

# Reflection Card – Upstream



## **#SDG 3 – Good Health and Well-being: “Ensure healthy lives and promote well-being for all”**

- What happened to the children when they swam in the polluted river?
- Why is it important to keep both water and air clean?
- How does pollution in one place affect the health of people in another place?
- How did the children’s well-being improve once they started working together?
- What do you think would happen if no one did anything about the pollution?

## **#European Integration: “Solving problems together across countries and borders”**

- In the story, pollution didn’t stop at one village. How is that like what happens in Europe or the world?
- Why is it important for countries to work together to protect nature — like rivers, air, and forests?
- How do you think the story would be different if each village refused to talk to the others?
- Why is teamwork between different communities important — even if we don’t always agree at first?
- Can you think of real situations (like climate change or plastic waste) where people in many places need to help together — like in the story?