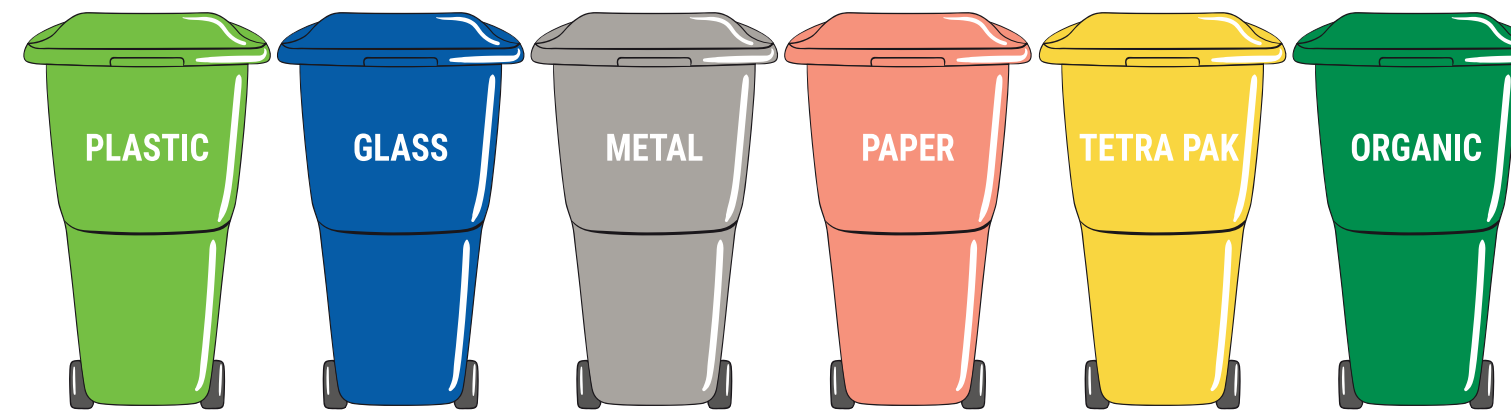
Use your own shopping bags



Repair your clothes and visit a used-clothes store

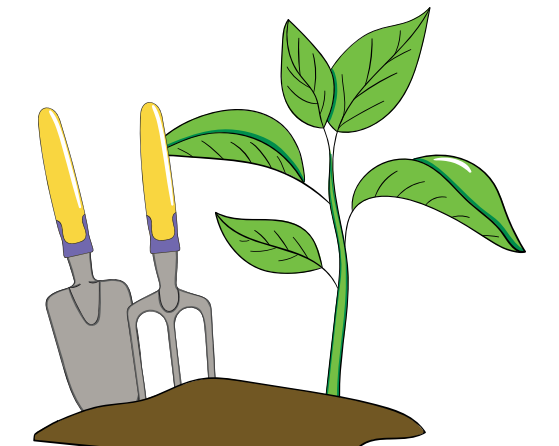


Upcycle and repurpose old stuff

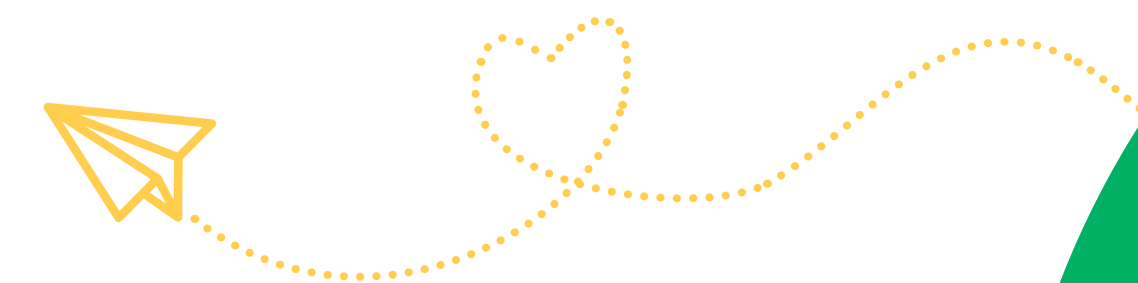


Start to sort and hand over trash to recycling station

Pick up organic residues and compost them



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

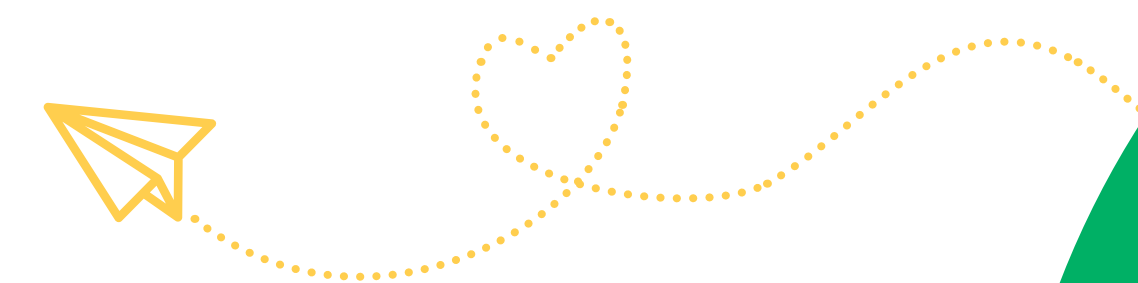




# What's happening in these pictures?



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



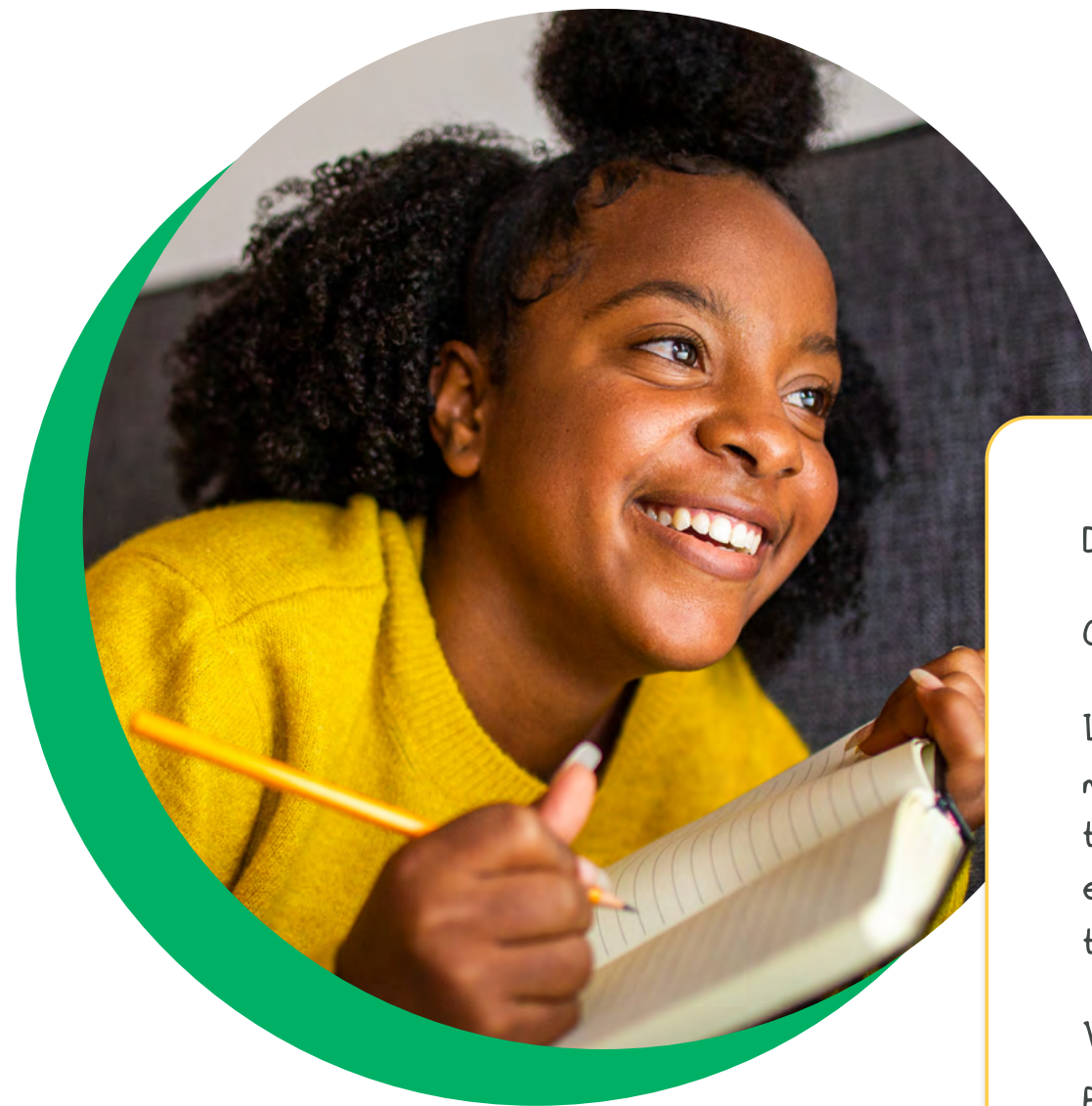
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# Sample Letter

Read the letter and then write us a letter on your favourite ways to make Ireland happier and healthier for the future!

Laura is 15. She lives in the future - in 2030.

Here's what she has to say!



Dear 1st-2nd Class,

Greetings from the future! My name is Laura 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!

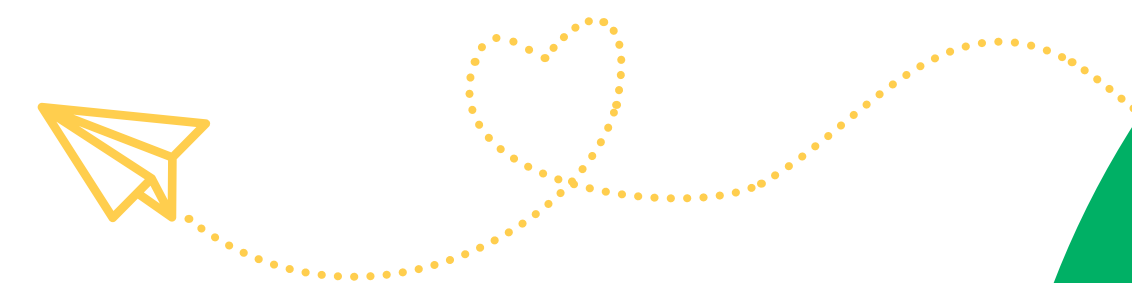
Everyone seems happy and healthy too. My friends and I always make sure to include everyone in our games at break time and make sure to visit the old people in our area. They can get lonely sometimes so it's great to be able to make them happy.

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. Before I go, can you help me by spreading the word about making the future better by telling other people how they can help make Ireland healthier and happier?

Thank you and see you soon.  
Laura



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