

småles matters

# BUG NEWS



July 2022 



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## Hej småles!

Summer is here again and we hope you are planning for some fun!  
In this issue we are going to share more exciting facts about sustainability  
and how you can help looking after our planet by taking small steps.

We will also share more on the sustainable practices by IKEA and together  
we can embed these practices together on our daily life.

Read on... and practice at home. Help our planet to live green.

**With Big Bug hugs  
Angna and Anya**



# What is sustainability?

All life on Earth depends on the environment. The natural resources that come from the environment includes food, water, plants, and minerals.

Sustainability is the idea that humans must interact with the environment in a way that ensures there will be enough resources left for future generations.





# Types of sustainability

There are four pillars of sustainability:



1

**Human**  
This pillar aims to maintain and improve people's life in society.



3

**Economic**  
Practices that support long-term economic growth without negatively impacting social, environmental, and cultural aspects of the community.

2

**Social**  
Specifying and managing both positive and negative impacts of systems, processes, organisations, and activities on people and social life.



4

**Environmental**  
The responsibility to conserve natural resources and protect global ecosystems to support health and wellbeing, now and in the future.



## Why is sustainability important?

Sustainability is the key to a better future. Humans rely on natural resources for survival, activities, and businesses.

Sustainable actions help make a real difference in society. Being committed to sustainability will reduce your carbon footprint and the amount of toxins released into the environment, making it safe. When we focus on sustainability, the entire world benefits and gets to live in more healthy, clean living conditions.





## Leading countries in sustainability



**Costa Rica** – 99% of Costa Rica's electricity is from renewable sources, such as solar, geothermal, wind and hydroelectric. **They are well on their way to become the first carbon-neutral country.**

Have you ever wondered how different countries around the world practices sustainability? Find out the top 6 countries that have been leading the way in sustainability.



40%



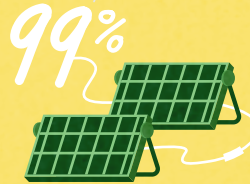
**Denmark** - Currently, 40% of their energy is generated by wind turbines. The cycling culture is common across the country, especially in Copenhagen which has 400km of cycle paths intricately woven throughout the city.



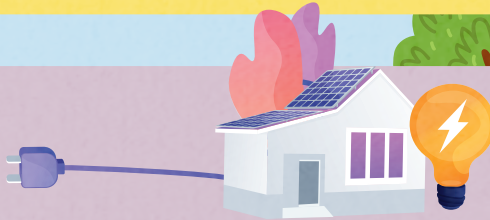
**France** - Leading country in tackling food waste and has been named the world's most food sustainable country. Currently, 30% of energy being generated is from renewable sources. **In addition, they are also planning to eliminate cars running on diesel to reduce particle pollution.**



**Iceland** - One of the most sustainable countries in the world due to the high-water quality, low air pollution, and an effective climate change policy. **They are also running on 99% renewable energy.**



**Switzerland** - Most of the energy is hydroelectrically generated, which lowers the country's overall carbon footprint.



**Sweden** - Swedish inventors have been developing new technologies, with the goal of running on 100% renewable energy and recycled sources.





## IKEA's sustainability practices

Now allow us to share how IKEA is currently working towards practicing sustainability everyday. With our vision to create a better everyday life for the many people, we believe those lives are truly better when they're lived sustainably.

Join us for a ride and explore the sustainable approach taken by IKEA.

1

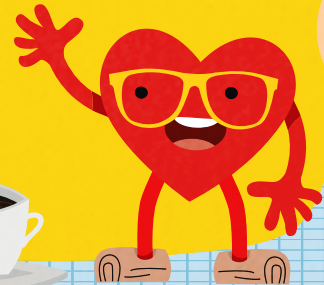
### Eating our way to a lower climate footprint



To protect future seafood supplies, all IKEA seafood are sourced with care, sold and served with environmental certifications. With that, we can offer responsibly-produced seafood to over 680 million IKEA food customers in 52 countries.



Our PÅTÅR 100% Arabica, quality coffee is farmed in a responsible way with more sustainable farming practices that are better for people and the planet.



## Eliminating plastics & resourceful waste is the new way now

2

Meet KUNGSBACKA kitchen fronts made from recycled wood and recycled PET (Polyethylene terephthalate) bottles. This definitely eliminates the one time usage and helps the environmental impacts.



It's the all-round ISTAD resealable bag that is now made mostly (85%) of a renewable material from the sugar cane industry. It is expected to save around 75,000 barrels of oil yearly, helping us to reduce our carbon footprint.

3

## Tapping into more ways to use less water

All IKEA's shower heads and hand showers are water and energy efficient. This is achieved by a flow regulator, which reduces the water flow.





**100% committed to sustainable cotton**

**4**

All IKEA cotton is either recycled or grown with less water and pesticides while increasing profits for the cotton farmers. Choosing sustainable cotton means you're teaming up with us to create a better quality of life for the farmers' families.



**5 Wood – a material with many qualities**

Wood is so important to IKEA, we work together with FSC (Forest Stewardship Council) to take care of the world's forests through responsible forest management, making sure we have forests for all, forever.



**Isn't it inspiring?  
Do check out more stories  
by scanning the QR code.**

\*Get guidance from parents to scan the QR code.

Sources:  
<https://www.ikea.com/my/en/this-is-ikea/sustainable-everyday/>  
<https://www.theguardian.com/business/2018/jun/07/ikea-commits-to-phase-out-single-use-plastic-products-by-2020>



**Spot the  
difference**

Can you spot the 20 differences?  
Circle and number each difference you can find.





Send in your answers with your name, age, Smålish passport number and contact details to [angna@smalesthailand.com](mailto:angna@smalesthailand.com) or 38 Moo 6 Bangna-Trad Rd. (k.m. 8) Bangkaew, Bangplee, Samutprakarn 10540 by 20 August 2022. 5 lucky winners will each win a set of GLIS Box with lid.





## What will happen if we don't live sustainably?

- More landfills popping up everywhere.
- More animals going extinct due to deforestation and pollution.
- An increase in respiratory diseases.
- Harsher weather (drier and hotter summers, colder and harsher winters, more tropical storms).
- Rising sea levels.
- Fewer green spaces to enjoy in cities and across the world.

Source: <https://www.inspirecleanenergy.com/blog/sustainable-living/what-is-sustainability>

Isn't it sad to know what the future holds if we are not sustainable? By living sustainably, we minimize the negative impact our lifestyles have on planet Earth.

Let's check out on the simple ways to be sustainable in our daily life on the next page.





# Simple ways to be sustainable in our daily life



1



Turn off the lights when you leave a room.



4

Separate your trash at home to ensure you are disposing it properly.



5

Practice recycling at home.



8

Play and enjoy the fresh air outside.



9

Make your own paper.

\*Learn how to make one on page 16.



2

Limit shower time to 10 minutes.



6

Participate in a recycling program.



10

Collect rainwater to water your plants.



3

Unplug electronic device chargers when not in use.



7

Plant a garden with your parents.



11

Read and learn more about the Earth.



# Summer art & craft

## Make your own paper

### What you need:

- Recycled paper, such as printed paper or used coloring sheets
- Water
- Bowl
- Blender
- Wire hanger
- Duct tape
- Stockings
- An iron

### Steps:

- 1 Tear or cut the papers into small pieces and put them in a bowl.
- 2 Pour water into the bowl until the papers are slightly covered. Allow the paper to soak for a few hours or overnight.
- 3 Once the papers are soggy, squeeze out the excess water with your hands. Then, use a blender to grind it into a gooey pulp!
- 4 Bend a wire hanger into a rectangle or oval shape and tape the ends together with duct tape to create a frame. Stretch stockings over the frame to make a sieve. Place the sieve on a towel or baking pan (it will get wet!).
- 5 Scoop out the goo from the blender and mash it onto the sieve.
- 6 Press down on the sieve to remove the excess water.
- 7 Let the "new" paper dry. Cover the paper with a towel and iron on low heat. Let the paper continue to dry overnight, and it should be ready to use in the morning.

Enjoy making your own paper but do make sure you are supervised by your parents and be safe.



## Fun Facts about Sustainability



### Water

A 15-minute shower uses  
**95 – 190** litres  
of water



A tap leaking "with" just one drop per second  
wastes more than 12,000 litres of water a year.  
(Make sure you don't have any leaking taps at home)



### Energy

Recycling 1 aluminium can save  
enough energy to light a 100 watt light  
bulb for 20 hours and a TV for 2 hours.  
That's just from 1 can.



### Waste

An average person  
throws away

**1.8** kg of trash every day

**1,360** kg of solid  
waste a year



1,000 kg of 100% recycled paper  
saves the equivalent of 4,100 kWh  
of energy, 2,650 litres of water,  
27.2 kg of air emissions and three  
cubic yards of landfill space.

Match the words with the right pictures and fill in the blanks.



C \_ R T \_ N

G \_ A \_ S

M \_ T \_ L

C \_ R D  
B \_ A \_ D

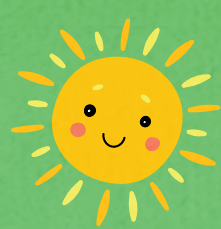
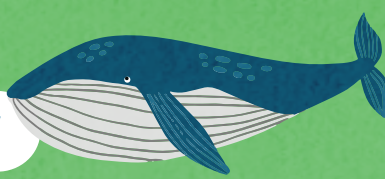
C L \_ T \_ I N \_

P \_ A \_ S \_ I C

P \_ P \_ R



# Fun Quiz on Sustainability



1

Most of the energy used on Earth today originally came from which source?

- A. The sun
- B. Oceans
- C. Soil
- D. Air



2

If you recycle 1,000 kg of paper, how many trees are you saving?

- A. 12 trees
- B. 17 trees
- C. 23 trees
- D. 28 trees



3

Which of these is a type of green energy?

- A. A petrol pump
- B. A coal burning fire
- C. A wind turbine
- D. An electric cable



5

Which of these modes of transport is best for the environment?

- A. Bike
- B. Car
- C. Bus
- D. Tractor



4

Which of the following will help you to save water?

- A. Leave the tap running whilst you brush your teeth
- B. Flush the toilet 3 times
- C. Leaking taps
- D. Have a quick 1-minute shower

6

Which action does NOT save energy in your home?

- A. Turning all appliances to stand-by when not in use
- B. Turning off and unplugging all appliances when not in use
- C. Turning off all lights when not in the room
- D. Leaving lights on in only the rooms you are moving between



## Find out the answers here:

1. a) **The sun** - Most of the energy used on Earth originally came from the Sun.
2. b) **17 trees** - 17 trees are saved by every tonne of existing paper that is recycled.
3. c) **A wind turbine** - Wind is a renewable energy source. Wind turbines do not release emissions that can pollute the air or water (with rare exceptions), and they do not require water for cooling.
4. d) **Have a quick 1-minute shower** - cutting back your shower time by just a minute could save sixty gallons of water per month.
5. a) **Bike** - Bicycle riding uses minimal fossil fuels and is a pollution-free mode of transport. Bikes reduce the need to build, service and dispose of cars.
6. d) **Leaving lights on in only the rooms you are moving between.** - Leaving lights on in rooms you are moving between does not save energy.

Source: <https://ecofriendlykids.co.uk/energyrecyclingquiz/>





# INBOX @ SMALES

## Last issue's theme:

The flower garden in Angna and Anya's backyard is starting to bloom so the brothers are having an afternoon tea party and have invited a special visitor. Who do you think it is?

Best Drawing



Bua



Alan

## Next issue theme:

Angna and Anya love their paper porridge and this time they are planning to have a cooking party by using recycling papers to make the delicious paper porridge with their Småland friends. Draw your best cooking party with Angna, Anya and friends in Småland.

Include your name, age, Smålish passport number and contact details, and share your drawing with us via [angna@smalesthailand.com](mailto:angna@smalesthailand.com) or 38 Moo 6 Bangna-Trad Rd. (k.m. 8) Bangkaew, Bangplee, Samutprakarn 10540 by **20 August 2022**. The best drawing gets a MÅLA Paint, mixed colours, 400 ml.







Best  
Letter

The winning dish for the great cook off competition is Anya's tea-flavoured paper porridge! Let us invite the brothers up on stage to share how they came up with the idea in mixing tea and paper porridge together?

We came up with this menu because 'we love Thai tea!', the brothers said synchronously.

Though other teas have different benefit, but Thai tea tastes the best, don't you agree Angna?', said Anya.

'Yes definitely. And another thing we like is paper porridge, so basically, we just mix things we like together', said Angna.

'If you ever wondered how it tastes like, think of candy floss, sweet and the best', Anya added.

'Hmm...have we ever mixed porridge with other teas?', Angna asked.

'Oh we should have! Next time for sure and let's win this award again next year', Anya said excitedly.

'Yes let's do that! And again thank you for this award!' Angna added. The audience in the award ceremony rises from their seats and gives a standing ovation to the brothers.

**Nammon, 11 years old**

#### Last issue's theme:

The winning dish for the great cook off competition is Angna and Anya's tea flavoured paper porridge! Let us invite the brother's up on stage to share how they came up with the idea in mixing tea and paper porridge together?

#### Next issue theme:

**Angna and Anya have a plan to write a letter on how they can help the environment by practising sustainability daily. Together with Angna and Anya, share how you will start practising sustainability at home daily.**

Include your name, age, Smålish passport number and contact details, and share your story with us via [angna@smalesthailand.com](mailto:angna@smalesthailand.com) or 38 Moo 6 Bangna-Trad Rd. (k.m. 8) Bangkaew, Bangplee, Samutprakarn 10540 by **20 August 2022**. The best letter gets a **BYGGLEK LEGO® box with lid, set of 3, white**



Find and match eco-friendly products to replace single-use items.



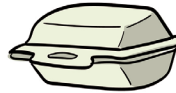
Plastic Bag



Alkaline Batteries



Disposable Paper Cup



Disposable Food Box



Bottled Drink



Tissue Paper



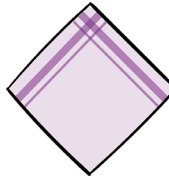
Stainless Steel Water Bottle



Reusable Cup



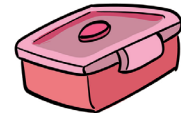
Reusable Shopping Bag



Handkerchief



Rechargeable Batteries



Lunch Box

Colour me

