



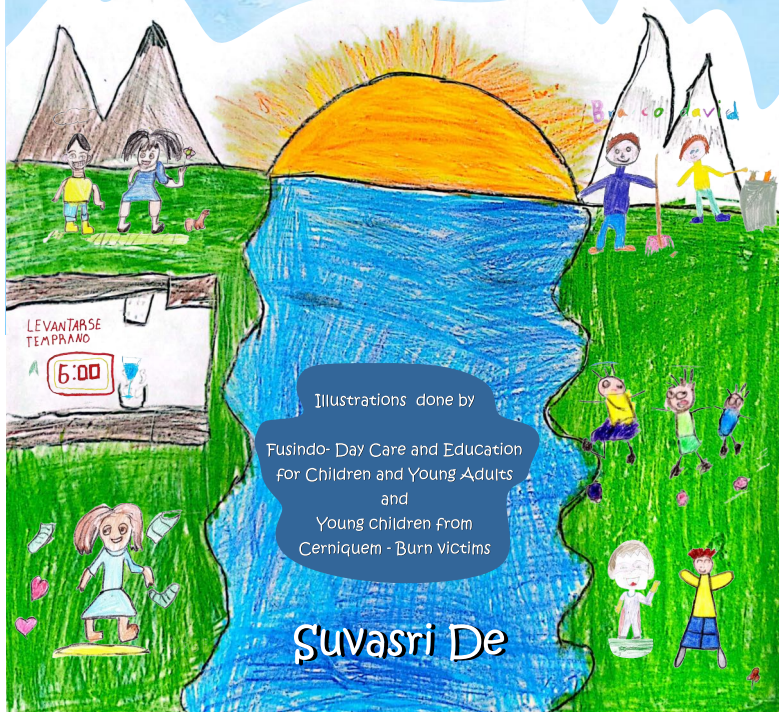
3 GOOD HEALTH
AND WELL-BEING



SUSTAINABLE
DEVELOPMENT **GOALS**

NURSERY RHYMES OF OUR TIMES

GOOD HEALTH AND WELL-BEING



Illustrations done by

Fusindo- Day Care and Education
for Children and Young Adults
and

Young children from
Cerniquem - Burn victims

Suvasri De

**13****CLIMATE
ACTION****SUSTAINABLE
DEVELOPMENT GOALS**

NURSERY RHYMES OF OUR TIMES

"GOOD HEALTH AND WELL-BEING " a Captivating nursery rhyme book, springs from international harmony.

Indian poet **Şivasri De** has penned the rhymes and the pictures were drawn by **Fusindo- Day Care and Education for Children and Young Adults** and **Cerniquem - Burn victims**.

Fusindo- Day Care and Education for Children and Young Adults

The aim of the association is to promote integration into social life. 130 to 150 children and young adults are cared for there every day. In the swimming pool of the home, swimming courses for street children are also offered, swimming therapy for health and well-being as well as first aid courses are carried out by the volunteer fire brigade.

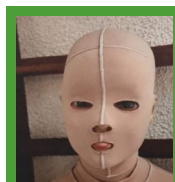


Cerniquem - Burn victim

A very successful micro-project within several large organizations. Cerniquem is an institution in Santa Cruz de la Sierra that treats burn victims holistically. The association works closely with the fire brigade and the Interplast Group. The fire brigade also carries out prevention work here through educational courses, e.g. on waste incineration.

UUBR (Unidad Urbana de Bomberos y Rescate) -

Volunteer Fire Brigade of Santa Cruz de la Sierra
There are 80 volunteers who serve as volunteer firefighters in Santa Cruz de la Sierra. Their priority is fires, but they are also on the spot in many other types of emergencies and, in addition, are socially engaged in many areas. The fire brigade offers swimming lessons at the Fusindo home, supported by Global Social Network.



**Burn victim
undergoing
treatment**

Dear Teachers and Parents,

NURSERY RHYMES OF OUR TIMES is a series of new-age nursery rhymes that can be used to teach young children about climate change, the importance of taking care of the environment, and the role they can play in making the world a better place.

Hope you will enjoy sharing this book with your students and children. Do let us know at www.globalsocialindia.org how you feel about it and your suggestions will be of great value to us.

THIS BOOK BELONGS TO

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NURSERY RHYMES OF OUR TIMES series:
GOOD HEALTH AND WELL- BEING

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Fit and Fun Every Day

Let's get moving, let's have fun,
With every step, with every run!
Stretch and dance, jump and play,
Healthy bodies come this way.
We'll laugh and smile, we'll feel so strong,
Living happy, all day long!



Strong Minds, Bright Hearts

For strong minds and hearts so bright,
Let's make health our guiding light!
Read and learn, grow each day,
Let's spread kindness on our way.
With peace and calm, we feel so free,
Healthy minds for you and me!



Active Feet, Active Hands

Moving feet, busy hands,
Build a world of happy lands!
Run and play, skip and hop,
Don't let healthy habits stop.
Fit and strong we all will be,
Active minds and bodies free!



Be Safe, Wherever you go

Always be safe, wherever you go,
Slow and steady i the way to flow!

Watch your steps so less you fall,
Good health for you, me and all!



Danitzandro

Health for You, Health for Me

Health for you,
Health for me,
A world where we're all
Happy and free!

With care for all,
Big and small,
Health will shine
In us all!

Bañarse todos los días



Deivid

Medicine for All

Medicines, shots and
Vaccines too,
Keeping us safe strong,
and true!

Access for all, That's the key,
To health and happiness,
For you and me!



Joachim

Doctors and Nurses to the Rescue!

Doctors, nurses, working strong,
Helping us live healthy and long!
Big or small, near or far,
They're the real health superstars!



Vaccinate to Protect!

Vaccines prevent, vaccines guard,
Keep us safe from germs so hard!
Healthy family, healthy friends,
Vaccine protects and defends !



Clean Air and Water Day!

Clean air, Clean water, Clean land,
We'll take care with every stand!
Less pollution is our way,
For a healthy, happy day!



Goodbye to Germs!

AIDS and malaria, let's say goodbye,
With strong hearts and hands, we'll try.

Harmful diseases, watch them flee,
Will grow up strong, with fun and glee



Carla
Buceta

Happy Moms and Healthy Babies

Happy moms and healthy babies,
We'll keep them safe and strong,
Together we can make it right,
As we sing this caring song!



Let's Stay Fit and Bright

Exercise, sleep, and food so right,
Keep us fit and feeling bright!
Healthy choices make us strong,
To face the day and sing our song!



Family Care is Everywhere

Family care, it's everywhere!

For moms and dads, who love and care,
Health and knowledge is our call,
For one and all, let's stand tall!.



Little Lives, Big Smiles

Under five, let's help them thrive,
Strong and healthy, see them smile!
Every child deserves a chance,
To sing, to play, to laugh and dance!



Healthy Hearts, Happy Days

Healthy hearts, let's make a start,
Eat and play, and keep your part!
Mental health and laughter too,
Happy days for me and you!



Stay Active, Be Strong!

Stay active, play and run,
Being healthy is so much fun!
Keep your body in top form,
So you can face any storm!



Happy Teeth, Happy Smiles

Brush your teeth, morning and night,
Keep them sparkling, shiny, and bright!
Health for you, health for me,
Happy smiles for all to see!



Lavar los dientes

Alejandra

Share and Care for All

Share and care, that's our goal,
For every heart, for every soul!
Helping hands in every way,
For health and love each day!



Ted

Water to Refresh and Grow

Water, water, drink and dip ,
Fill your glass and take a sip!
Keeps us fresh, keeps us strong,
We need it all day long!
Clear and cool, pure and right,
Healthy bodies shining bright !



Kind Words, Happy Hearts

Words so kind and voices sweet,
Make our world so warm and neat.
With care and love, we'll always say,
Kindness lights our every day.
Healthy hearts with love to share,
We'll spread joy everywhere!



Playtime Fun for Everyone

Out to play, friends all near,
Healthy laughs and fun to cheer!

Running games and skipping too,
Moving strong and feeling new.

With each game, we're fit and free,
Building health for you and me!



Dance for Health, Sing with Joy

Dance for health, sing with cheer,
Spread good vibes far and near.
Clap your hands, stomp your feet,
Feel the rhythm, feel the beat!
With every song, joy we bring,
Health and happiness, let's sing!



Sweet Dreams and Rest

Dreams so sweet, rest so deep,
Makes us feel so light and neat.
Sleep and grow, fresh and free,
Rest is best for you and me.
Bright mornings come to start the day,
Healthy lives are here to stay!



Said

Be Strong, Be Brave

Strong and brave, face the day,
Healthy minds lead the way.
With each step, with each try,
We'll aim high and reach the sky!
Kind and bold, we'll grow each day,
Strength and health, here to stay!



Fresh Air, Big Smiles

Step outside and breathe it in,
Fresh air brings a joyful grin.
Run and jump, feel so free,
Nature's gift for you and me.
With each breath, strong and bright,
Health and joy feel just right!



Clara Boz



Joaquín

Veggie Power, Fruit Delight

Veggies green and fruits so sweet,
Make for happy meals we eat!
Power bites, and tasty treats,
Healthy foods that can't be beat.
With every munch, we feel so bright,
Fit and healthy, day and night!



Healthy Earth, Healthy Us

Trees and plants, air so clean,
Let's keep our Earth fresh and green!
Clean the land, water, and skies,
Let's protect what never dies.
A healthy Earth for all to see,
Brings health and joy to you and me!



Take a Breath, Let It Flow

Take a breath, let it flow,
Breathe in peace, let worries go.
Fresh and clear, our minds feel right,
With every breath, we're full of light.
Deep breaths help us feel so free,
Calm and happy as can be!



Stay Bright and Alert



With focus strong, we see it all,
Keep your balance, stand up tall.

Eyes and ears open wide,
Learning's our special guide!

With minds so sharp, we'll find our way,
Bright and alert every day!



Happy Sleep, Happy Day

Early to bed, early to rise,
Brings bright stars to sleepy eyes.
A cozy bed and dreams so sweet,
Healthy sleep makes life complete!
Wake up ready, fresh and bright,
For a happy, healthy sight!



Stay Safe, Feel Brave

We are all friends
who loves to share
For our planet
We always care
Healthy choices, safe and sure,
Builds a world happy and pure !



Hands Clean, Hearts Pure

Wash those hands, keep them clean,
Stay germ-free and super keen!
Healthy hearts, all the way,
Let's be safe every day!



Healthy Fruits and Veggies Too!

Healthy fruits, green veggies too,
They make us strong, help us grow true!
With every bite, we feel so fine,
Eating healthy is so divine!



Brush, Brush, Sparkle Bright

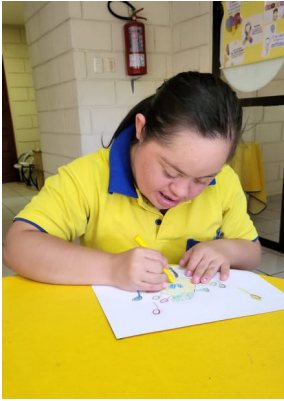
Morning and night, brush away,
Keep those teeth healthy each day!
Up and down, all around,
Happy smiles can soon be found.



Illustrated by

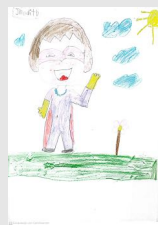
**Fusindo- Day Care and Education for Children and Young Adults
and also
Young children from Cerniquem - Burn victims**

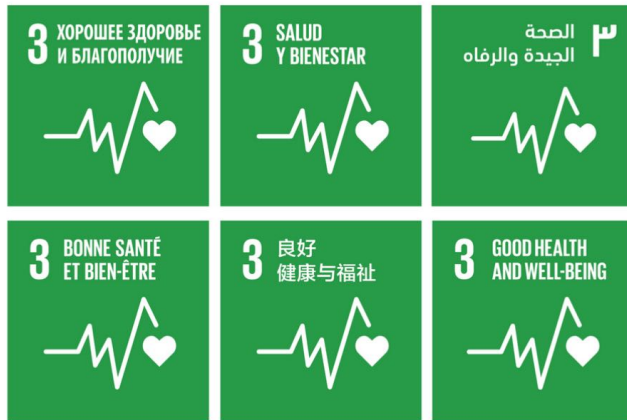






Paintings by Young children from Cerniquem - Burn victims





Access to good healthcare is a human right.



SUSTAINABLE
DEVELOPMENT

GOALS

#GlobalGoals

Goal 3:

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



3 GOOD HEALTH
AND WELL-BEING



SUSTAINABLE
DEVELOPMENT **GOALS**

NURSERY RHYMES OF OUR TIMES

3 GOOD HEALTH
AND WELL-BEING



VACCINATE YOUR FAMILY.

Vaccinations resulted
in an 80% drop
in measles deaths
between 2000 and 2017.



GlobalSocial
India

ENVIRONMENT & EDUCATIONAL NETWORK

NURSERY RHYMES OF OUR TIMES

A child's drawing serves as the background for the text. It features a large yellow sun with orange rays in the upper center, a green tree with a brown trunk on the right side, and a girl with brown hair wearing a red dress and holding a basket on the left side. The ground is drawn with green grass and a white path.

What you can do
with this book

Read them yourself

Learn NEW WORDS

Make them into songs
record them and
SEND IT TO US
at 91 9830241585

Most importantly
spread the good thoughts
and be a **GOOD HEALTH
CHAMPION**