

# SUSTAINABLE EDUCATION

## HOW TO TEACH KIDS ABOUT SUSTAINABILITY

Schools play a crucial role in teaching children how to be sustainable. Education is no longer just about learning facts and figures, but also teaching students how to live successful lives and take good care of their planet.



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### GOING GREEN

The topics of climate change and sustainability are crucial for the education of future generations. Children from nursery age right up to adult life need to learn about how to save and reuse resources.

The key to achieving this goal is to instil this mindset from a young age through simple techniques such as using less paper or creating an eco-garden so that sustainability becomes innate - a way of life rather than a conscious decision.

For students to lead successful lives, they need more than A's and A\*'s at GCSE and A Levels; they should be educated on how to look after their physical and mental well-being while improving the planet for future generations at the same time.

Positive Education (PosEd) directly addresses this and specifically looks at the sustainable education of staff and students focusing on mindfulness and well-being. Through teaching mindfulness, it's possible to illustrate to children how their actions can impact the environment and society they live in; children need to be encouraged to be proactive when it comes to sustainability.

Additionally, expressions of gratitude should be commonplace as they teach children to appreciate the things around them, including nature, and preserve the environment. Teaching good habits at a young age ultimately creates better citizens and awareness of the small changes that can be made towards creating a more sustainable environment for children and their future children.

### PRACTICAL SUSTAINABILITY IN SCHOOLS

In 2016, the first sustainable house was unveiled in the UAE. A sustainable house is one that produces its energy from the sun, water and atmosphere. The house, developed at the Mohammed Bin Rashid Space Centre, is the first of its kind in the UAE, and there are plans to use it as a model for new houses across the country.

In light of this innovative initiative, students at Regent International School - part of the Fortes Education family - were tasked with designing an eco-friendly and self-sustaining school. They were able to create 3D representations, which they then presented to school teachers.

At Sunmarke school, we increase sustainability through various ways such as flowering the 'Zen Garden', educating younger students in 'Human Values', the placement of recycling bins throughout the school and following a curriculum of Positive Education to name a few.

At Jumeirah International Nurseries (JINS), children engage in activities which stretch their imagination by finding new and creative ways to reuse existing materials and conserve energy.

