

3 GOOD HEALTH AND WELL-BEING



Goal 3 – Good Health and Well-Being

Everyone deserves to live a healthy life and achieving Goal 3 means making going to the doctor more affordable, leading a healthy lifestyle easier, and preventing diseases effortlessly through access to safe medicine and vaccines for all

Fact of the day

In Ireland we may take it for granted that if we get hurt or sick, we will have access to a doctor and a hospital. However, around the world at least 400 million people have no basic healthcare, and 40 percent lack social protection.

Act now

Learn some form of mindfulness

1 hour



School, society, and even most homes, can be noisy busy places. Mindfulness is about finding ways to make a bit of space and time for yourself. Your first thought might be to picture someone sitting crosslegged, thumb and fingers together chanting “Ommm” but there are lots of ways to do it.

You could try taking up yoga, Tai-Chi or some kind of meditation. These can help your body and mind. Go online and watch some videos to get a taster, and try out whatever appeals to you. Start today, and then see about a class when you can.

Do a home workout

1 hour



Try to make exercise part of your day. Even if you can't get out to walk, cycle or take part in sports, you could do a workout at home or in the garden. Why not start today? Nothing like some star jumps to get the heart beating! Make up your own program.

Get out and appreciate nature

2 hours



Televisions, smartphones, tablets, media players, headphones, and the couches we sit on while using them, have become a big part of every day. These all have their place, despite what some parents might say, but we need to find a balance.

As scouts, we already spend some time out in nature, whether on a hike or spending ages trying to light a fire to cook the sausages.

Today, try spending time in nature, but being conscious of your surroundings.

While out for a walk, imagine looking down on yourself from a height, as if you are a spec on a map. Think of your whole surroundings, whether it is forest or beach, mountain or bog. Think about how long it has been around, how it formed, and how it is still changing.

Try sensing your surroundings beyond what you can see. Close your eyes and listen.

Lean in and smell the flowers, the trees, the air, the mud! Run your hands over bark, ripple your fingers in the water and jump in muddy puddles!

What to do next

Once finished your own action, share it on social media (Instagram, Facebook, Twitter). Tag **@ScoutingIreland** and using the hashtags **#scoutsforsdgs #scoutsie #17days17sdgs**.

This will allow scouts not only from Ireland, but all over the world, to see your actions and use that as inspiration to go and make a positive impact in their communities!