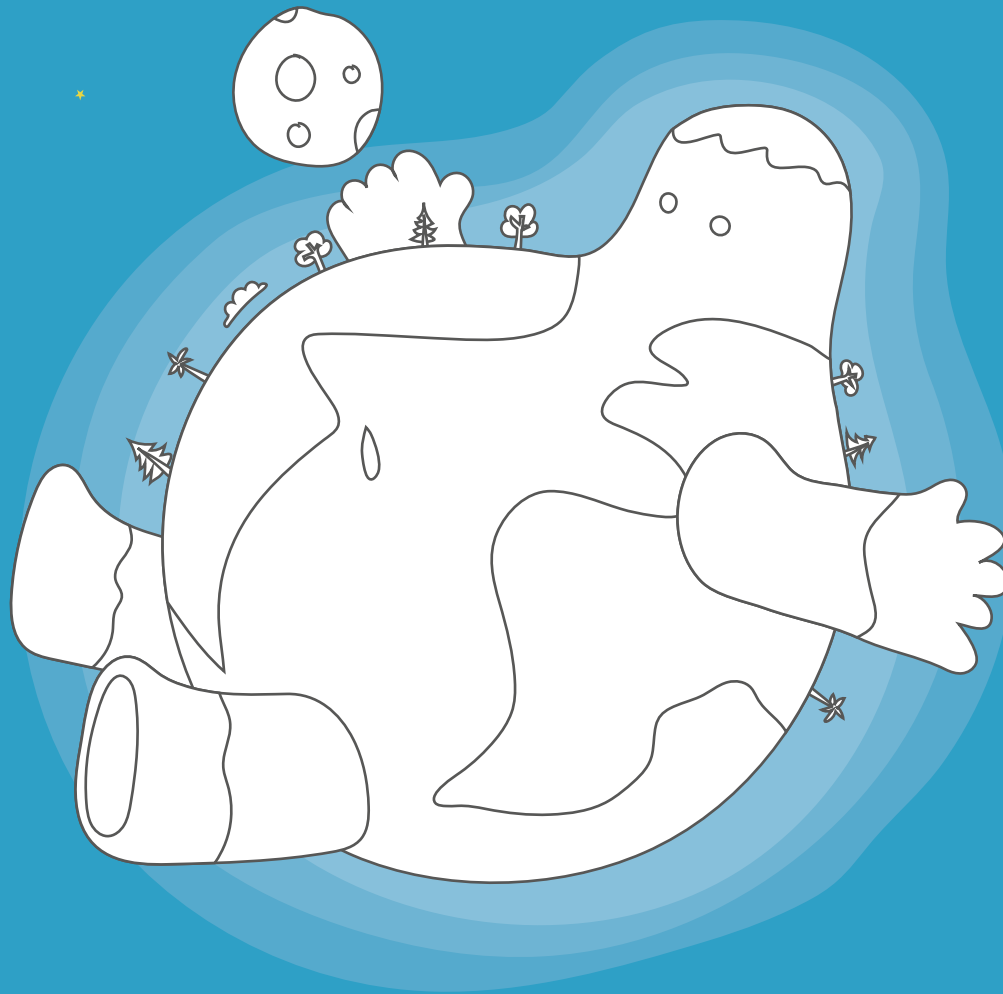


Challenges



Lately, Earth hasn't been feeling very well. She has fever and chills; floods and droughts over there, thaws and tremors over there. She no longer feels like playing with her friend Moon and feels that her friend Sun hurts her by accident with his rays.

**Would you like to help Earth understand what's happening to her?
Read, listen, sing, dance, play and be part of the Mission Earth Team:
Children and Families to the Rescue!**

My name is Earth

Give me a high five!

What's your name?

.....
Doodle your signature here

**My Name Is
Earth**

Would you like us to be friends?

Use your favorite crayons or colors and draw yourself next to me. You can paint me as you like, in any color shape or size.

Scan the QR or go to
mellamotierra.com
to listen to the song
Earth Wants to Sing!



Let's Ask:

Who are your friends? What do you enjoy doing with them? Do you want to be friends with Earth?



Challenge Achieved

Be a friend of Earth



Superpower Acquired:

Transforming Friendship

Are your head and feet made of ice like mine?

Let's explore!

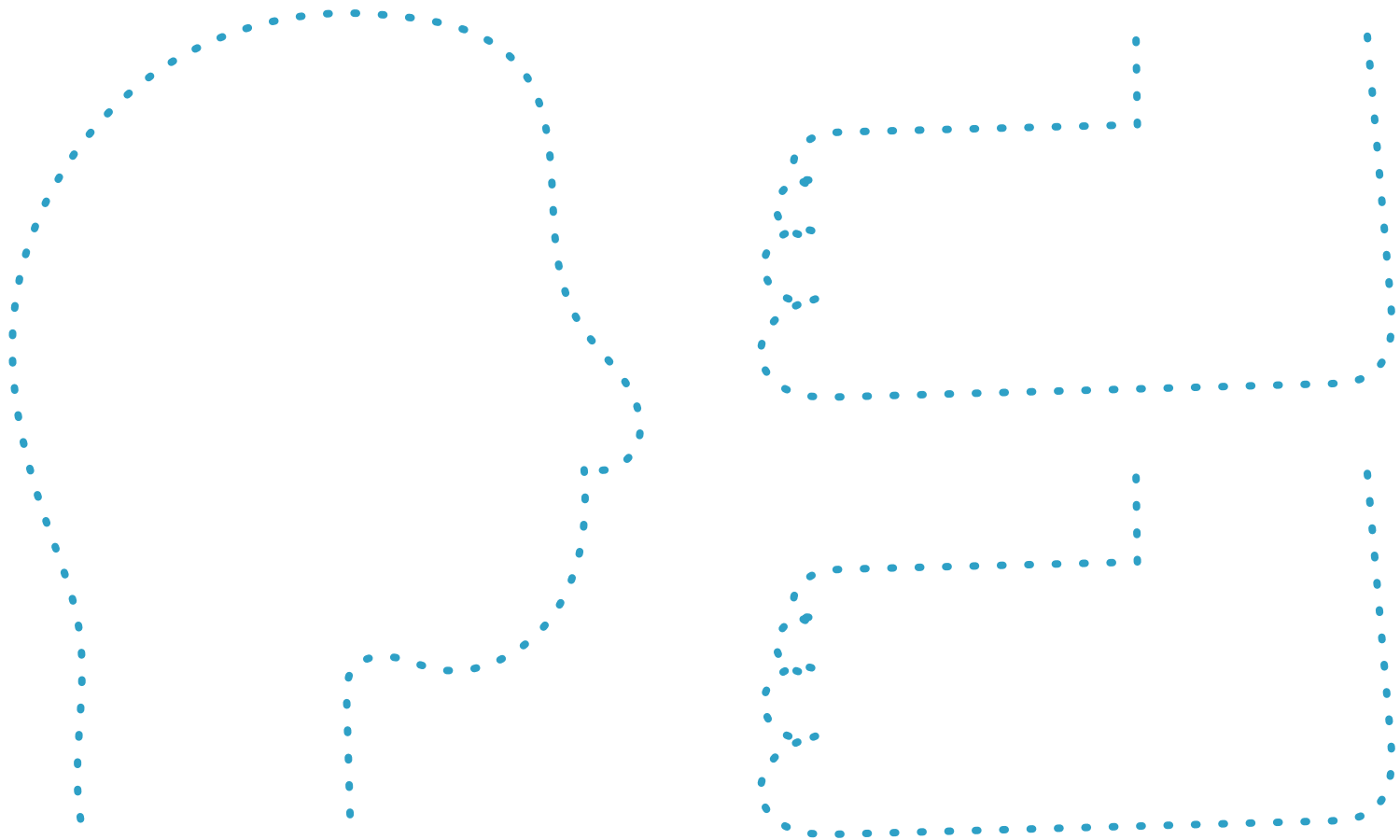


Use your hands and touch your head: is it cold or hot?

Touch your feet: are they cold or hot?

**My Name Is
Earth**

Color each body part according to what you felt. What color do you think is cold and what color is hot?



Let's Ask:

Do you prefer hot or cold?
When your body gets very hot
and you get a fever, who takes
care of you? Who takes care of
Earth when she warms up?

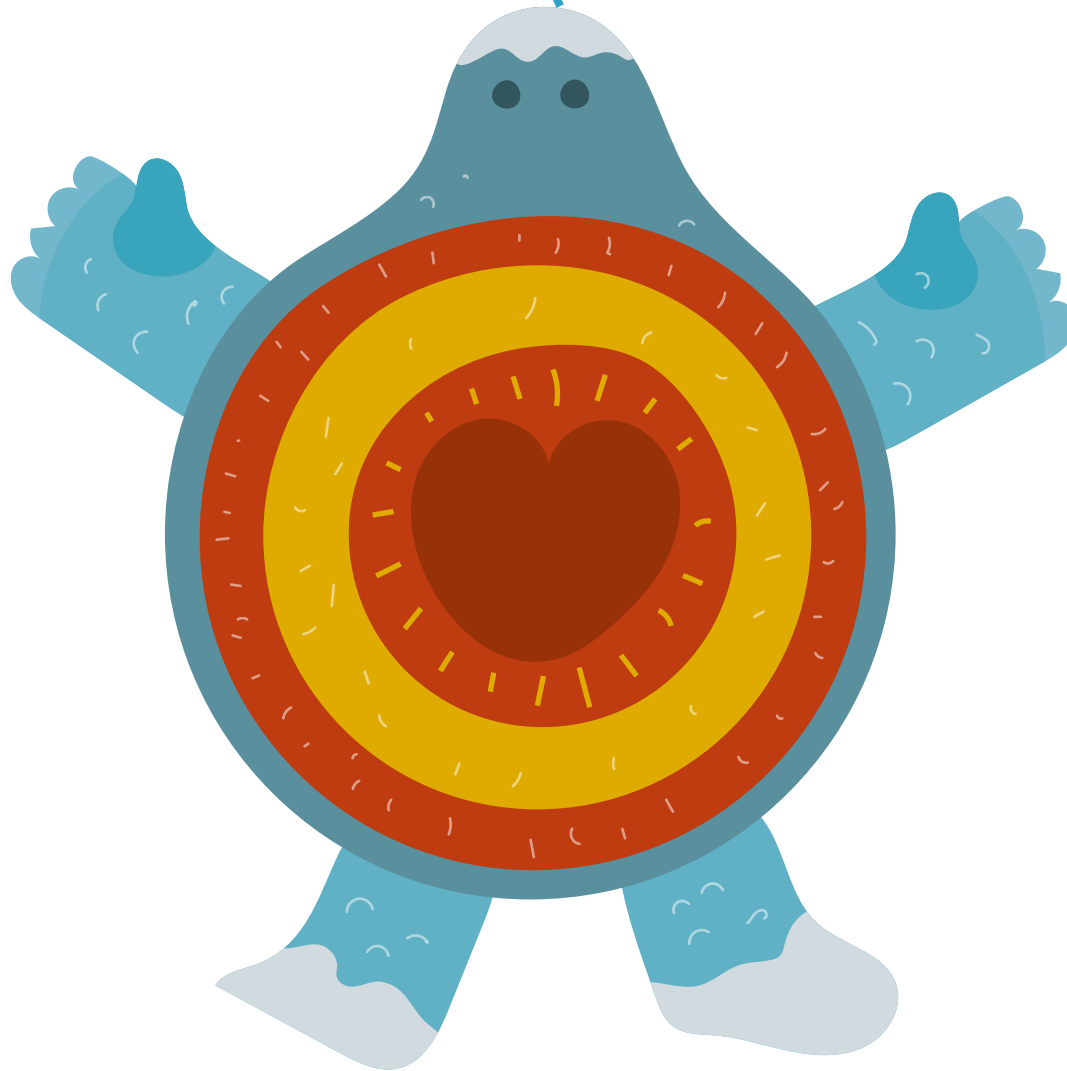
Challenge Achieved:

Be aware of your body
temperature and think about
how important it is to have
someone to take care of us.

Superpower Acquired:

Imagination and Care

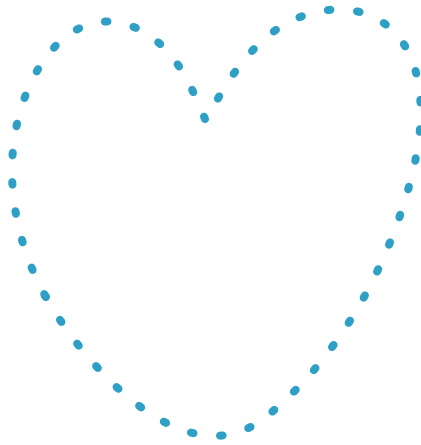
**Do you have a
burning heart
like mine?**



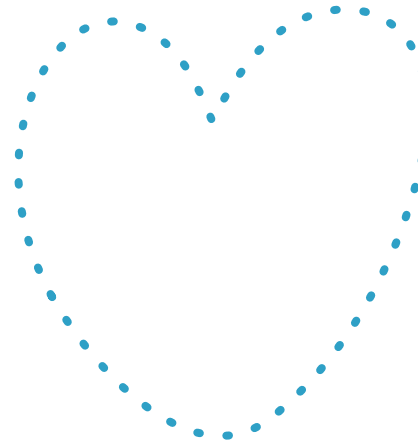
Listen to your heart! Stand up and jump three times. Now put your hand on your chest. Do you feel it? Your heart and brain will always be warm because they work out a lot.

**My Name Is
Earth**

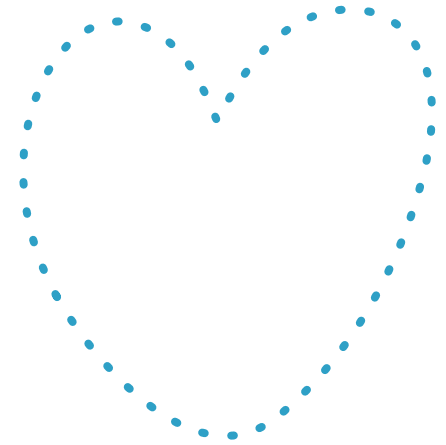
How do you feel about knowing that Earth is sick?
Color the hearts according to each emotion.



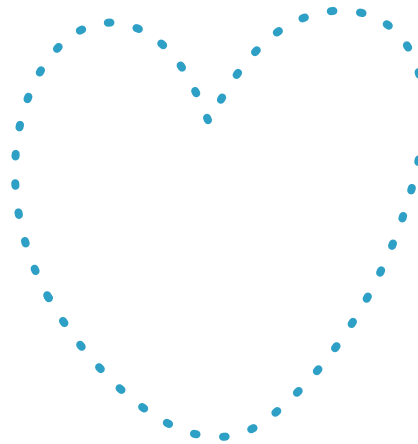
Sadness



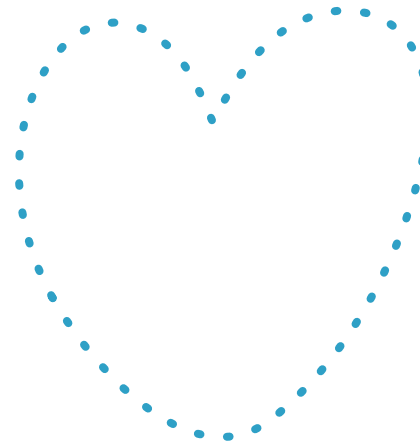
Happiness



Fear



Disgust



anger



Let's Ask

Are you part of Earth's heart?
How can your family help Earth?




Challenge Achieved

Listen to your heart, know how
Earth feels and experience
empathy for her.



Superpower Acquired

Sensitive Listening



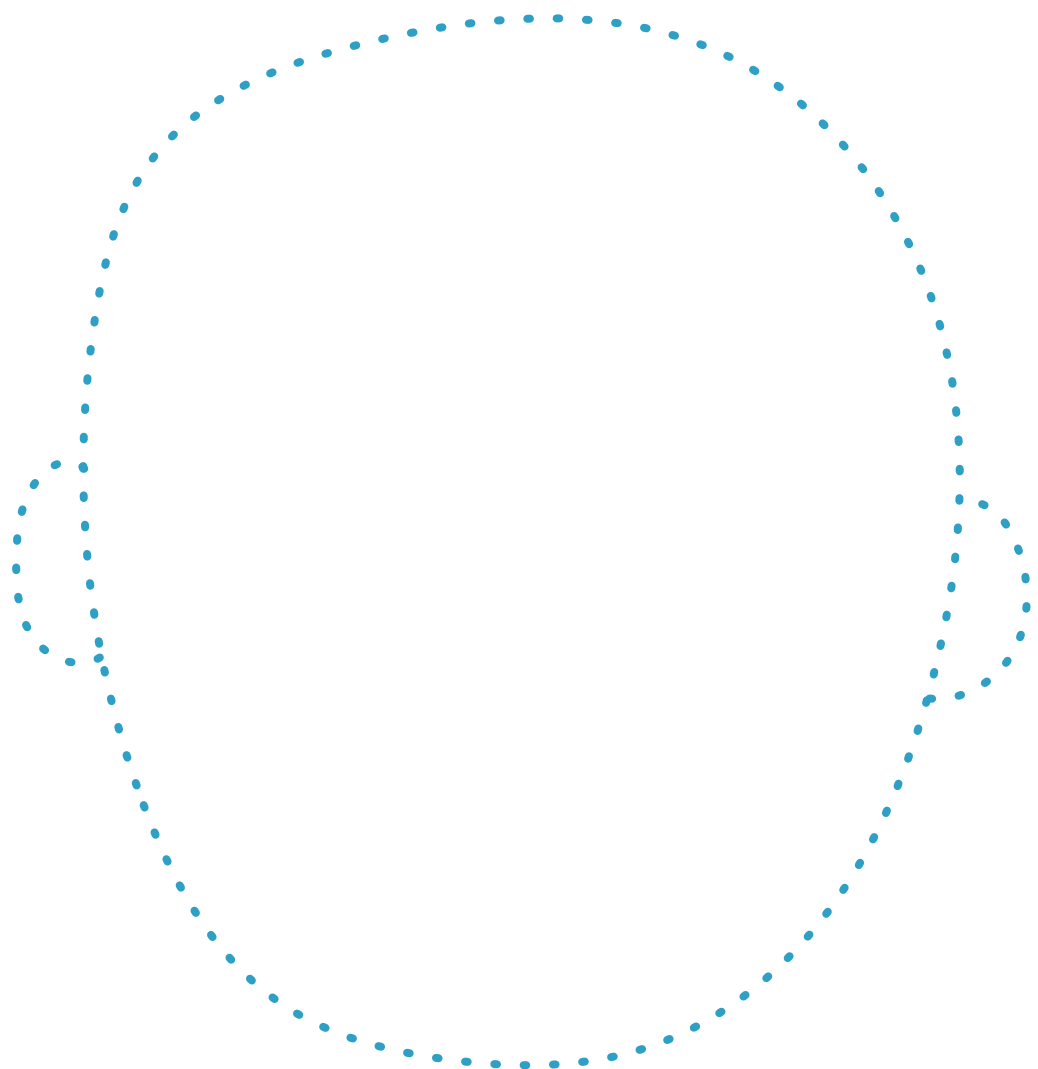
**When I feel that I cannot
protect myself from Sun
and he causes me harm,
I explode with anger.**

**Hrrrrgh!
Have you ever felt like that?**

**My Name Is
Earth**



Remember the last time you felt anger. Now, look in the mirror and make your angry face. Draw what you see here.



Now, sit comfortably and put your hands over your belly. Close your eyes and get plenty of air until you feel like a balloon. Then blow slowly until you deflate. Let's do it together one more time! How do you feel? Did your angry face change?

 **Let's Ask**

What makes you feel angry? What changes in your body when you feel angry? What calms your anger? What can we do to calm Earth's anger?



 **Challenge Achieved**

Breathing deeply and feeling calm



 **Superpower Acquired**

Calming Breathing

**Animals, humans, and other
living things have been
by my side for thousands
of years.**

**My Name Is
Earth**



Draw your family's footprints in the places they have lived.



Let's Ask

What animals and plants share the territory with my family? How many of my relatives have walked the Earth? Have my grandparents and relatives been friends of Earth?

.....



Challenge Achieved

To know my family's tracks on Earth, their paths and those of other species.

.....



Superpower Acquired

Identity

**Now that you've located
your family's footprints,
it's important that you know
your territory**

**Would you like
to draw it?**

With the help of your family, draw the place where you live: its valleys, mountains, beaches, deserts, forests, animals, or plants. What do you like most about it?

Let's Ask

Why is it important to know your territory? How are you going to take care of it? If you could give it a name, what would it be?

.....

Challenge Achieved

Know my territory and the species I share it with.

.....

Superpower Acquired

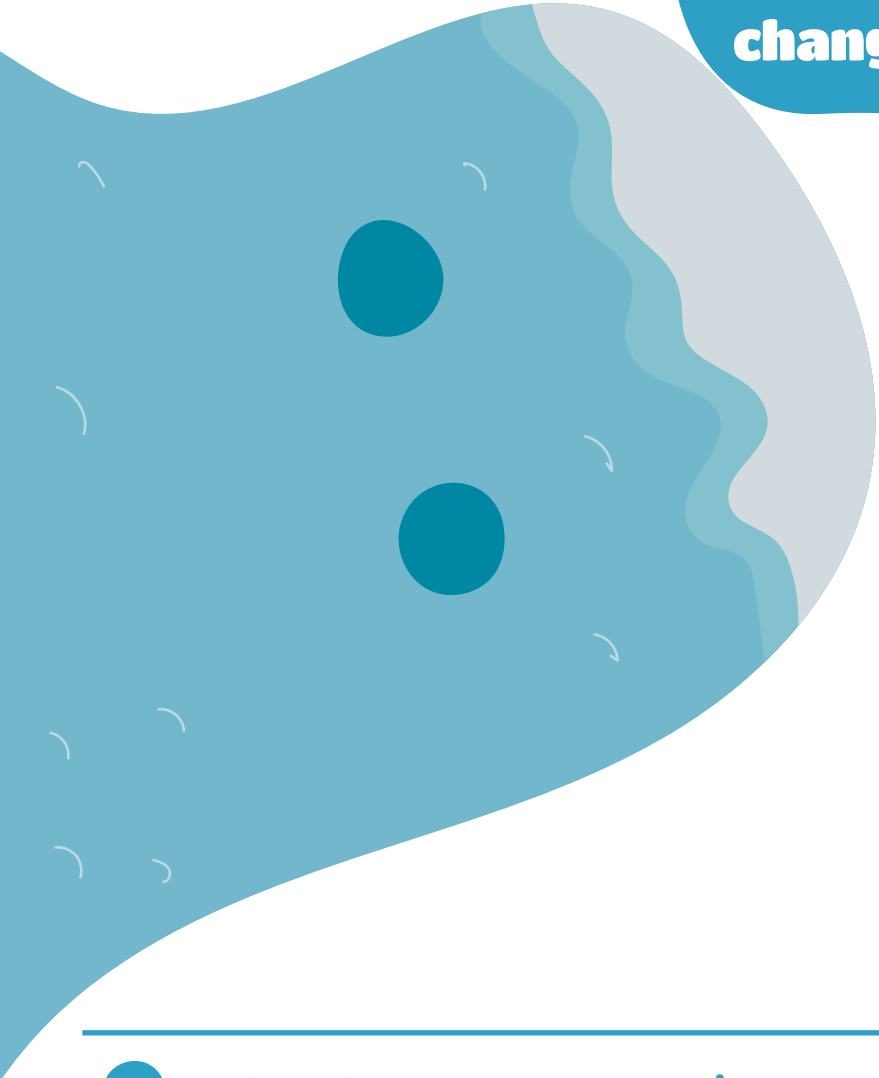
Caring for My Territory



**My Name Is
Earth**



Challenges



I have changed a lot during my life, and I have managed to adapt to different climates, but in the face of so many changes, lately I do not know how to do it

Will you help me?

Dress me to protect me from each of the following phenomena.

 **Let's Ask**

What is climate? Has your family noticed any changes in the climate of your territory? How does the weather affect your daily routine?

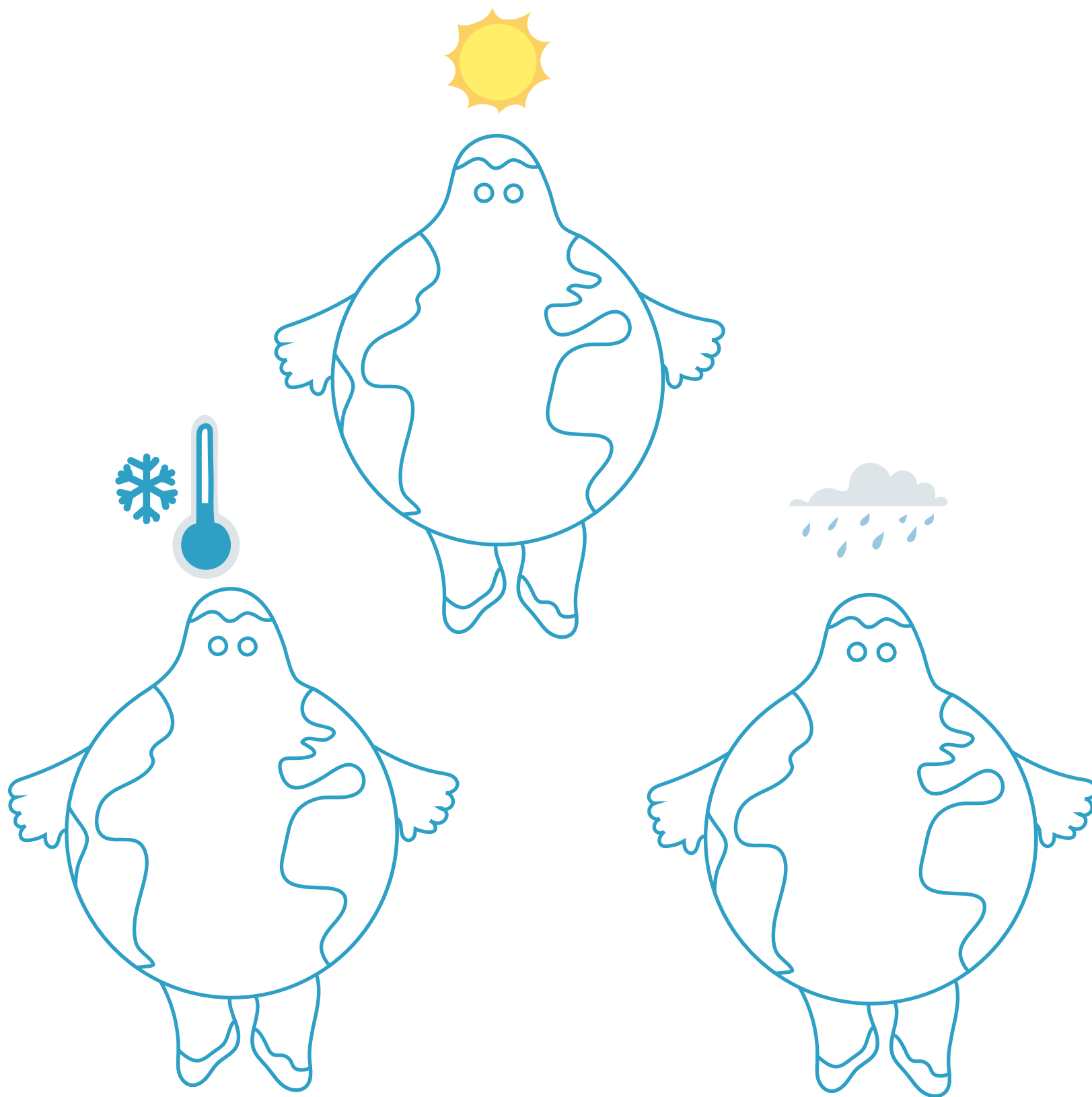
 **Challenge Achieved**

Learn about different types of climates, help Earth adapt to climate changes.

 **Superpower Acquired**

Adapting

**My Name Is
Earth**



Challenges

15

I will tell you how I feel so that we can discover together what is happening to me and how you can help me: my green forests are on fire!

It is very hot and there are sparks of fire that the warm wind could spread. Find the sparks and enclose them with a circle of cold water to extinguish them before it is too late.



**My Name Is
Earth**

When visiting my forests with your family follow these recommendations:



We will not throw any garbage on the ground:

paper can easily burn with the heat of the Sun.



We won't make bonfires,

and if we do, we'll always put them out before we go!



We will not leave glass containers:

they can transform the Sun's rays into fire.



Let's Ask

What is a forest fire? What emotions does Earth experience when she feels a fire in her skin? How do forest fires affect animals, humans, and plants? Can we prevent fires in our territory?

.....



Challenge Achieved

Understand the causes of forest fires, recognize your importance in preventing these phenomena.

.....



Superpower Acquired

Forest Guardians



My radiant lagoons are running out of water!

Earth's waters evaporate by so much heat and the clouds pass by without leaving a drop of rain. Sing, dance, and paint to bring rain and fill the dry lagoon with water.

**Me llamo
Tierra**

Let's Ask

What color are clouds when it rains? What animals and plants depend on lagoons? Why do we feel thirsty? How can we help to prevent lagoons from drying out in our territory?



Challenge Achieved

Understand the importance of rain for life



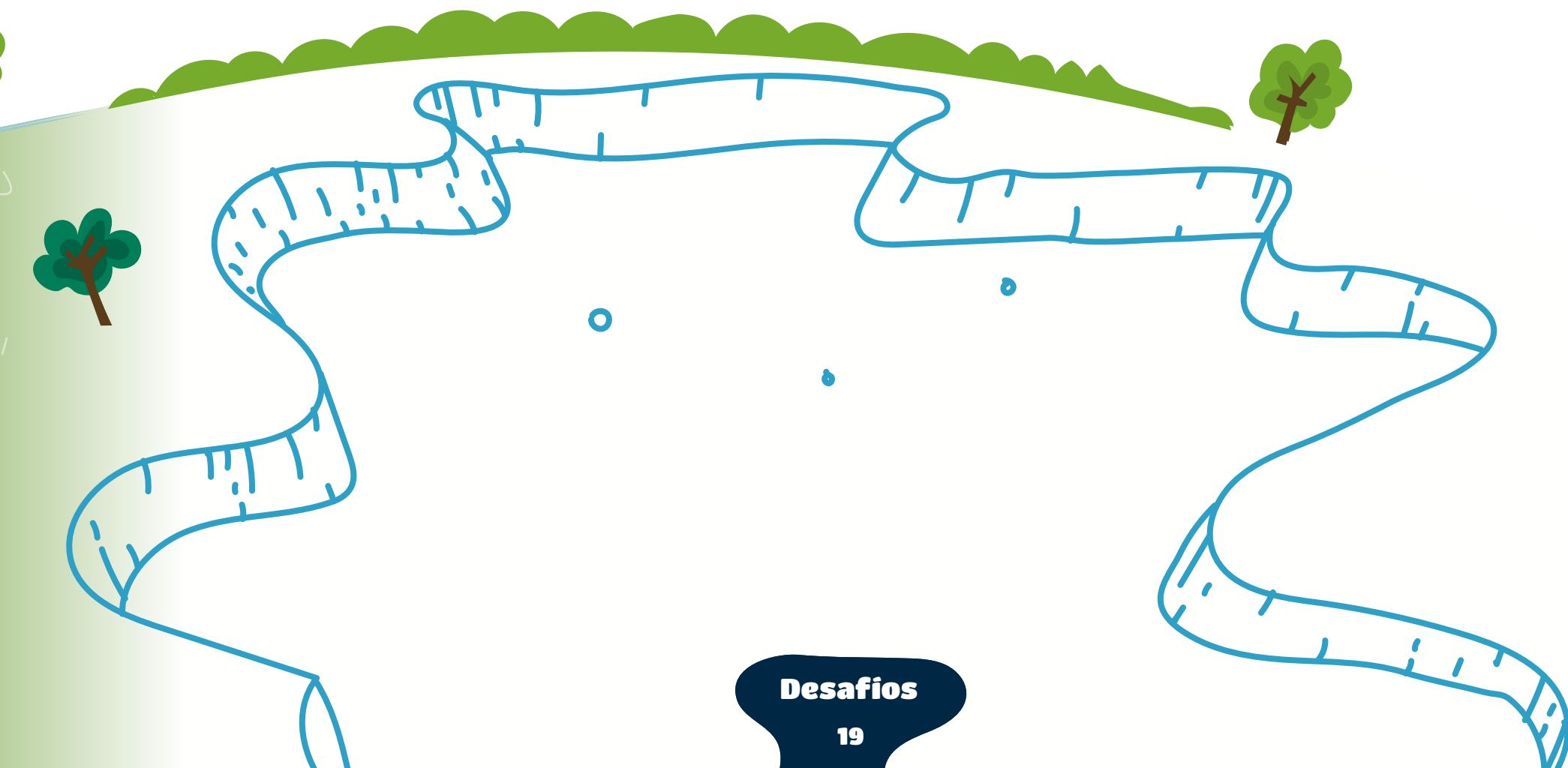
Superpower Acquired


Rain Song

Scan the QR or go to
mellamotierra.com

to listen to the song

Rain, Where did you Hide?!

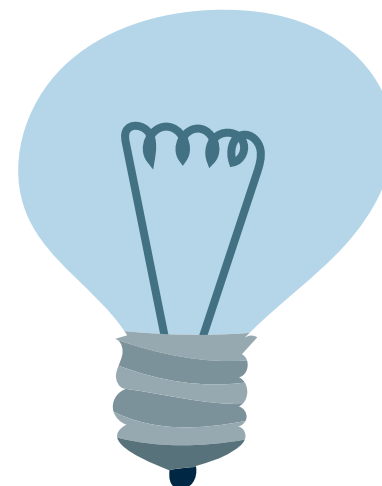




**My frozen oceans
are warming! Sun's
rays enter my skin,
but they can't come
out and that makes
me feel feverish all
the way to my
oceans.**

**My Name Is
Earth**

Mom and baby whale are lost and suffocated. The entire ocean is hot! Draw some ice popsicles to help them cool down, as they reach their home on the glacier. What could a whales' favorite flavor of popsicle be?



Keeping the lights on when we don't need them generates pollution that warms the Earth and the Ocean. Turn off the lights and unplug any appliances you're not using.

Scan the QR or go to mellamotierra.com to listen to the song **Deep Ocean!**



Let's Ask

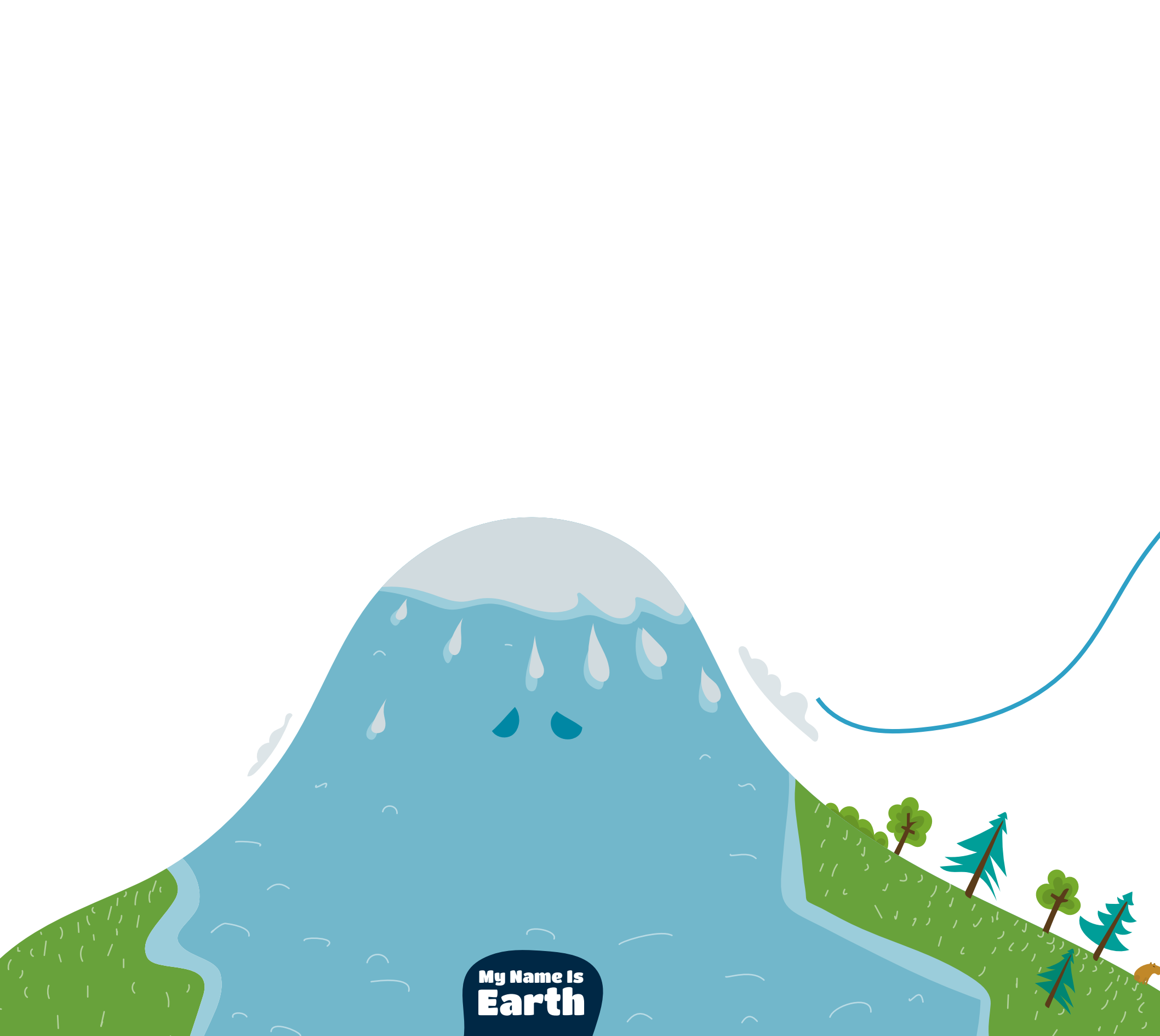
What is air pollution? What is the greenhouse effect? What will happen to marine animals if the ocean keeps warming up?

Challenge Achieved

Understanding the consequences of climate change and global warming.

Superpower Acquired

Refreshing Imagination



My Name Is
Earth

**The ice of my poles and
snow peaks melts around
the clock! My favorite
layer, called ozone, has
broken and can no longer
protect me from
Sun's rays.
My head is thawing!**

Help me by painting
with your fingers a
giant umbrella to
cover me.

A little shade, please!

Let's Ask

What is the ozone layer? What is ice? What good is ice to Earth? What good is ice for your family? Do you know any glaciers or snowy mountains in your region or in your country?

.....

Achieved Challenge

Know the states of water, understand the importance of ice for life on Earth

.....

Superpower Acquired

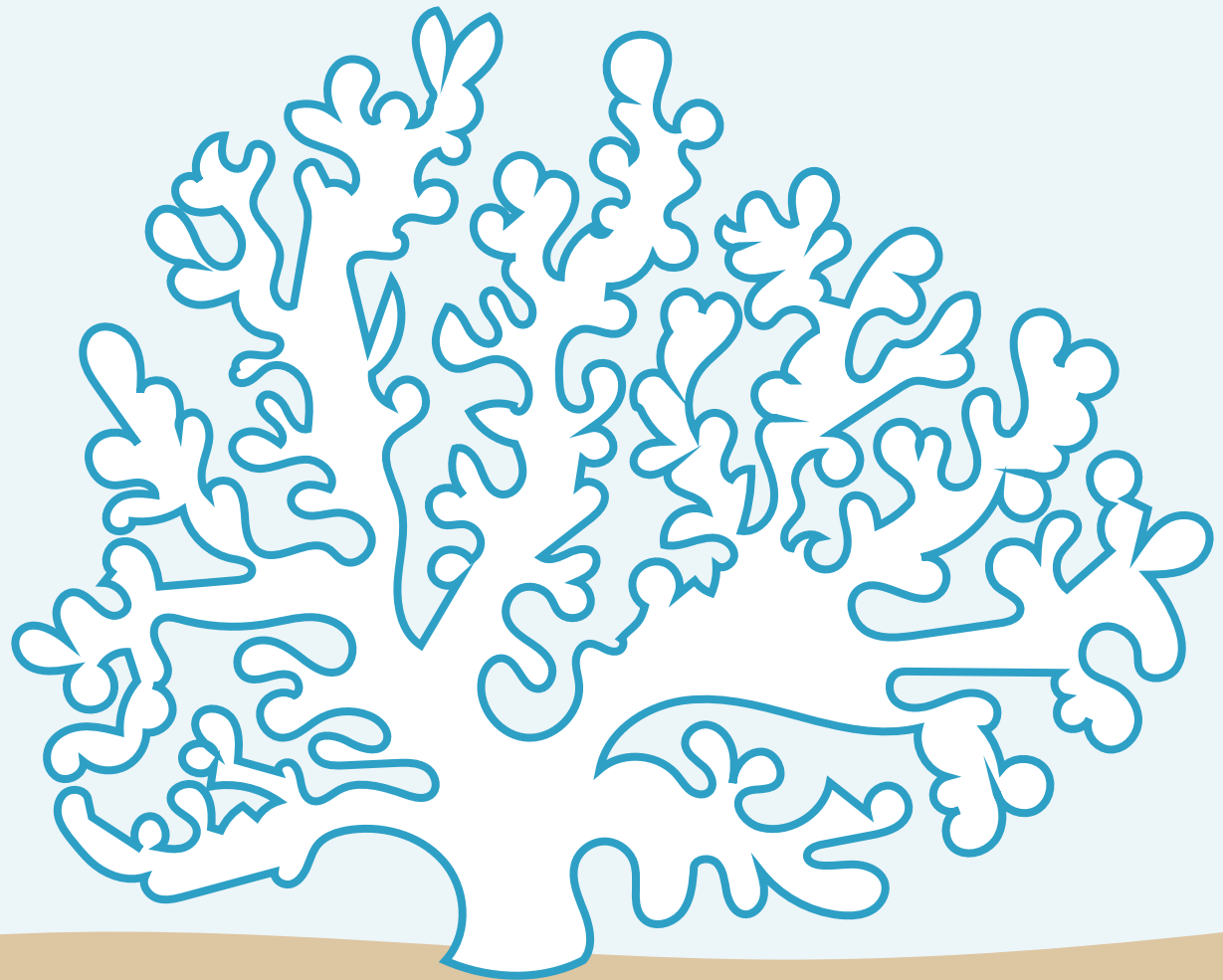
Guardians of Glaciers



**To find answers, I've
asked some parts of me**

Coral Reef is home to many
marine animals and plants.
He produces most of the
oxygen you breathe.

Help him with your
imagination to recover the
colors he has lost with all
the heat.



Let's Ask

What is the coral reef? Why is he sick? Why is it important to me and my community?



Achieved Challenge

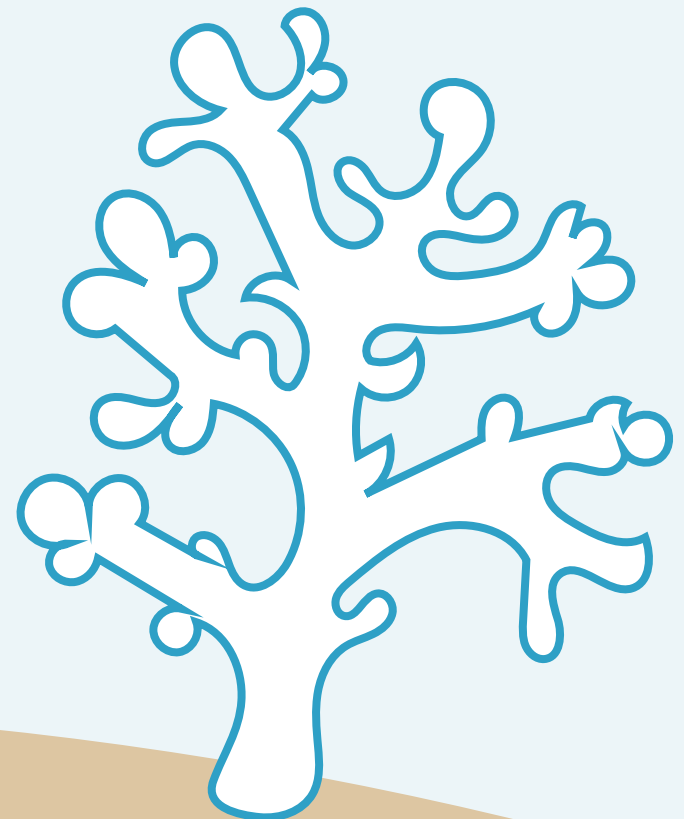
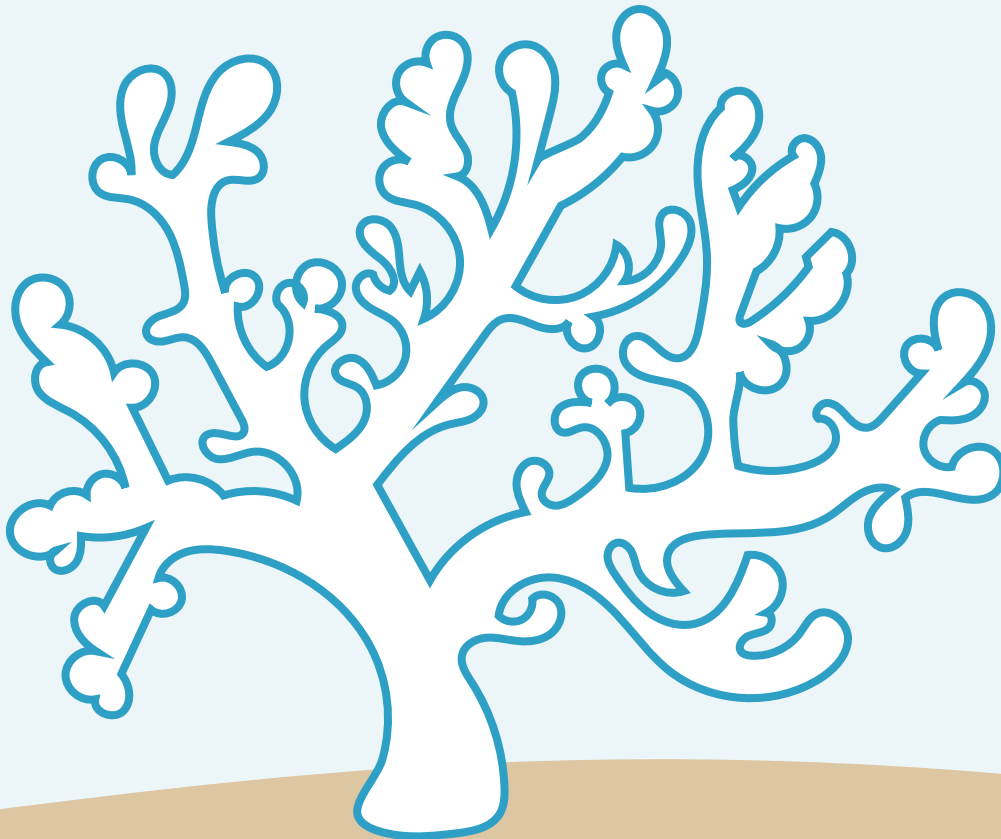
Know the importance of marine species for life on Earth



Superpower Acquired

Coral Artist

Paint coral and seagrass to help it freshen up with colors.



Now that Coral Reef has regained its color and strength, help the animals that used to live there to return to their home.



Use the stickers at the end of the book and paste the species along the coral and seagrass.
You are helping me a lot!



Let's Ask

Do you know any coral reefs?
How many coral reefs are there
in your country? How do the
animals that live in coral reefs
help you survive?

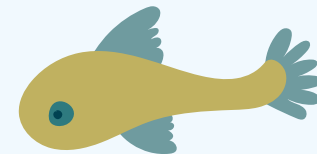
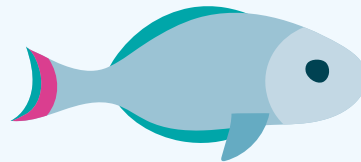
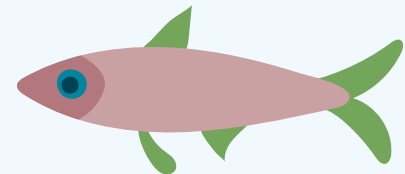
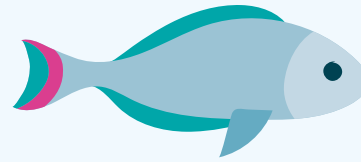
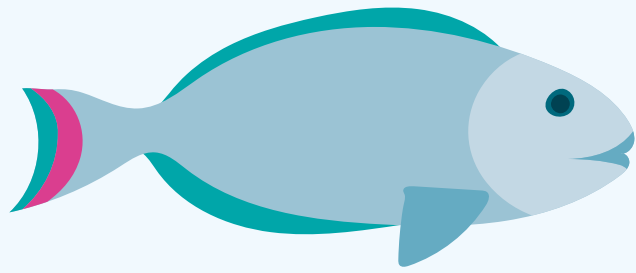
Achieved Challenge

Know the importance of
marine species for life
on Earth

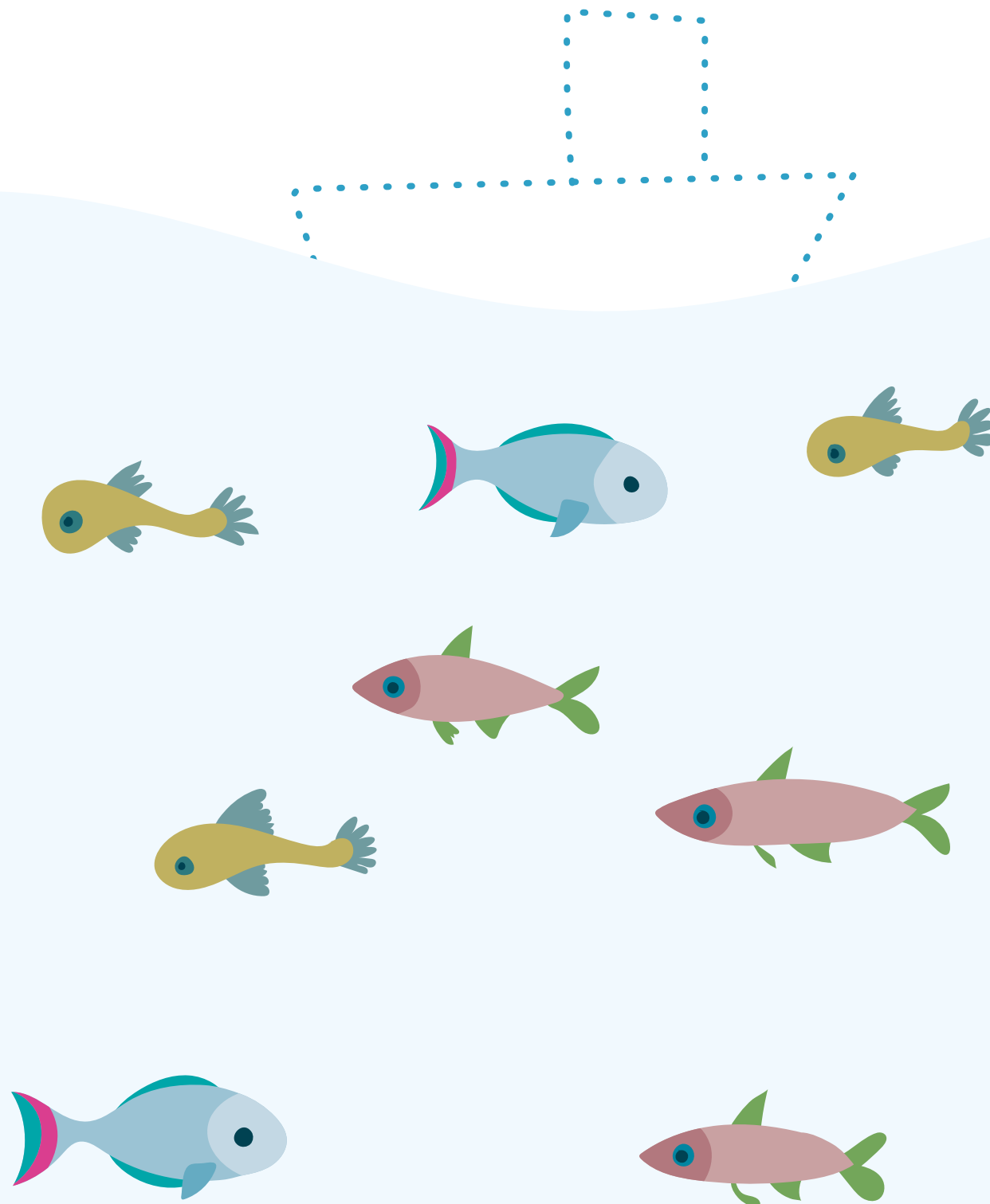
Superpower Acquired

Coral Appreciation

Coral Reef told me that humans fish everything in their path and leave him barren. It is important that humans learn to live without affecting other species that live in me.



Build a paper boat with your family. Glue it over the water and circle only one fish of each species so that the fisherman can bring food to his family without taking everything in his path.



Let's Ask


What would happen if humans ate all the fish in the sea?

Challenge Achieved

Care for and protect other species of animals and plants that share our territory on Earth.

Superpower Acquired

Self-Control



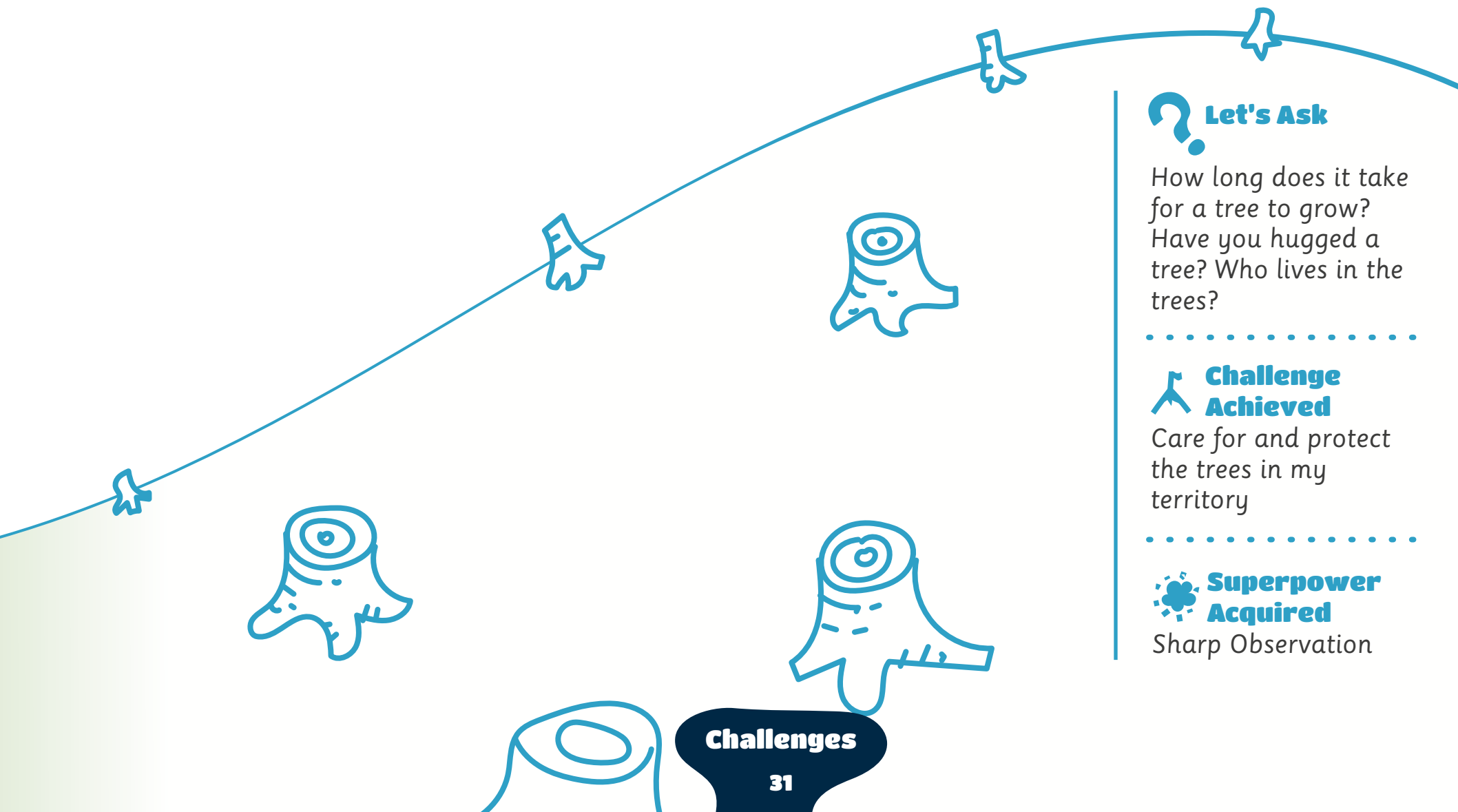
**Jungle has told me
that humans have
cut down her
trees leaving no
life behind.**

Use your powers of exploration. Go with your family to a nearby park or forest. Collect branches, leaves, and flowers from the ground and paste them here to bring Jungle back to life.

**My Name Is
Earth**

Most of the white sheets and cardboard you use are made from tree trunks. Reuse these materials and use less paper.

Tell this to your friends!



Let's Ask

How long does it take for a tree to grow?
Have you hugged a tree? Who lives in the trees?

.....

Challenge Achieved

Care for and protect the trees in my territory

.....

Superpower Acquired

Sharp Observation

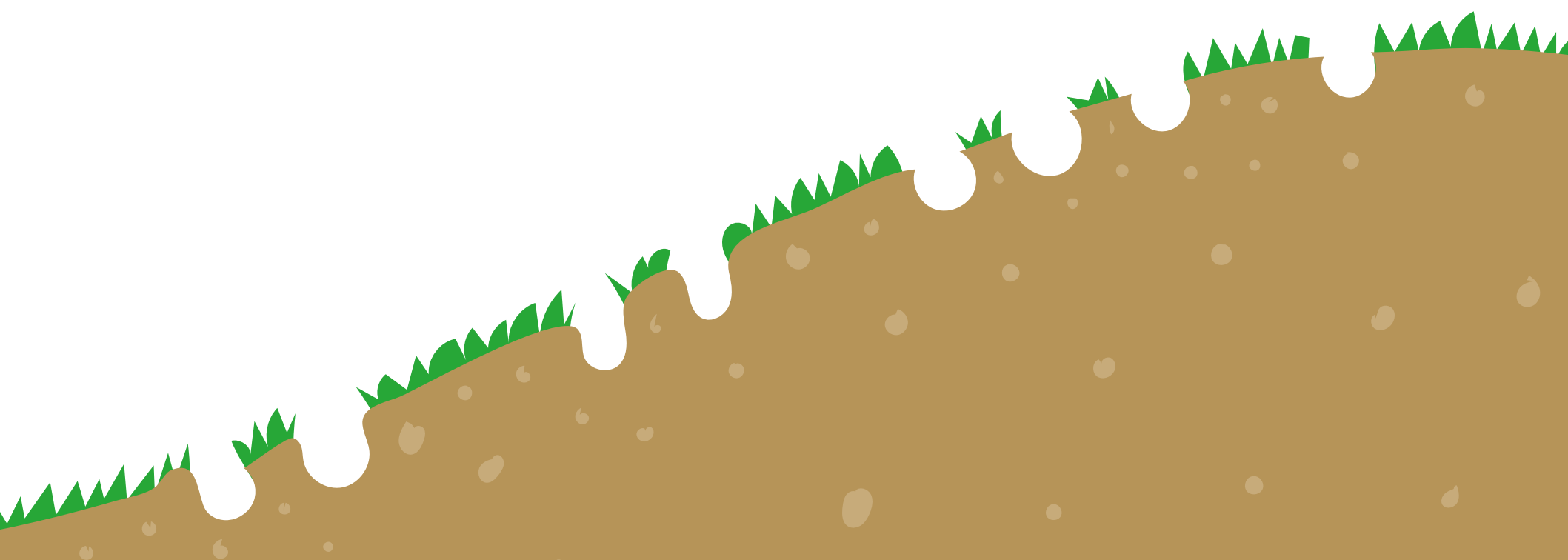
Challenges



The tapir is an excellent gardener. He helps Forest plant new trees.

Team up with the Amazonian tapir and paint a seed in each hole in Jungle's floor. Seek the help of a friend and water each seed with a drop of rain. You can collect rainwater with the help of a reused bottle.

Where can you find rainwater?



Let's Ask

How do animals help sow seeds? Would you plant a tree in your territory? Which one?



Achieved Challenge

Work as a team to help other living beings.



Superpower Acquired

Solidarity of the Amazonian Tapestry

The illustration depicts the Earth as a large, light blue sphere with darker blue circular features representing oceans. A blue speech bubble originates from the top right of the sphere. To the right of the sphere, a small green island with a brown coastline is shown. The island features a tall tree with a green canopy, a palm tree, and several smaller green bushes. The background is white.

**Tree felling and fires have driven
the animals away from jungle.
Jungle is very important to my
health; she and Ocean are my lungs.**

**My Name Is
Earth**



Look for the stickers at the end of the book and help the inhabitants of Jungle return home.

Scan the QR or go to **mellamotierra.com** to listen to the song **Playful Jungle!**



Let's Ask

How many jungles are there in your country? How can you help Jungle and her inhabitants?



Challenge Achieved

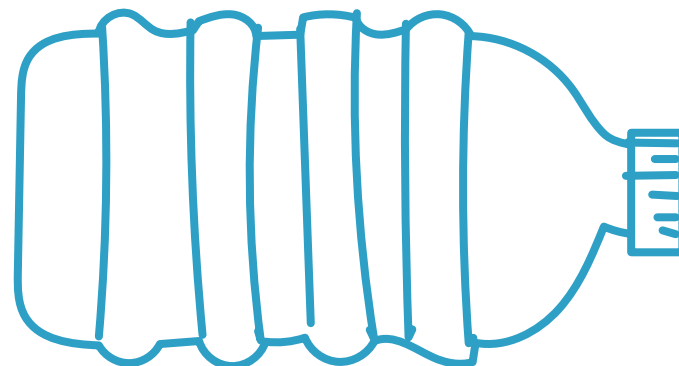
Know the biodiversity of animal species in the forests of my country.



Superpower Acquired

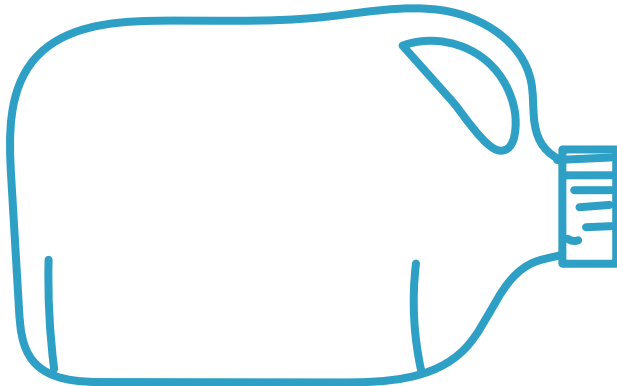
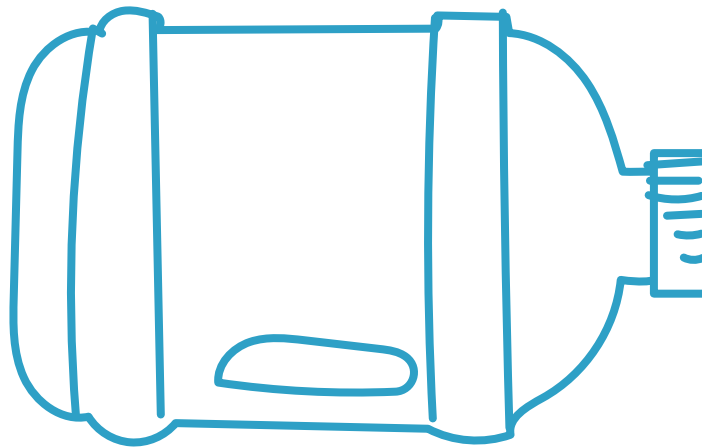
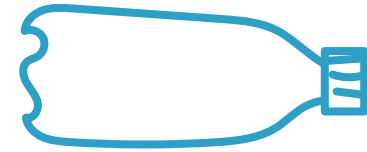
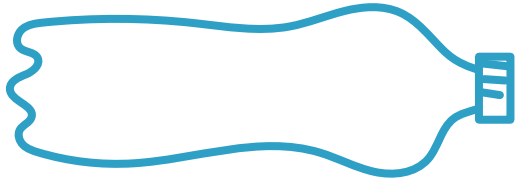
Jungle Diversity





Ocean's blue waters are covered with plastics that poison the plants and animals that live there.

**My Name Is
Earth**



Help Ocean with your imagination and transform these plastic containers into colorful fish.

Let's Ask

Who can live on a plastic island? What happens if fish eat plastic? Is it possible to clean up Ocean?

.....

Challenge Achieved

Know the problems caused by plastic waste in Ocean.

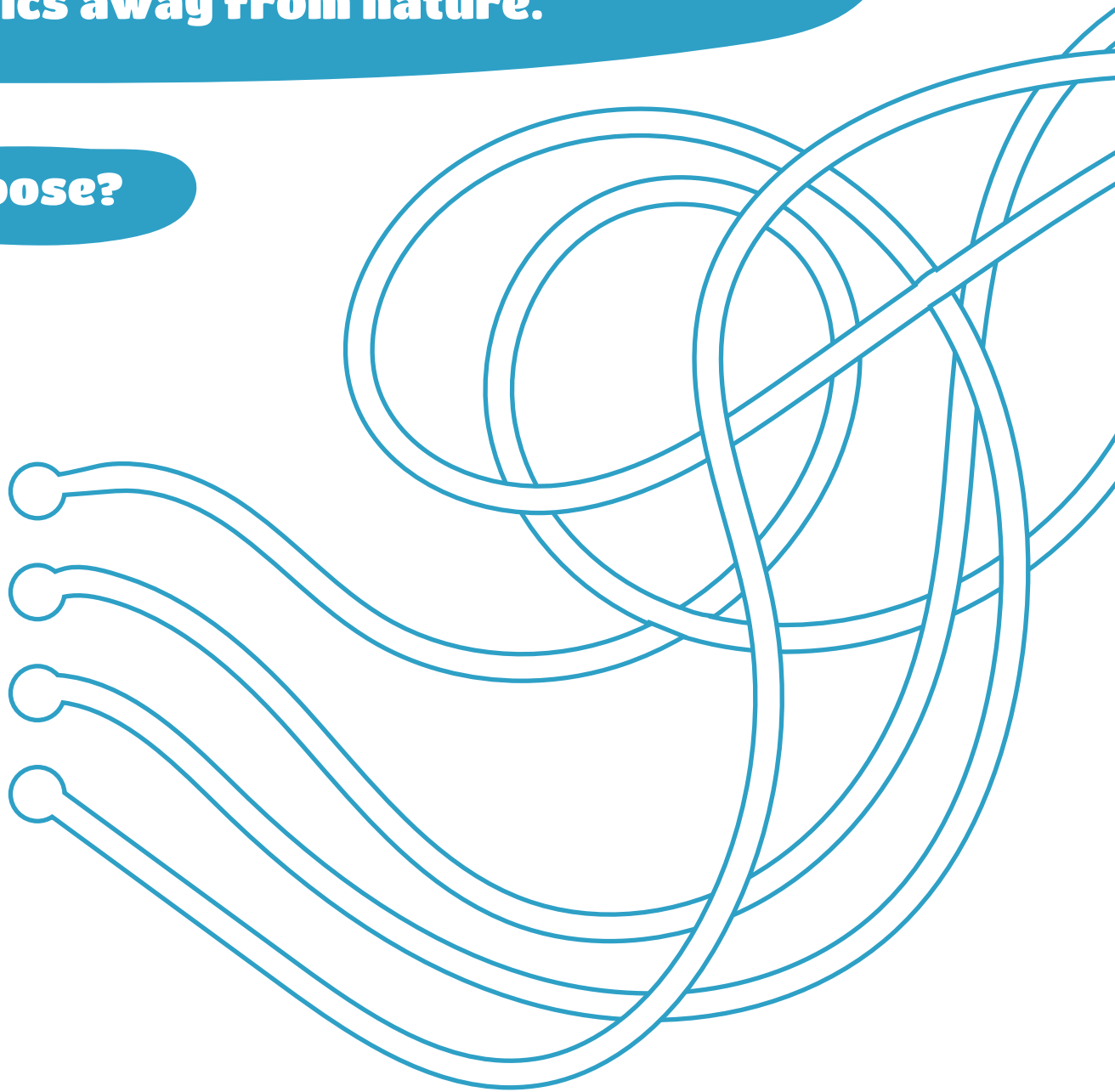
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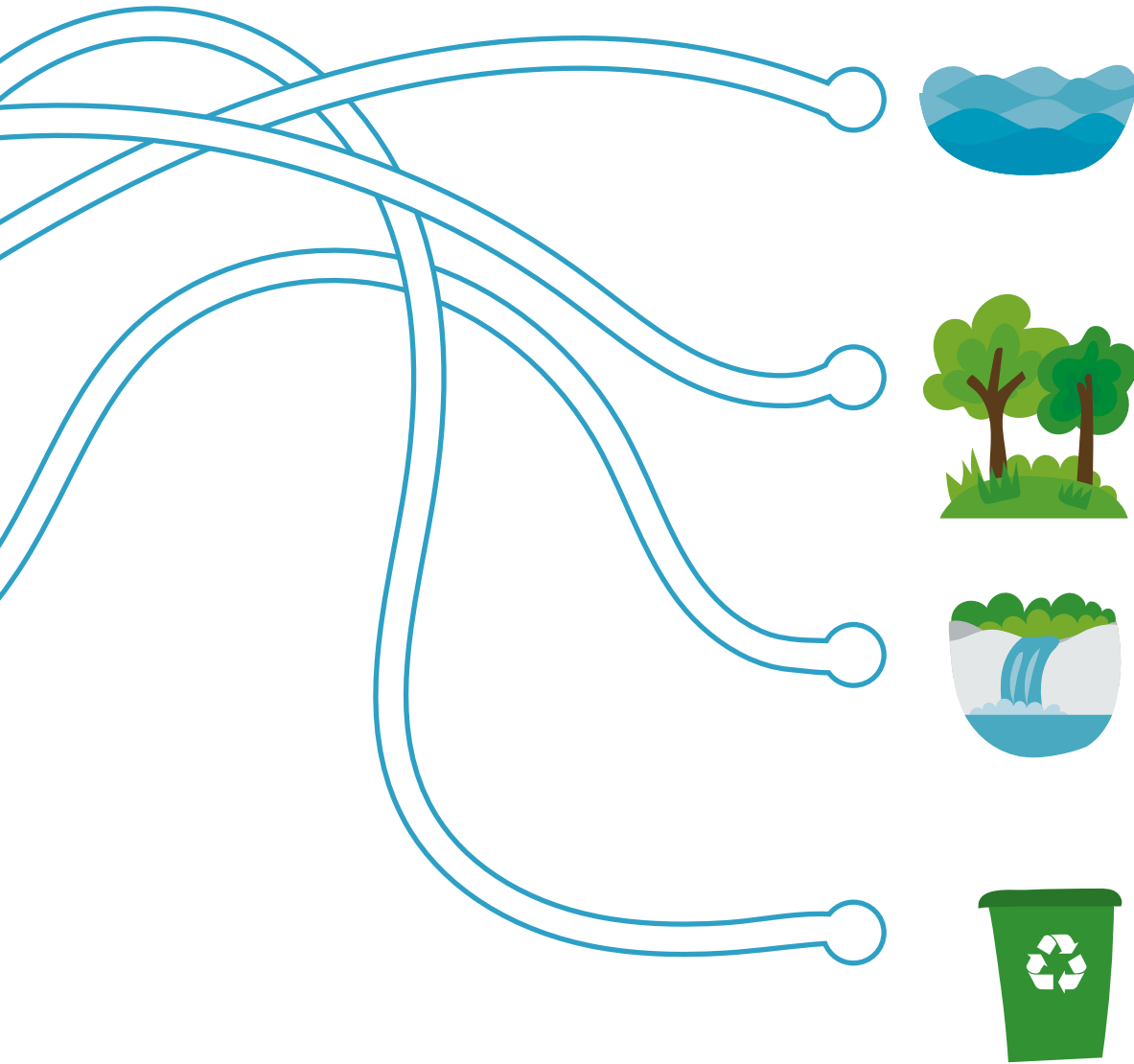
Superpower Acquired

Ecological Imagination

Plastic waste produced in cities reaches Ocean, no matter how far they are. Use your wit: work as a team and solve this maze to keep plastics away from nature.

Which path will you choose?





Let's Ask

How much plastic is there around you?
How to reuse plastic packaging?

.....

Challenge Achieved

Discover the importance of recycling plastics in my home and community to help Ocean and Earth.

.....

Superpower Acquired

Fun Recycling

Separate the plastic waste and take it to a recycling point. Work as a family to reduce the purchase of plastic packaging products every day.



My Name Is
Earth

Another way to help Ocean is to reuse plastic containers and save them from becoming polluting waste.

Take a plastic bottle that you or your family used. Ask for help from dad, mom, or another adult to cut it in half. Decorate it together to make a creative pencil holder.



You can also build a pot, a piggy bank, create a fun toy or fill the bottle with seeds to create a musical instrument.

Let's Ask

Can I create gifts for my loved ones by reusing plastic packaging?



Achieved Challenge

Discover the power of my imagination and creativity to help Earth



Superpower Acquired

Creativity

Air is dirty. Factories and fire everywhere don't let him see anything. Maybe people are not aware of all the smoke they produce in cities. Help them understand!



**My Name Is
Earth**

Paint, with a pencil or a piece of charcoal, all the smoke that comes out of factories and cars. You can create more smoke by passing over a piece of cotton.

Ask your family to run a damp piece of cotton through their face at night after arriving from the street. How does the cotton look?



Let's Ask

Where does the smoke come from? How do we produce smoke at home? How does smoke affect my health?

.....

Challenge Achieved

Show other people all the smoke we produce every day in cities and communities.

.....

Superpower Acquired

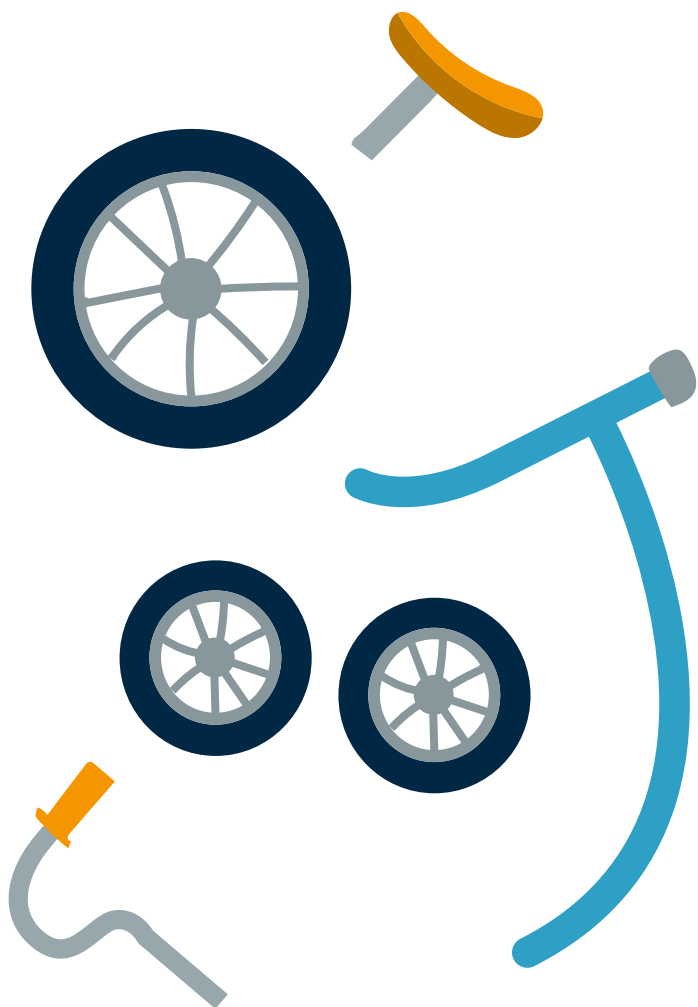
Environmental Communication

Air contains vital oxygen so all the living beings that inhabit me, including humans, can breathe easily.

If you want to help Air, you must ride the tricycle and the bicycle: they do not produce smoke and are a fun exercise!



**My Name Is
Earth**



Scan the QR or go to
mellamotierra.com
 to listen to the song
A Day in the City!



Work as a team with your family and build your own tricycle with each of the parts. What color will it be? Where will you put your name?

Let's Ask

Where can you breathe clean air?
 How do I feel when I exercise?

Challenge Achieved

Come up with solutions as a family to help Air and Earth, and to take care of my health.

Superpower Acquired

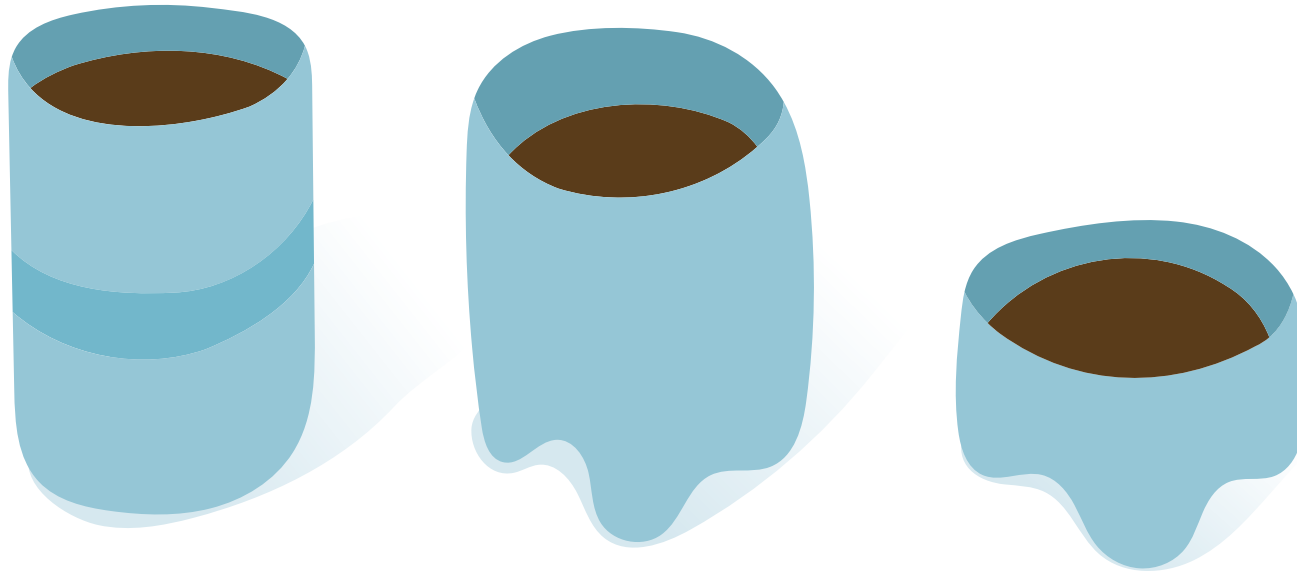
Fun self-care

I have been able to take care of myself for several years with the help of plants and friends like Wetlands. I want you to help me plant more plants to clean Air of all the smoke. Plants turn pollution into oxygen!



**My Name Is
Earth**

With the help of your family, use several plastic containers and create materials to plant plants that you can keep inside your home. Collect and paste fruit seeds that you have eaten into the sample pot.



Let's Ask

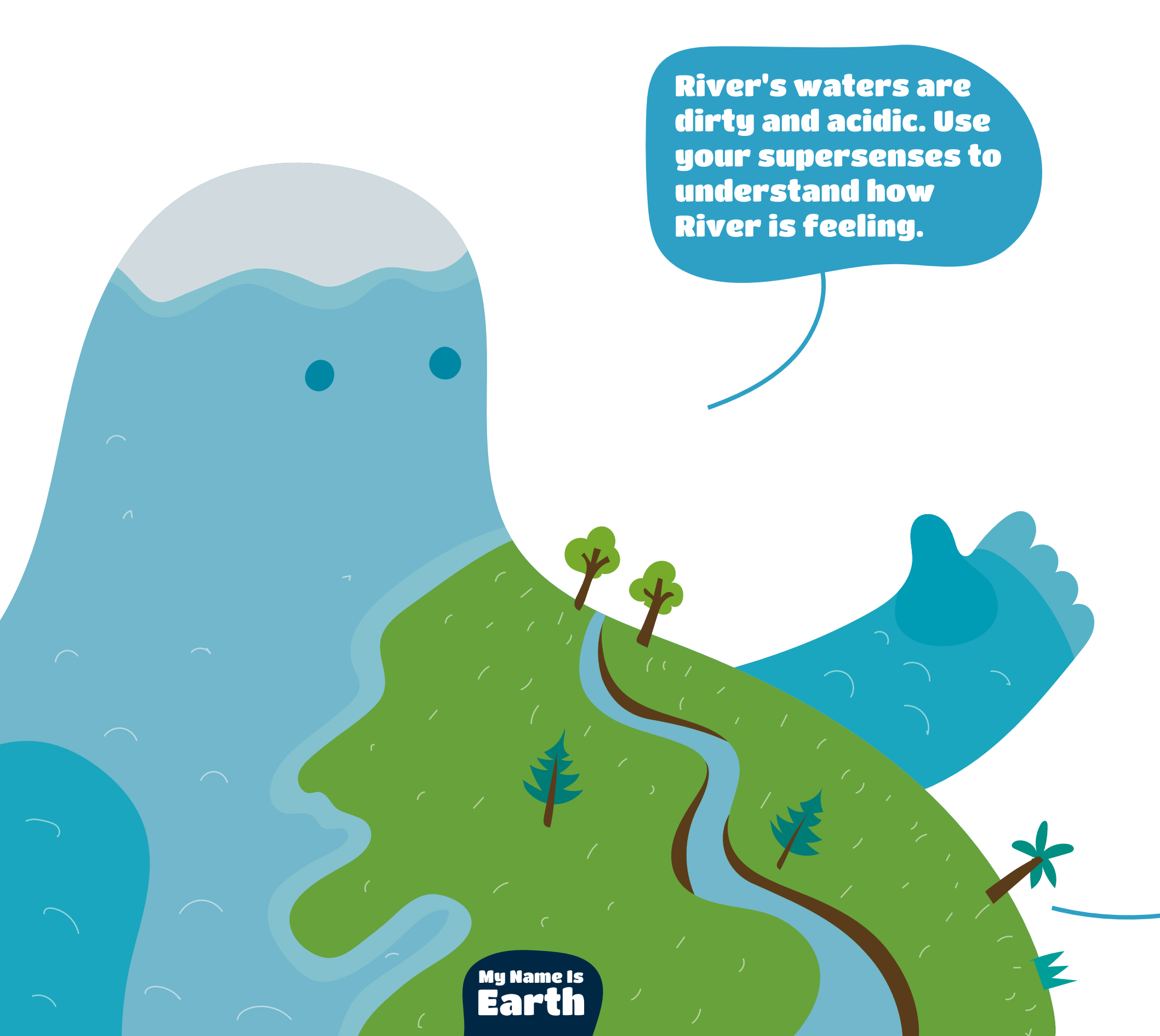
How do trees and plants help keep the air clean? You know what a wetland is? How important is a wetland to life in your community?

Challenge Achieved

Understand the importance of plants and ecosystems such as Wetlands for Earth's health.

Superpower Acquired

Superpower Plants



**River's waters are
dirty and acidic. Use
your supersenses to
understand how
River is feeling.**

**My Name Is
Earth**

With the help of your family, collect rainwater in a used plastic container. Now, pour in drops of used oil, drops of coffee, drops of lemon, ink from a pen, a little shampoo or soap, and a little salt. Cover the container and mix well. What does the water look like now? What does it smell like? Sketch what you see.



DON'T drink it! You could get sick like the fish that live inside River.

Let's Ask

Where does the water we drink daily come from? How could River's water be cleaned? Has your family seen a river disappear?

.....

Challenge Achieved

Experiment with elements from my environment to understand what is happening to River.

.....

Superpower Acquired

Experimentation at home



**River has chills and
is becoming more
and more empty.**

**Agriculture, livestock,
industry, and human
consumption all diminish
the flow of rivers.**

**You can help River to
avoid running
out of water.**

**My Name Is
Earth**

Ask your family to recite this tongue twister while brushing your teeth. Remember to turn on the water tap only when you rinse. How many tongue twisters does your shower last?

**Teeth are a tooth and a tooth
Tooth by tooth are teeth I brush
The toddler's teeth: brush tooth by tooth
The teeth that I brush, tell the truth
Do teeth brush their teeth?
Do tooth and teeth make a truth?
Does the brush brush his teeth?**

Challenge each member of your family to use less water at home.

 **Let's Ask**

How can we use less water at home? Why is River important to your family?

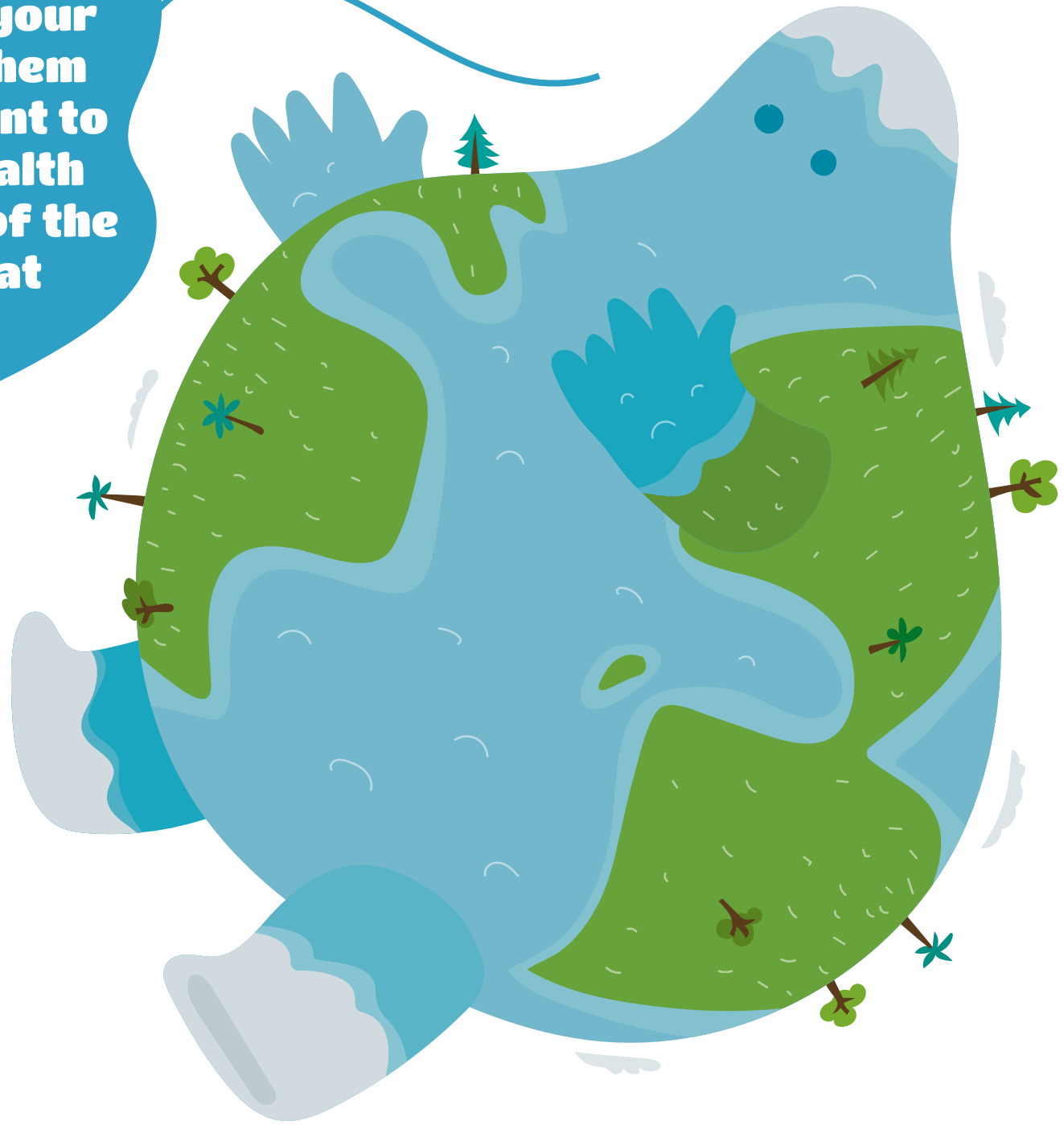
 **Challenge Achieved**

Reduce water waste at home.

 **Superpower Acquired**

Family responsibility

**You may find rivers,
streams, or
wetlands near your
home. Each of them
is very important to
maintain my health
and the health of the
living beings that
inhabit me.**



**My Name Is
Earth**

Decorate a poster like this one and take it with you the next time you visit one of these sites to encourage others to take care of them.



Let's Ask

What other things can I do to take care of River next time I visit? What can I do from home to take care of River and other places of life?

.....

Challenge Achieved

Discover new ways to care for water and water sites on Earth.

.....

Superpower Acquired

Environmental Tourism



Whoo! This has been quite an adventure!

Thanks to your help and the help of your family I already feel a little better.

I still have a fever and I would be very happy if you continued to take care of me and my friends Forest, River, Ocean, Snow Peak, Glacier, Mangrove, Wetland, Air, Jungle, Coral Reef...

every animal and every plant that lives around you. You are part of me, and I know that with your perseverance and the support of your community we will do better every day.

**My Name Is
Earth**

**This medal is a symbol that proves you are a member of the
Mission Earth Team: Children and Families to the Rescue!**

Wear it with pride.



Thank you!

Scan the QR or go to mellamotierra.com
to listen to the song **My Friend Earth!**



Challenges

My Name Is Earth

First Edition. April, 2022

Story: Katia Rodríguez, 2022

Illustration: Nicolas Chirokoff, 2022

Activities: Fredy González, 2022

ISBN: 978-958-99097-7-5

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