

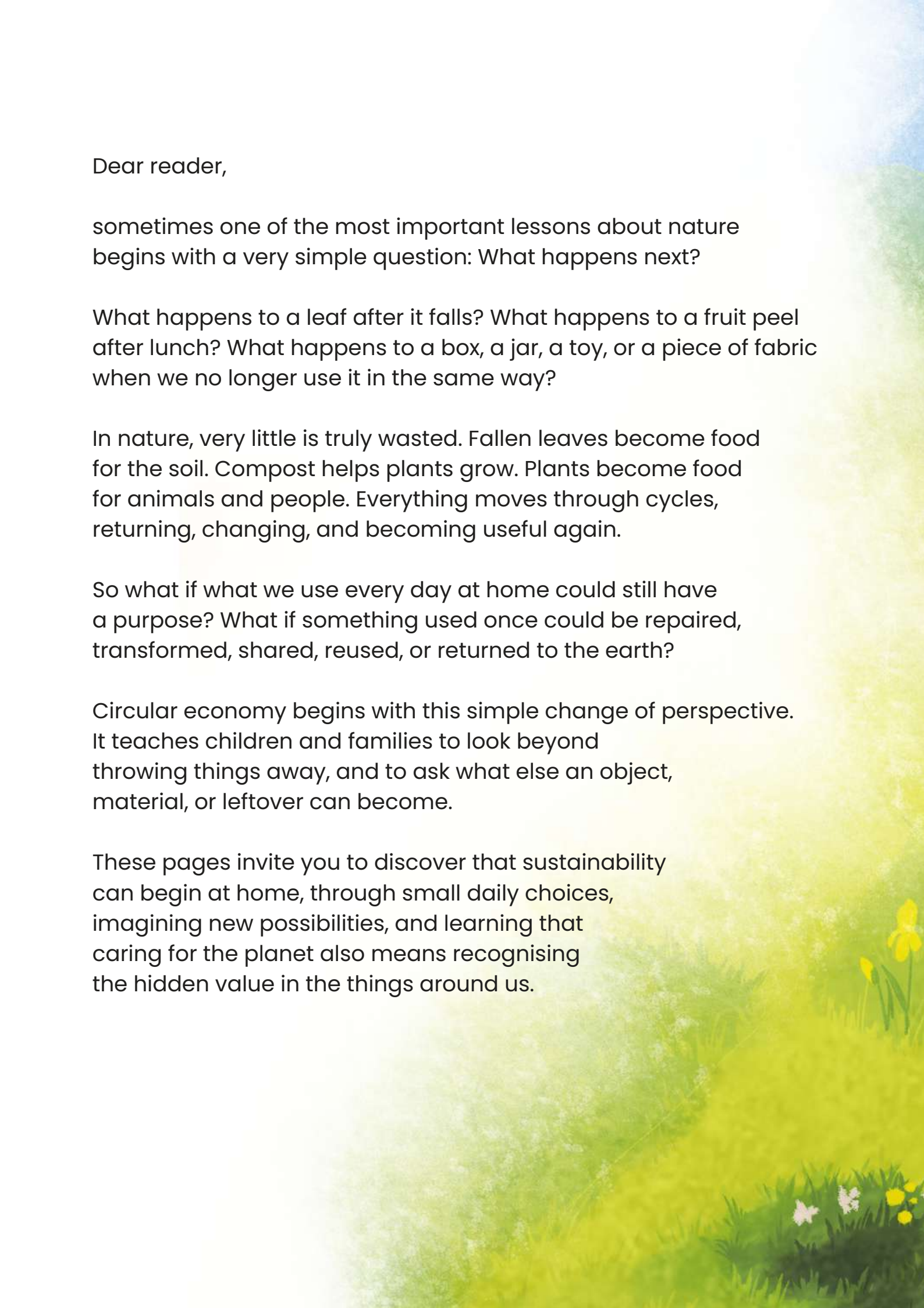
THE NATURE SISTERS

Everything moves in cycles

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Dear reader,

sometimes one of the most important lessons about nature begins with a very simple question: What happens next?

What happens to a leaf after it falls? What happens to a fruit peel after lunch? What happens to a box, a jar, a toy, or a piece of fabric when we no longer use it in the same way?

In nature, very little is truly wasted. Fallen leaves become food for the soil. Compost helps plants grow. Plants become food for animals and people. Everything moves through cycles, returning, changing, and becoming useful again.

So what if what we use every day at home could still have a purpose? What if something used once could be repaired, transformed, shared, reused, or returned to the earth?

Circular economy begins with this simple change of perspective. It teaches children and families to look beyond throwing things away, and to ask what else an object, material, or leftover can become.

These pages invite you to discover that sustainability can begin at home, through small daily choices, imagining new possibilities, and learning that caring for the planet also means recognising the hidden value in the things around us.

Everything moves in cycles

The afternoon sun shines through the kitchen while Gaia carefully washes empty glass jars beside the sink.

Gea sits on the floor nearby, building a tiny castle from old cardboard boxes, while Arturo watches curiously with his head tilted.

Dad enters carrying a basket filled with vegetable peels from the garden.

"Dad," Gaia asks, drying one of the jars, "why do we keep so many old things instead of throwing them away?"

Dad smiles gently, opens the back door, and places the basket beside the compost bin, just outside the kitchen.

"Because many things still have value, even after we finish using them," he explains.

Gea lifts a cardboard tower proudly. "Like my castle?"

"Exactly," Dad laughs softly. "That cardboard box once carried vegetables. Now it has become part of your game. And these scraps become compost for the garden. Nature teaches us that very little is truly waste, that everything moves in cycles. Fallen leaves feed the soil. Soil helps plants grow. Plants become food. And food scraps can return to the earth again."

"Sometimes some materials are difficult to reuse," Dad continues, kneeling beside Gea, "but many things can have a second life if we slow down and think carefully before throwing them away."

Gaia points toward the shelf filled with reused jars. "We use old jars for seeds, herbs, rice, pencils, and even homemade jam."

"And your old shirt became cleaning cloths," Dad adds with a smile. "Now they help us take care of the house."

Gea suddenly looks inside a box of old utensils to show a broken wooden spoon. "Can this become something too?"

Dad examines it carefully. "Maybe. We could sand it and use it as a plant marker for the herb garden."

Gea's eyes widen with excitement. "That means broken things are not always useless!"

Dad nods warmly. "This is also known as Circular Economy. Before throwing something away, we could ask ourselves: Can we use it again? Can we repair it? Can we share it? Can it become something new?"

"It feels a little like nature itself." Gaia says softly. "You and Mom say that in nature nothing is wasted. Everything eventually becomes part of a new beginning."

Dad places a gentle hand on both sisters' shoulders.

"Yes," he says quietly. "And when we learn to care for what we already have, we also learn to care for the world around us."

Spring

Book 1 – The synergistic garden

Book 2 – Honey and officinal herbs

Book 3 – The fruits of our work

Book 4 – The colours of the farm

Book 5 – An idea is born

