

## Good Life Goals Evening Pack – Cubs:

### What the evening is about:

Learning about the Sustainable Development Goals and what they are, how countries are working towards them, and what challenges some countries face that others may not.

### Timings (1.5 hours):

19:00 – Flag break

19:15 – Opening game

19:25 – Introduction and Goals activity 1

19:40 – Good Life Goals game

19:55 – SDG discussion and Goals activity 2

20:15 – Closing game

20:25 – Flag down

### Introduction:

Although we'll be learning about The Good Life Goals, we first need to know where they were born from. Has anyone heard of the Sustainable Development Goals? The Sustainable Development Goals (SDGs) are a plan of goals put together by the United Nations (comprising of 51 nations) in 2015 to help improve people's quality of life in all corners of the earth, as well as protecting the earth for future generations by 2030.

The 17 goals are comprised of 169 aims, with measurable targets. They cover a range of topics such as zero hunger, responsible consumption and production, and peace justice and strong institutions. This can be a lot to digest, and many people might think that it isn't something they can help with, but this is where The Good Life Goals come in. The Good Life Goals were born from the SDGs and detail the things that people CAN do, not a long list of things that they should not do. The Good Life Goals are as follows:

### Goals activity 1:

With each goal, hand a scout the relevant card and get them to line up from 1-17, talking through the goals. Cubs will need to listen carefully as the information from this activity feed directly into the game they will be playing next.

1. Help end poverty – End poverty in all its forms everywhere
2. Eat better – End hunger, improve nutrition, and promote sustainable agriculture
3. Stay well – Ensure healthy lives and well-being for all at all ages
4. Learn and teach – Ensure inclusive and quality education for all. Promote lifelong learning
5. Treat everyone equally – Achieve gender equality and empower all women and girls
6. Save water – Ensure access to water and sanitation for all
7. Use clean energy – Renewable energy sources, like solar panels which you may have seen on people's houses
8. Do good work – Promote inclusive and sustainable economic growth, employment, and decent work for all
9. Make smart choices – Supporting new inventions
10. Be fair – Reduce inequality within and among countries

11. Love where you live – Make cities inclusive, safe, and sustainable
12. Live better – Ensure sustainable consumption and production patterns
13. Act on climate – Take urgent action to combat climate change and its impact
14. Clean the seas – Protecting marine life and reducing human impact on the oceans
15. Love nature – Sustainably manage forests, combat deforestation, and halt biodiversity loss
16. Make peace – Promote peaceful and inclusive societies
17. Come together – Form global partnerships for sustainable development

Just to note, the key difference between 5: treat everyone equally, and 10: be fair is that 5 is all about not discriminating against people for how they identify, live etc, and number 10 is about reducing financial inequalities, lifestyles, accessibilities to resources etc.

They are broken down by: 1 action to learn, 3 actions to do and 1 action to demand support from local/national leaders/bodies. For example (show one of them and read out the aims – a good example is goal 1. All the goals are provided further down in this information pack)

These are broken down in a much simpler way for people of all ages and backgrounds to be able to understand how they can work towards a more sustainable future.

### Good Life Goals Game:

So, we're going to play a game to help you better understand some of these aims and targets. I'm going to read out an action, and you're going to run to which Good Life Goal you think it relates to!

(Run the game, provided further down in this information pack)

### SDG discussion:

Do you think we are on track to complete the SDGs by 2030?

Unfortunately, not! Covid has caused a stall in progress (which was already slow beforehand!). The way we track if SDGs are being completed is on a scale of 0-100, with 100 being that they are doing it and 0 meaning not at all. The aim is for all countries to be at 100 by 2030, but obviously each country's version of 100 is different! The world average is currently 62.7.

### Goals activity 2:

Back to activities! We're going to talk more about these rankings, but on a human scale. One end of the hall is 0, the other end is 100, and you have to line up where you think the given country is ranked. But to kick us off, quick question: can you name a country that you think would be ranked number 1 on the scale of 0-100? (Go to every scout and if they're not sure, they can say "I don't know". Equally, they can name a random country, whatever comes to the top of their head if they like!)

The correct answer is Finland.

**Round 1:** Can you stand on the scale of 0-100 where you think the number 1 country, Finland is?

Correct answer: 86.5

**Round 2:** Can you stand on the scale of 0-100 where you think the lowest ranked country, which is South Sudan in 163<sup>rd</sup> would be? Hint, it's not 0

Correct answer: 39

**Round 3:** Can you stand on the scale of 0-100 where you think the UK is?

Correct answer: 80.5

So, the UK has scored pretty well, but they aren't quite in the top 10! Changing it up slightly, one end of the hall is 20<sup>th</sup>. and the other end is 11<sup>th</sup>, can you stand where you think the UK is in the world rankings?

Correct answer: 11<sup>th</sup>

Can you discuss some reasons why countries may score differently on this scale?

Reasons can vary, but it mostly boils down to their cultures, religions, populations, and financial situations. Some countries are a lot poorer than others and can't recover from things such as major disasters for example, which leaves many people without resources, or they don't have sufficient funds to provide a good healthcare system. Or their work cultures are different, and people may not have access to safe and sustainable work where they are fairly paid and fairly treated. This typically leads to poverty as we know it, whereby they don't have good shelter, access to food, or water. These are just some simple examples and there's a lot more when you start thinking about environment, genders, disabilities etc!

#### Conclusion:

So, what have we learned? What the good life goals are and where they came from, why they were introduced, and how different countries score against these goals.

Just because the SDGs are a global plan and need major action from political bodies and large conglomerates, that doesn't mean you can't do your own bit to help make change locally. If you look up the goals and aims online (via the Good Life Goals and not the SDGs), see what you can do every day to make small improvements. (I also have a Good Life Goals Passport exercise included in the pack that can be sent out to scouts if they want to complete it at home)

#### Good Life Goals Passport:

The Good Life Goals Passport provides a learning document for the young people to actively think on what they already do, or what they could be doing, to help towards the SDG and influence others to build a better world for the future. They simply have to follow through the document as provided.

#### Badges the evening counts towards:



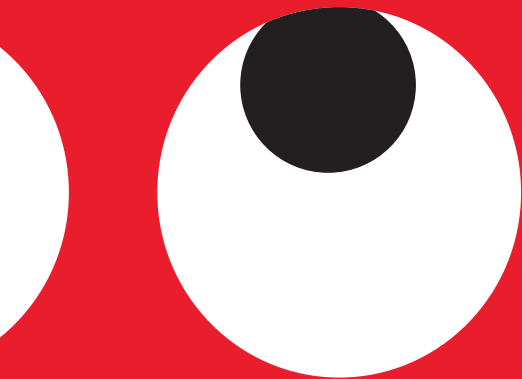
Good Life Goals Badge:

- Learn about what the Good Life Goals are and why they were brought into place, including learning about the basics of the SDGs
- Understand how you can get involved with completing the Good Life Goals/SDGs
- Discuss global issues and how they vary between first and third world countries
- **Optional criteria:** Complete the Good Life Goals passport
- **Optional criteria:** Choose a goal that you want to do some work towards and outline what you would or will do in the future to complete this goal?

Please note: this badge is on OSM for you to add onto your programme plan as required. Can be ordered via [mysa@7th.cdscouts.org.uk](mailto:mysa@7th.cdscouts.org.uk)

Other badges may apply upon completion of the optional criteria of the Food for Thought badge and other badges can be easily incorporated if necessary.

**GOODLIFE**  
**GOALS**



“For the goals to be reached, everyone needs to do their part: governments, the private sector, civil society and **people like you.**”

–The United Nations

**The Sustainable Development Goals are the blueprint for a better future. And together we can reach them.**

**By following the Good Life Goals we can all help make tomorrow better than today. Let’s do this!**

**#GoodLifeGoals**

**GOODLIFE  
GOALS  
PARTNERS**

**F U T E R R A**®



# 1 HELP END POVERTY

GOODLIFE GOALS



# HELP END POVERTY

## Actions

# 1

1  
**Learn the causes of poverty at home and abroad**

2  
**Share and donate what you can**

3  
**Buy from companies that pay people fairly**

4  
**Save, borrow and invest responsibly**

5  
**Demand decent wages and opportunities for all**



End poverty in all its forms everywhere.

SUSTAINABLE DEVELOPMENT GOALS

# 2 EAT BETTER

GOODLIFE GOALS



# EAT BETTER Actions

# 2

1  
**Learn how we farm, fish and make our food**

2  
**Enjoy more fruits and vegetables**

3  
**Buy local, seasonal and fairly traded food**

4  
**Help children, elderly people and pregnant women to eat well**

5  
**Demand an end to global hunger**

2  
ZERO HUNGER



End hunger, achieve food security and improved nutrition and promote sustainable agriculture.

SUSTAINABLE DEVELOPMENT GOALS



# 3 STAY WELL

GOOD LIFE GOALS



## STAY WELL Actions

# 3

1  
**Learn about, and share, ways to stay healthy**

4  
**Value mental health and well-being**

2  
**Wash your hands and exercise regularly**

5  
**Demand medical care and vaccinations for all**

3  
**Stay safe on or near roads**

3 GOOD HEALTH AND WELL-BEING



Ensure healthy lives and promote well-being for all at all ages.

SUSTAINABLE DEVELOPMENT GOALS

# 4 LEARN AND TEACH

GOODLIFE GOALS



# LEARN AND TEACH

Actions

# 4

1  
Keep learning throughout life

2  
Teach kids kindness

3  
Help girls and boys stay in school

4  
Support teachers and keep schools open

5  
Defend everyone's right to an education



Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.

SUSTAINABLE DEVELOPMENT GOALS

# 5 TREAT EVERYONE EQUALLY

GOOD LIFE GOALS



# TREAT EVERYONE EQUALLY

Actions

# 5

1  
**Learn and share ways to end sexism**

4  
**Defend women's reproductive rights**

2  
**Raise kids to expect equality**

5  
**Oppose violence against women and girls**

3  
**Respect the men and women who care for families**

5 GENDER EQUALITY



Achieve gender equality and empower all women and girls.

SUSTAINABLE DEVELOPMENT GOALS

# 6 SAVE WATER

GOODLIFE GOALS



## SAVE WATER Actions

# 6

- 1 **Learn why clean water matters**
- 2 **Don't flush any trash or toxic chemicals**
- 3 **Report and fix leaks – big or small**
- 4 **Save water when brushing your teeth, washing and cleaning**
- 5 **Defend people's right to clean water and a toilet**

6 CLEAN WATER AND SANITATION



Ensure availability and sustainable management of water and sanitation for all.

SUSTAINABLE DEVELOPMENT GOALS

# 7 USE CLEAN ENERGY

GOODLIFE GOALS



# USE CLEAN ENERGY Actions

# 7

**1**  
Find out where your energy comes from

**2**  
Save energy wherever you can

**3**  
Use renewable energy for heat, light and power

**4**  
Buy from companies powered by renewable energy

**5**  
Demand clean, affordable energy for everyone

**7** AFFORDABLE AND CLEAN ENERGY



Ensure access to affordable, reliable, sustainable and modern energy for all.

SUSTAINABLE DEVELOPMENT GOALS

# 8 DO GOOD WORK

GOODLIFE GOALS



# DO GOOD WORK

Actions

8

1  
**Learn family finance skills**

2  
**Demand safe working conditions**

3  
**Check no-one was exploited to make what you buy**

4  
**Support local businesses at home and abroad**

5  
**Stand up for everyone's rights at work**

8 DECENT WORK AND ECONOMIC GROWTH



Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all.

SUSTAINABLE DEVELOPMENT GOALS

# 9 MAKE SMART CHOICES

GOODLIFE GOALS



# MAKE SMART CHOICES

Actions

# 9

**1**  
Learn about plans for progress in your country

**4**  
Welcome innovations that make the world a better place

**2**  
Stay smart and kind online

**5**  
Demand the benefits from progress are shared

**3**  
Support construction that benefits people and protects the planet

**9** INDUSTRY, INNOVATION AND INFRASTRUCTURE



Build resilient infrastructure, promote inclusive and sustainable industrialization and foster innovation.

SUSTAINABLE DEVELOPMENT GOALS

# 10 BE FAIR

GOODLIFE GOALS



## BE FAIR Actions

# 10

1 Stay open-minded, listen and learn from others

2 Support leaders who reduce inequality

3 Protect and welcome the vulnerable

4 Buy from companies that pay tax and treat people fairly

5 Stand up for your rights, and the rights of others

10 REDUCED INEQUALITIES



Reduce inequality within and among countries.

SUSTAINABLE DEVELOPMENT GOALS



# 11 LOVE WHERE YOU LIVE

GOOD LIFE GOALS



# LOVE WHERE YOU LIVE

## Actions

11

1  
**Learn about, and take part in, local decisions**

2  
**Prepare for emergencies**

3  
**Get to know your neighbours and welcome new people**

4  
**Protect local trees, wildlife and natural areas**

5  
**Demand safe and good quality public transport**

11 SUSTAINABLE CITIES AND COMMUNITIES



Make cities and human settlements inclusive, safe, resilient and sustainable.

SUSTAINABLE DEVELOPMENT GOALS



# 12 LIVE BETTER

GOODLIFE GOALS



## LIVE BETTER Actions

# 12

**1**  
Learn about sustainable development

**2**  
Reuse, repair, recycle, share and borrow

**3**  
Waste less food and use leftovers

**4**  
Collect friends and experiences, not just things

**5**  
Demand that businesses respect people and planet

12 RESPONSIBLE CONSUMPTION AND PRODUCTION



Ensure sustainable consumption and production patterns.

SUSTAINABLE DEVELOPMENT GOALS

# 13 ACT ON CLIMATE

GOODLIFE GOALS



## ACT ON CLIMATE Actions

# 13

- 1**  
Learn about climate solutions
- 2**  
Call for more renewable energy in your country
- 3**  
Eat more plants and cut down on meat
- 4**  
Walk and cycle rather than drive
- 5**  
Demand leaders take bold climate action today

13 CLIMATE ACTION



Take urgent action to combat climate change and its impacts.

SUSTAINABLE DEVELOPMENT GOALS

# 14 CLEAN THE SEAS

GOODLIFE GOALS



## CLEAN THE SEAS Actions

# 14

1  
**Learn about life in our seas and oceans**

2  
**Remember that litter ends up in the water**

3  
**Say no to unnecessary plastic**

4  
**Buy sustainable fish and seafood**

5  
**Demand leaders end ocean pollution**



Conserve and sustainably use the oceans, seas and marine resources for sustainable development.

SUSTAINABLE  
DEVELOPMENT  
GOALS

# 15 LOVE NATURE

GOODLIFE GOALS



## LOVE NATURE Actions

# 15

**1**  
Discover the wonders of the natural world

**2**  
Protect native plants and animals

**3**  
Never buy products made from endangered wildlife

**4**  
Support companies that protect and restore nature

**5**  
Speak up for threatened forests and natural places

15 LIFE ON LAND



Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and halt biodiversity loss.

SUSTAINABLE DEVELOPMENT GOALS

# 16 MAKE PEACE

GOODLIFE  
GOALS



## MAKE PEACE Actions

# 16

**1**  
Learn about and  
use your rights

**2**  
Be kind and  
tolerant

**3**  
Resist  
corruption and  
abuse of power

**4**  
Support the  
institutions that  
support people

**5**  
Stand up for  
fairness and  
peace

**16** PEACE, JUSTICE  
AND STRONG  
INSTITUTIONS

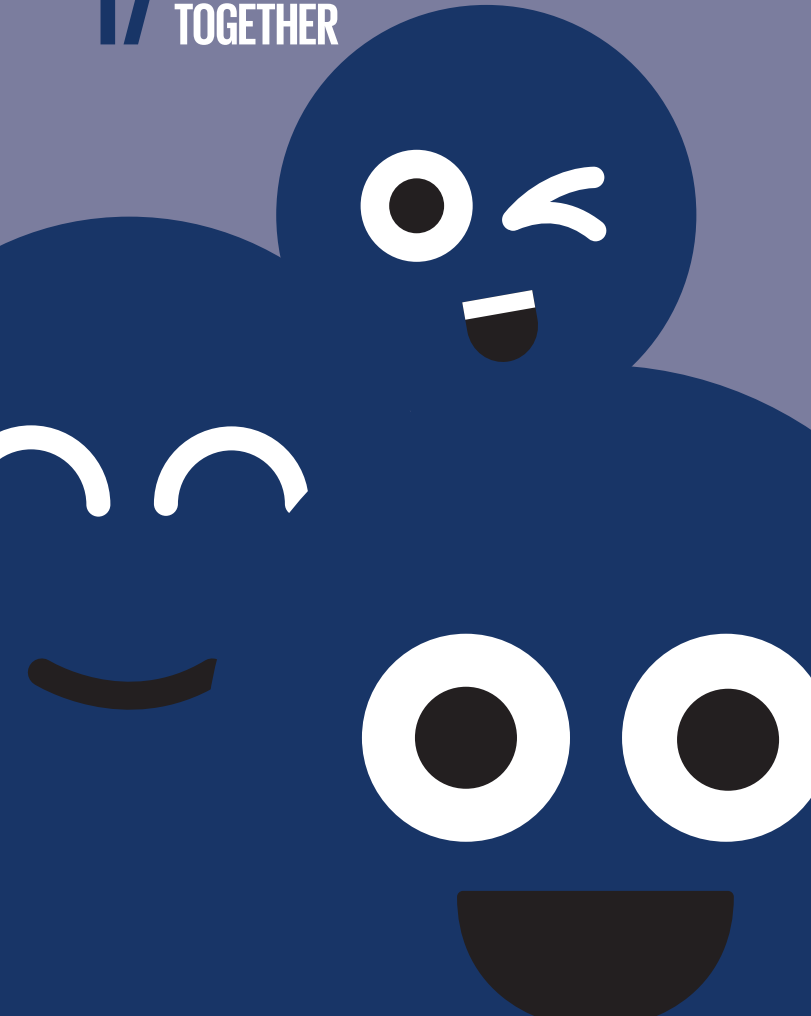


Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels.

SUSTAINABLE  
DEVELOPMENT  
GOALS

# 17 COME TOGETHER

GOODLIFE GOALS



# COME TOGETHER

Actions

# 17

1 Discover and share the Sustainable Development Goals

2 Support those who bring us together

3 Celebrate the progress we've already made

4 Get involved and volunteer in your community

5 Help make tomorrow better than today

17 PARTNERSHIPS FOR THE GOALS



Strengthen the means of implementation and revitalize the global partnership for sustainable development.

SUSTAINABLE DEVELOPMENT GOALS

**BE THE  
CHANGE**





## **Good Life Goals Game:**

How to play:

Read out an action. One end of the hall is option 1 and the other end of the hall is option 2. Participants should run to the end of the hall they believe is the correct one. Some are easier than others. The first one is quite obvious and is there to check that all the participants understand the concept of the game and how to play.

### **Support teachers and keep schools open**

Option 1: Goal 4, Learn and Teach (correct)

Option 2: 16, Make Peace

### **Walk and cycle rather than drive**

Option 1: Goal 9. Make Smart Choices

Option 2: Goal 13, Act on Climate (correct)

### **Demand decent wages and opportunities for all**

Option 1: Goal 5, Treat Everyone Equally (correct)

Option 2: Goal 1, Help End Poverty

### **Stand up for everyone's rights at work**

Option 1: Goal 8, Do Good Work

Option 2: Goal 3, Stay Well (correct)

### **Don't flush or trash toxic chemicals**

Option 1: Goal 6, Save Water (correct)

Option 2: Goal 15, Love Nature

### **Buy local, seasonal, and fairly traded food**

Option 1: Goal 11, Love Where You Live

Option 2: Goal 2, Eat Better (correct)

### **Learn about and use your rights**

Option 1: Goal 17, Come Together

Option 2: Goal 16, Make Peace (correct)

### **Protect and welcome the vulnerable**

Option 1: Goal 1, Help End Poverty

Option 2: Goal 10, Be Fair (correct)

**Learn about, and share, ways to stay healthy**

Option 1: Goal 3, Stay Well (correct)

Option 2: Goal 12, Live Better

**Get involved and volunteer in your community**

Option 1: Goal 17, Come Together (correct)

Option 2: Goal 8, Do Good Work

**Say no to unnecessary plastic**

Option 1: Goal 14, Clean the Seas(correct)

Option 2: Goal 6, Save Water

**Use renewable energy for heat, light, and power**

Option 1: Goal 7, Use Clean Energy (correct)

Option 2: Goal 13, Act on Climate

**Waste less food and use leftovers**

Option 1: Goal 12, Live Better (correct)

Option 2: Goal 3, Eat Better

**Learn about, and take part in, local decisions**

Option 1: Goal 11, Love Where You Live (correct)

Option 2: Goal 16, Make Peace

**Respect the men and women who care for families**

Option 1: Goal 10, Be Fair

Option 2: Goal 5, Treat Everyone Equally (correct)

**Discover the wonders of the natural world**

Option 1: Goal 14, Clean the Seas

Option 2: Goal 15, Love Nature(correct)



# MY GLOBAL GOALS PASSPORT

Name: .....

Group: .....

# GOAL 1



Draw Goal 1 here:

One thing I've learnt is .....

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.....

One action I could take is .....

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.....

Teacher:

**1** HELP END POVERTY



# GOAL 4



Draw Goal 4 here:

One thing I've learnt is .....

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One action I could take is .....

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.....

Teacher:

**4** LEARN AND TEACH



# GOAL 2



Draw Goal 2 here:

One thing I've learnt is .....

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One action I could take is .....

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Teacher:

**2** EAT BETTER



# GOAL 5

Draw Goal 5 here:

One thing I've learnt is .....

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One action I could take is .....

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Teacher:

**5** TREAT EVERYONE EQUALLY



# GOAL 3



Draw Goal 3 here:

One thing I've learnt is .....

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One action I could take is .....

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Teacher:

**3** STAY WELL



# GOAL 6



Draw Goal 6 here:

One thing I've learnt is .....

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One action I could take is .....

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Teacher:

**6** SAVE WATER



# GOAL 7

Draw Goal 7 here:

One thing I've learnt is .....

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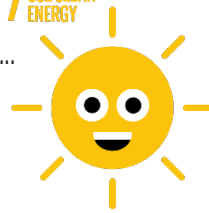
One action I could take is .....

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Teacher:

**7 USE CLEAN ENERGY**



# GOAL 10

Draw Goal 10 here:

One thing I've learnt is .....

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One action I could take is .....

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.....

Teacher:

**10 BE FAIR**



# GOAL 8

Draw Goal 8 here:

One thing I've learnt is .....

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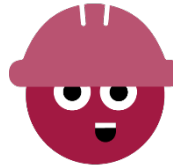
One action I could take is .....

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Teacher:

**8 DO GOOD WORK**



# GOAL 11

Draw Goal 11 here:

One thing I've learnt is .....

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One action I could take is .....

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Teacher:

**11 LOVE WHERE YOU LIVE**



# GOAL 9

Draw Goal 9 here:

One thing I've learnt is .....

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One action I could take is .....

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Teacher:

**9 MAKE SMART CHOICES**



# GOAL 12

Draw Goal 12 here:

One thing I've learnt is .....

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One action I could take is .....

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.....

Teacher:

**12 LIVE BETTER**



# GOAL 13



Draw Goal 13 here:

One thing I've learnt is .....

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One action I could take is .....

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Teacher:

**13** ACT ON CLIMATE



# GOAL 16



Draw Goal 16 here:

One thing I've learnt is .....

.....

One action I could take is .....

.....

.....

Teacher:

**16** MAKE PEACE



# GOAL 14



Draw Goal 14 here:

One thing I've learnt is .....

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One action I could take is .....

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Teacher:

**14** CLEAN OUR SEAS



# GOAL 17



Draw Goal 17 here:

One thing I've learnt is .....

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One action I could take is .....

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Teacher:

**17** COME TOGETHER



# GOAL 15



Draw Goal 15 here:

One thing I've learnt is .....

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One action I could take is .....

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Teacher:

**15** LOVE NATURE



Which Goal is most important to you and why?

.....

.....



**Congratulations! You've now explored the whole world of the Global Goals!**

