

Written by Joli Hannah  
Illustrated by Amelia Herberison

# NATURE

Why do we need nature to be green?

biodiversity  
ecological footprint  
deforestation  
ecosystem




Albatros





## Why do we need nature to be green?

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# OUR LIFESTYLE

We are not the only ones living on this planet. We might think we are, but we are not. Maybe it seems like we only need social media, shopping centers or small things to eat and drink, but we don't. We think all our food comes from the supermarket, but it actually comes from nature.



Everybody needs to eat and drink. Everybody needs sunshine, fresh air, and clean water. Everybody needs something.

This is who we are. To get all of the things we need, we have to give something back. If we want to enjoy all nature has to offer, we have to help keep nature green.

## CONNECTION

We use things like cars and phones. But even if we didn't have those, we would still be able to survive. What we cannot live without is air, water, nutrients, and society.

In order to enjoy life on our beautiful planet, we need to live healthy lives. We need to breathe clean air, drink clean water, and eat quality foods. We also need people around us to be healthy.

Notice the connection that our needs form. We are connected to the planet, and what we give it will come back to us.

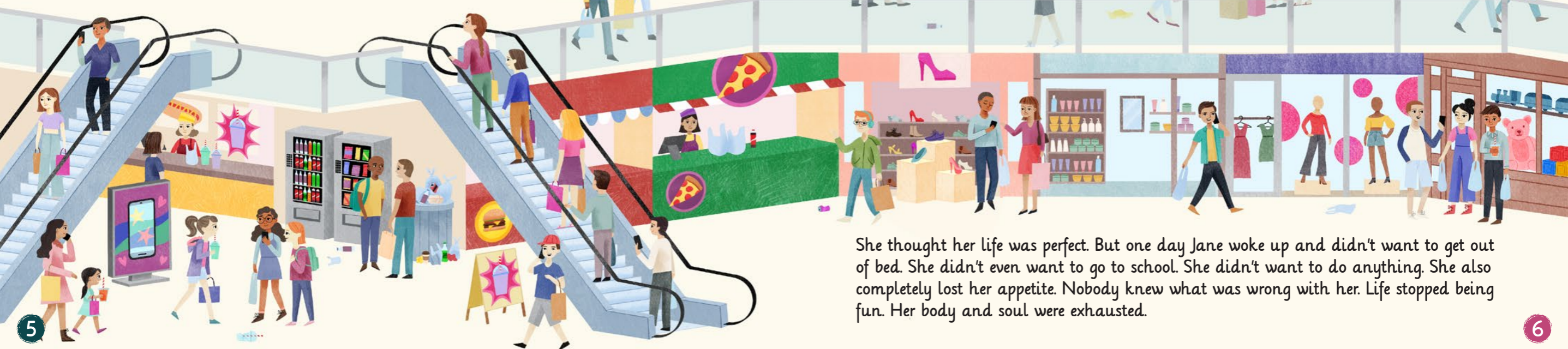


Because of that, humans and nature are connected. But we have to remember that how we treat nature is how nature will treat us.

# THE LIFESTYLE



Jane lived with her parents in a large modern house. Her parents made a lot of money, and they would all go on luxury vacations. She had the latest mobile phone and bought lots of clothes that she didn't even wear and would throw away unused. She loved to eat in restaurants and fast food places where she ate from plastic boxes and drank from plastic cups. Her family only bought imported food from the supermarket like ham, cheese, eggs, milk, yogurt, and other items in plastic containers. She didn't have many friends and mostly talked to people on social networks.



She thought her life was perfect. But one day Jane woke up and didn't want to get out of bed. She didn't even want to go to school. She didn't want to do anything. She also completely lost her appetite. Nobody knew what was wrong with her. Life stopped being fun. Her body and soul were exhausted.

# SHOULD I?

Just like humans, the planet is not a bottomless cup.

We said that a person needs clean air, sun, clean water, quality foods, and sleep. But do we actually get all those things? Jane's body is calling for help.



Our planet is asking us for help as desperately as Jane's body is asking her. Can we hear the call? Do we want to hear it?

## CALL FOR HELP

The more the population grows, the bigger the burden we place on earth. We build and expand cities, grow crops, and raise animals, and all of that takes up natural areas of land. But this is the only land we have, and we shouldn't ruin it with our waste and carbon dioxide.



David Attenborough's documentary, *A Life on Our Planet*, shows that the earth is calling for help. The film shows all the changes that happen during the span of one human life.

A secondary effect of our lives is the destruction of plant and animal species.

# ECOLOGICAL FOOTPRINT

We need to understand that we, and the planet, do not have endless resources. The earth is trying to draw our attention to the destruction we are causing. That is why a system was created to measure how our lifestyle affects the earth.

Ecological footprints follow the way we live and consume natural resources and how that affects the earth. Earth meets our needs, especially if the things we create are biodegradable. Do we really need to waste water, or leave the lights on in 5 rooms when we are only in 1 of them?



Find out more:





# THE RAINFOREST

The biggest miracles that happen are far, far away in the rainforest. It's full of animals and green plants and trees. Even if we are far away from the rainforest, it still helps us. The largest rainforest in the world is the Amazon.

The humidity there can reach 100%. The different types of plants are incredible and there is no other place on earth like it.

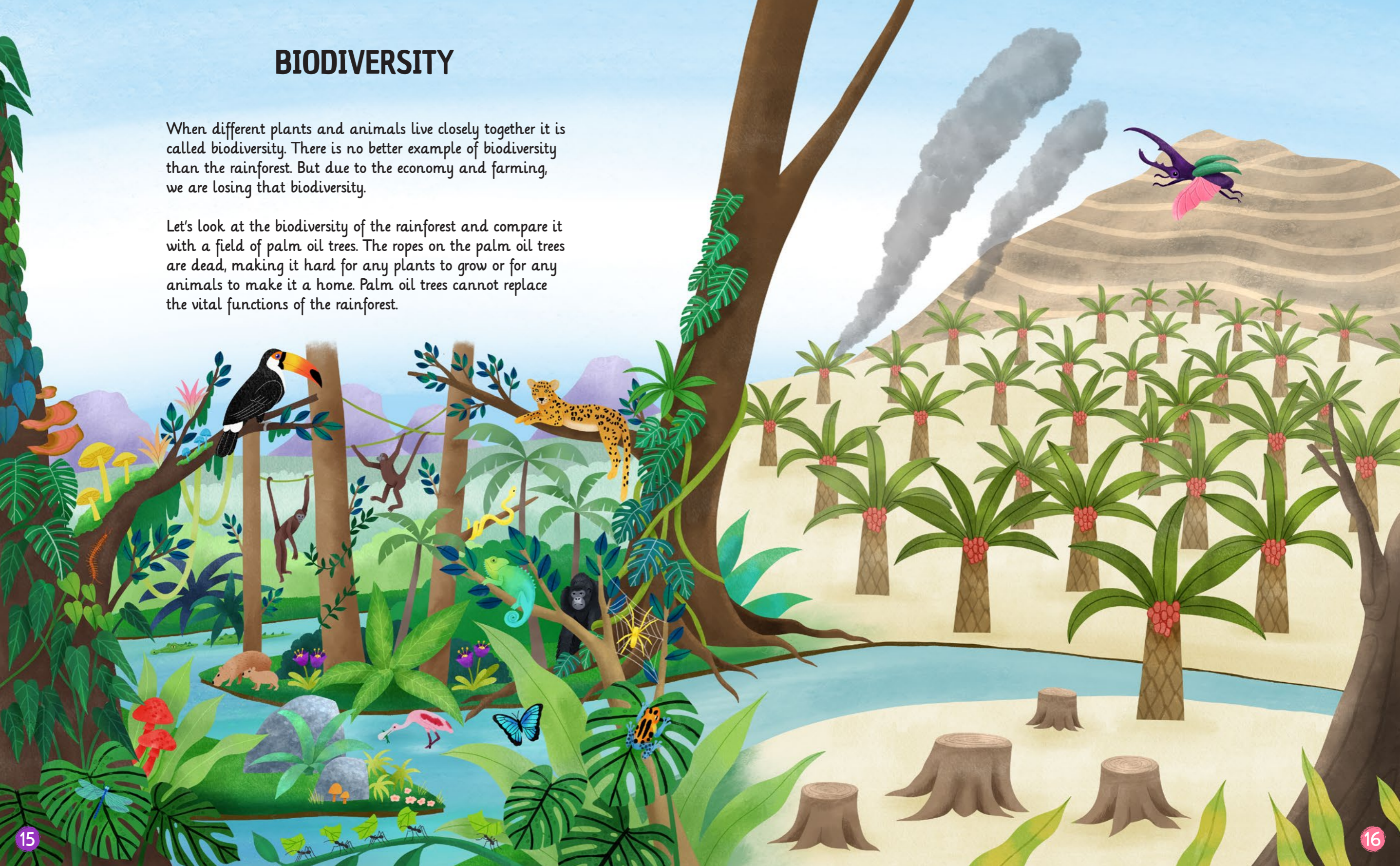
The rainforest is nicknamed "the lungs of the planet," but not because of its high oxygen production. It is called that because of its ability to absorb and store carbon dioxide. It acts like a kind of air purifier for us.




# BIODIVERSITY

When different plants and animals live closely together it is called biodiversity. There is no better example of biodiversity than the rainforest. But due to the economy and farming, we are losing that biodiversity.

Let's look at the biodiversity of the rainforest and compare it with a field of palm oil trees. The ropes on the palm oil trees are dead, making it hard for any plants to grow or for any animals to make it a home. Palm oil trees cannot replace the vital functions of the rainforest.





# Why do we need nature to be green?

The films by Sylvia Earle as well as David Attenborough were the basis for creating of this book. We were also equally influenced by the documentary Seaspiracy.

We encourage parents to watch the production and discuss the topic with their children.

We would also like to thank all natural scientists, authors and people who are not indifferent to this topic and are working on their lifestyles to be compatible with nature. If you are holding this book, you are one of them.

\*During this project's development, we realized that expert opinions are not uniform. This work is not a scientific publication, but a book that asks its readers to think critically about the information presented within its pages. The stories and characters are fictional.

We encourage you to visit these sites to help change your life:  
<https://planetbasedmeals.com/>  
<https://www.footprintcalculator.org/>

The information for this title was the inspiration or source:  
<https://www.footprintnetwork.org/our-work/ecological-footprint/>  
<http://populace.population.city/world/>  
<https://www.greenmatters.com/p/how-overfishing-affects-biodiversity>  
<https://ourworldindata.org/biodiversity-and-wildlife>



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Written by Joli Hannah  
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# Why do we need nature to be green?

Full of valuable information and exciting illustrations, Nature takes readers on a beautiful and inspiring ecological journey. From the greenest of forests to the bluest of oceans, kids will learn all about important topics such as biodiversity, deforestation, and their very own ecological footprint. While posing questions and asking children to search themselves for answers, this unique and engaging book will inspire them to become active participants in the fight to help protect the mother earth.

7-11  
years  
old

TARGET GROUP



EDUCATIONAL  
ACTIVITY



ENVIRONMENT  
CARE



VOCABULARY

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