



**Cover Story**

## This girl gives you a muffin

Every time you dispose of plastic responsibly



Real-life  
Heroes



News &  
Knowledge



Handpicked  
Stuff



Games &  
Fun

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# a little note

junior edition

the  
better  
india

Hello there,

In this edition, we meet a young girl who is giving all her friends, neighbours and classmates a sweet reason to be responsible when they throw away any piece of plastic. What she is doing will surely make you smile.

We also meet a village of wonderful and kind people who are helping birds in a thoughtful way. We hope they inspire you, too!

You will learn some new and fun ways to stay active.

As usual, this edition is full of fun crafts, experiments, activities and puzzles for you. If you enjoy them, don't forget to share them with your friends and family.

Do you like reading this newsletter? What do you like most about it? What don't you like so much? Write to us at [maya@thebetterindia.com](mailto:maya@thebetterindia.com) and tell us.

Happy reading!

– The Editors

## Cover Story

# This 12-year-old gives you a sweet reason to dispose plastic responsibly



This Suhani Tewari. She is 12 years old and studies in a school in Gurugram. One day, Suhani's school took her class on a field trip to the Aravalli Hills near Gurugram. On the way, the bus passed by a garbage dump. The air was suddenly filled with the horrible smell of rotting trash. The students quickly shut their windows and pinched their noses closed.

But Suhani looked out of the window and saw the garbage dump was covered with shiny, colourful dots. She asked her teacher, "What is that?" The teacher said, "Those are wrappers that we throw away." Suhani looked closer and sure enough, she saw wrappers of all kinds: chocolate wrappers, chips and biscuit packets, cake wrappers...there were so many of them! Wrappers of all colours!

Suhani couldn't stop thinking about what she had seen. As soon as she returned home, Suhani started reading about these shiny plastic wrappers. She discovered that they are called **Multi-Layered Packaging**.

## What is Multi-Layered Packaging?

Any wrapper which is silver on the inside and colourful on the outside is called Multi-Layered Packaging. The silver part is aluminium foil and the colourful part is plastic. The two packet is made by sticking the foil and plastic together tightly so that they are very difficult to separate. That is why Multi-Layered Packaging cannot be recycled. If we throw it away, birds and animals might mistake it for food and eat it. If it ends up in the ocean, it pollutes the water. That is why we should avoid using it.

Suhani decided that she would start a campaign to tell people about the dangers of Multi-Layered Packaging. She read all about how such wrappers have to be collected and thrown away without hurting the environment. She told people that first they should separate all such wrappers in their homes. Then she told them, "After you collect all the wrappers, bring them to me." In one week, she collected 500 wrappers!



To every person who gave her their wrappers and packets, Suhani gave one muffin baked by her. Would you give your wrappers to Suhani in exchange for muffins?

After she collected 14,000 wrappers, she gave them all to an NGO which disposes them properly. In this way, Suhani became a hero for the planet.

Her mantra is: **"Reduce the Multi-Layered Plastic you use and dispose of it responsibly."**



## Some of our favourite food comes in Multi-Layered Packaging



# Make a food diary

junior edition



Starting today, for 1 week, make a list of how your food is packaged. Does it come in Multi-Layered Packaging? In brown paper? Or in transparent plastic? We have given you 2 examples to help you get started.

Food	Packaging
Cream biscuits	Multi-layered packaging
Bread	Transparent plastic

## Videos

Here are some videos we think you will like



### Saving the endangered Red Panda

It is called Red Panda but this little creature looks nothing like its black and white cousin from China. Watch how 2 villages are saving this endangered animal from extinction.



### Saving nature's scavengers one at a time

Meet this man who is fighting to save the lives of India's vultures.



# The village that saved the birds



It was the last week of May. The village of Barmer in Rajasthan was so hot that it was difficult to stand outside in the blazing sun.

In Rajasthan lies the Thar Desert where summer temperatures can go up to 45 degrees Celsius.

The air becomes as hot as a freshly made roti. Hotter than Mama's morning coffee. The roads became so hot that you fry an egg on them.

It was so hot that all the wells and lakes and streams dried up.

The people had no water to drink. They struggled to find water and saved every drop they had.

One day, the people of Barmer realized that they were not the only ones suffering from water shortage. All around them, the animals and birds were also thirsty and tired from the heat.

A hot, dry summer is a difficult time for everyone.

Cows wandered into people's houses in search of water and birds pecked at taps trying to drink the drops of water that trickled out of them

# Saving one bird at a time



So the people of Barmer decided to help the poor thirsty animals by making bird feeders.

## How did they do it?

They used old, empty oil cans. They cut them up into 3 or 4 sections. One section was used to keep nuts for the birds, another section was used to keep fruit. A third

was used for grains. In the centre, they kept water for the birds to drink and bathe in. They hung these feeders on trees so the birds could enjoy the shade. Soon more and more people began making the feeders. In a few days, the kind people of Barmer had made 500 bird feeders!



Now the thirsty birds had enough places to rest. If you visit Barmer on a hot summer's day, you will find 3 or 4 birds on every feeder. Some of them come in search of water, some come to have a snack of nuts and fruits. Others come to cool their wings in the little pool of water. You can call it a bird's swimming pool.

Thanks to the generous and innovative people of Barmer, the birds don't have to suffer anymore.

# Learn how to turn a coconut into a birdfeeder



Do you want to help the birds in your neighbourhood stay safe and healthy this summer? Here's how you can make a birdfeeder using a coconut.

## **You'll need:**

- 1 coconut
- A pen or marker
- A knife
- A long piece of rope
- Some birdseed
- An adult to help you (this is essential)



Hold your coconut with the 3 eyes facing you



Ask your adult to use the knife and cut open 1 of the coconut's Eyes. Drain the water into a cup.





With the marker, draw a circle on the coconut. This will be the entry to the birdfeeder.



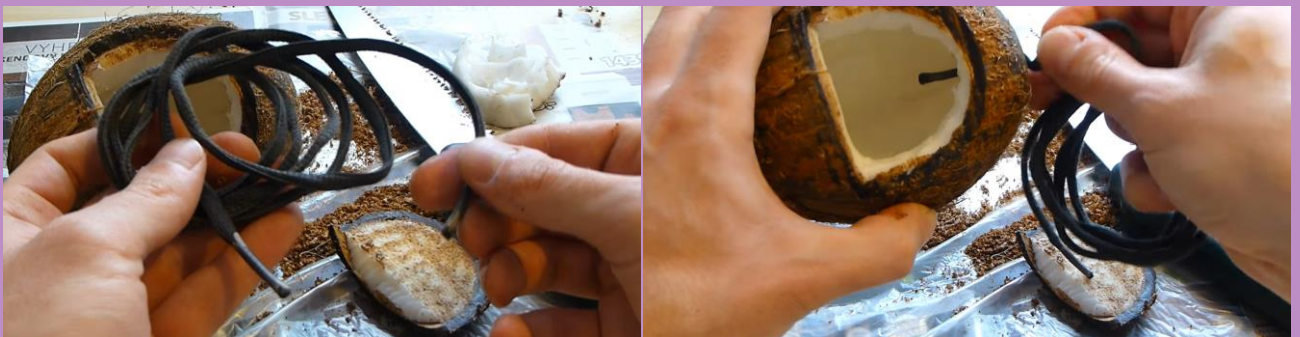
Again, with the help of your adult, cut along the line. This is hard work and needs care and patience. Do not try this alone. After cutting through the shell, you will also have to remove the meat of the coconut.



This is what you will be left with.



Insert one end of your rope through the eye of the coconut.



Make a knot at the end of the rope.



Fill up your birdfeeder with some millets or bird seed which is available in pet shops.





Now your bird feeder is ready! Hang it up in your garden or balcony. Be sure to hang it in a safe and shady spot that you can observe everyday.



Now, all you have to do is put on your bird watcher's hat, keep your eyes wide open and watch out for the birds to visit.



# Start a bird journal

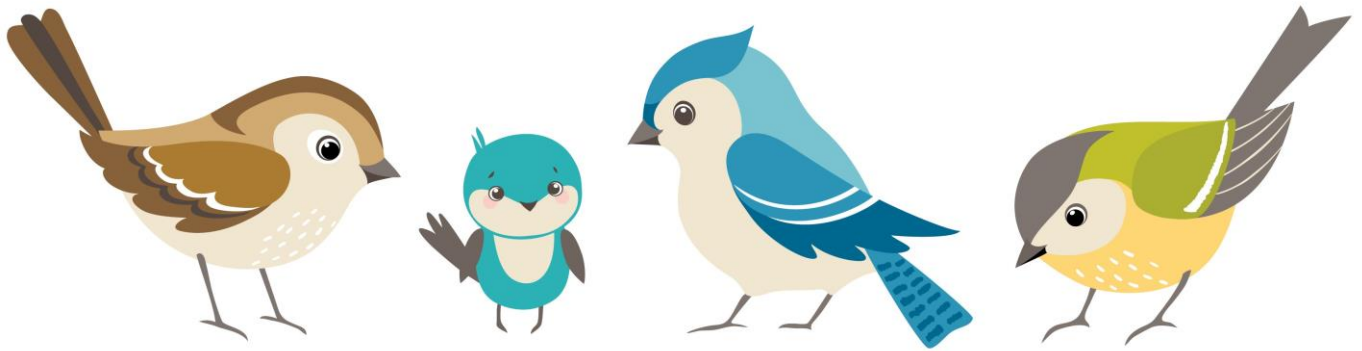
How many birds visited your feeder? What colours were they? You can now keep a diary to record the birds that visit your garden.



Date of visit	Time of visit	Colour	Size	Name

# Bird word jumble

Here are the names of some common Indian birds. Can you unscramble the names to discover them?



FNGKISHRIE

HMYAN

WSRORAP

ROWC

RATRPO

LLUBBU

LEOK

KOCCAEP

Match the following

## Some fascinating Indian birds

Match the names of these beautiful Indian birds in Column A with their pictures in Column B. You can use the Internet for help.

### Column A

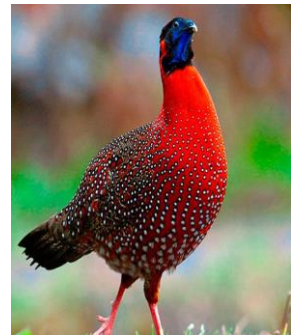
SARUS CRANE

PARADISE FLYCATCHER

GREAT INDIAN BUSTARD

SATYR TRAGOPAN

### Column B



Help this little hatchling by colouring it. Send your finished art to [maya@thebetterindia.com](mailto:maya@thebetterindia.com). We will feature your artwork in next week's edition.





Answers to last week's puzzle

# Energy sources word search

## RENEWABLE AND NON-RENEWABLE ENERGY



G J D H Y D R O E L E C T R I C  
S O L A R P A N E L S E B X M B  
L J Y B M S L E U F L I S S O F  
I L S J I R D T R B Y G D J N R  
O N L E V O Q E A T E N X X M N  
L Y G B N M M W L O J N M Y V X  
Z J Q J J I E A T B A M T W B Q  
R M V N T N B H S T A V J Z Z D  
C A B T E R E R U S T W R R V Q  
O L E R L R R R U N T K E J Q M  
A B N L M W A J R T D G T N D N  
L O Z A C L O N K K D L D B E X  
N B L J G U R O Y V T N K D X R  
X R Z A J B N M D J Q T I R Z K  
L J S M K R Y N T D P B P W X P



OIL  
NONRENEWABLE  
RENEWABLE  
COAL  
WOOD  
BIOMASS  
FOSSIL FUELS

NATURAL GAS  
SOLAR PANELS  
NUCLEAR  
HYDROELECTRIC  
WIND TURBINES  
GEOTHERMAL

# the better india **junior edition**

Thank you for reading.

What did you think of this edition? Loved a story? Got more ideas to share? Tell us all this and more.

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