

Sustainable habits 7x7

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How to be a great explorer

Sustainable habits are things we do every day to take care of people and our planet earth.

In this book, you will see many pictures of sustainable habits.

If you also develop these sustainable habits then you will be helping people and the earth!

See the pictures and answer the questions of the pictures you like.

Think of an activity similar to the picture that you can do again and again for a very long time!

I volunteer to teach others



Activity checklist

Does the image on the previous page remind you of ways you can volunteer to teach others?

What	activity	would	that be?	

Is it an activity you can do repeatedly? Day after day?

If your answer to this question is "Yes" then go to the question on the next page.

If your answer to this question is "No" then go back to the question on the previous page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on teaching others?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

If your answer to this question is "No" then go back to the first question. You can also take inspiration from the activity examples on the next page.

That's it! Get started on volunteering to teach others!

Below are some sample activities that you could do.

Practice reading stories to your parents or friends.

Teach your friends and younger siblings to tell the time on an analogue watch/clock.

I volunteer to save water



Activity checklist

Does the image on the previous page remind you of ways you can volunteer to save water?

What activity would that be?						

Is it an activity you can do repeatedly? Day after day?

If your answer to this question is "Yes" then go to the question on the next page.

If your answer to this question is "No" then go back to the question on the previous page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on saving water?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

If your answer to this question is "No" then go back to the first question. You can also take inspiration from the activity examples on the next page.

That's it! Get started on volunteering to save water!

Below are some sample activities that you could do.

Use showers sparingly when you have a bath.

Play a water game with your family, where you write down items related to saving water on pieces of paper and place them in a jar. Every day, pick 1 piece of paper and follow the instructions throughout the day!

I volunteer to use clean energy



Activity checklist

Does the image on the previous page remind you of ways you can volunteer to use clean energy?

What activity would that be?							

Is it an activity you can do repeatedly? Day after day?

If your answer to this question is "Yes" then go to the question on the next page.

If your answer to this question is "No" then go back to the question on the previous page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on using clean energy?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

If your answer to this question is "No" then go back to the first question. You can also take inspiration from the activity examples on the next page.

That's it! Get started on volunteering to use clean energy!

Below are some sample activities that you could do.

Ask your parents what food item you could heat up outdoors in the sun. Make sure that it is covered and put it out in the sun for 15 - 20 minutes!

During the summer months, fold old newspapers to make paper fans and use them to cool yourself.

I volunteer to remove CO2 from air



Activity checklist

Does the image on the previous page remind you of ways you can volunteer to remove CO2 from air?

What activity would that be?						

Is it an activity you can do repeatedly? Day after day?

If your answer to this question is "Yes" then go to the question on the next page.

If your answer to this question is "No" then go back to the question on the previous page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on removing CO2 from air?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

If your answer to this question is "No" then go back to the first question. You can also take inspiration from the activity examples on the next page.

That's it! Get started on volunteering to remove CO2 from air!

Below are some sample activities that you could do.

With the help of your parents, keep the vicinity of planted trees clean by periodically weeding, making trenches, and attending to flowerbeds.

Make a drawing on why you think CO2 needs to be reduced, and show it to your friends and family.

I volunteer to manage waste



Activity checklist

Does the image on the previous page remind you of ways you can volunteer to manage waste?

What activity would that be?						

Is it an activity you can do repeatedly? Day after day?

If your answer to this question is "Yes" then go to the question on the next page.

If your answer to this question is "No" then go back to the question on the previous page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on managing waste?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on volunteering to manage waste!

Below are some sample activities that you could do.

Organise a garden or yard clean up, with the assistance of an adult.

Assist your teacher in collecting and recycling paper in your classroom by emptying the recycling bins. Make sure you wear gloves before you do so and are accompanied by an adult!

I volunteer to grow food



Does the image on the previous page remind you of ways you can volunteer to grow food?

What activity would that be?					

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on growing food?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on volunteering to grow food!

Below are some sample activities that you could do.

Tell your parent about the vegetables you like to eat, and why! (It could be because of its taste, colour, or nutritional value.)

Ask your parent or teacher what farmers do at a farm or vegetable garden, and tell your friends.

I volunteer to protect biodiversity



Does the image on the previous page remind you of ways you can volunteer to protect biodiversity?

What	What activity would that be?					

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on protecting biodiversity?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on volunteering to protect biodiversity!

Below are some sample activities that you could do.

With the assistance of a grown-up, arrange a series of mini clean-up events in the neighbourhood, to teach your friends about the importance of keeping their surroundings clean.

Learn more about what biodiversity means and tell your family and friends about it.

I will move to teach others



Does the image on the previous page remind you of ways you can move to teach others?

What activity would that be?					

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on teaching others?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on moving to teach others!

Below are some sample activities that you could do.

Take a walk in a park with your parents, and then teach them how to draw the flowers and animals you saw there.

Teach your parents a dance step to your favourite song.

I will move to save water



Does the image on the previous page remind you of ways you can move to save water?

What activity would that be?					

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on saving water?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on moving to save water!

Below are some sample activities that you could do.

With your parent or teacher, meet gardeners wherever you can and ask them how much water is needed for every plant they grow. You will see that every plant needs a different amount of water!

When your clothes are put out to dry at home, help an adult to squeeze out water into a bucket, from each clothes item. Use the water in the bucket to water your plants at home.

I will move to use clean energy



Does the image on the previous page remind you of ways you can move to use clean energy?

What activity would that be?					

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on using clean energy?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on moving to use clean energy!

Below are some sample activities that you could do.

Fly a kite with a grown-up and watch it soar with the wind.

Try to cycle or walk more often, instead of taking the car. Convince your family too!

I will move to remove CO2 from air



Does the image on the previous page remind you of ways you can move to remove CO2 from air?

What activity would that be?						

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on removing CO2 from air?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on moving to remove CO2 from air!

Below are some sample activities that you could do.

Play outdoor games and learn about the environment.

With the help of an adult, create and paste stickers marked "Do not trim" on the branches or trunks of bushes and trees in the community where you live.

I will move to manage waste



Does the image on the previous page remind you of ways you can move to manage waste?

What activity would that be?						

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on managing waste?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on moving to manage waste!

Below are some sample activities that you could do.

With your family, go walking or cycling along a nearby trail. Document all the waste you observe on the way.

You and your friends wear a pair of gloves.
Then play a "trash tag" game where you pick up paper litter from the neighbourhood and race to see who can collect the most.

I will move to grow food



Does the image on the previous page remind you of ways you can move to grow food?

What activity would that be?							

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on growing food?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on moving to grow food!

Below are some sample activities that you could do.

Separate and collect the dried leaves and twigs from the other waste in your garden. Later add them to the soil with the help of your parent.

When you eat your favourite fruit, keep the seed and later plant it outside your home. You will 1 day have your own fruit orchard of your favourite fruit trees!

I will move to protect biodiversity



Does the image on the previous page remind you of ways you can move to protect biodiversity?

What activity would that be?						

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on protecting biodiversity?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on moving to protect biodiversity!

Below are some sample activities that you could do.

Play games where you and your friends mimic the movements of various animals.

Play "I spy" with your friends, taking the names of only plants and animals! See how many you and your friends can name!

I will go on an expedition to teach others



Does the image on the previous page remind you of ways you can go on an expedition to teach others?

What activity would that be?							

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on teaching others?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on an expedition to teach others!

Below are some sample activities that you could do.

Whenever you travel to another city, tell the new people you meet there 1 fun fact about the city you live in!

Take your pet on walks along with your parent or an adult.

I will go on an expedition to save water



Does the image on the previous page remind you of ways you can an expedition to save water?

What activity would that be?					

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on saving water?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on exploring ways to save water!

Below are some sample activities that you could do.

Whenever you go to a park or a garden, with the help of an adult search for water sources and check if they are leaking or shut tight.

When soaping yourself while bathing, turn off the shower.

I will go on an expedition to use clean energy



Does the image on the previous page remind you of ways you can go on an expedition to use clean energy?

What activity would that be?						

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on using clean energy?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on an expedition to use clean energy!

Below are some sample activities that you could do.

Go to a bookshop or library and read books about how we can get electricity from the sun and wind.

With an adult, go on a small expedition around your neighbourhood to identify the potential locations where windmills could be installed.

I will go on an expedition to remove CO2 from air



Does the image on the previous page remind you of ways you can go on an expedition to remove CO2 from air?

What activity would that be?						.	

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on removing CO2 from air?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on an expedition to remove CO2 from air!

Below are some sample activities that you could do.

Visit a botanical garden with your parent and explore the different plants.

Explore aquariums and science centres to learn about marine life, ocean conservation, and climate change.

I will go on an expedition to manage waste



Does the image on the previous page remind you of ways you can go on an expedition to manage waste?

What activity would that be?							

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on managing waste?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on an expedition to manage waste!

Below are some sample activities that you could do.

Adopt a small area of your home garden and ensure that it is always neat and clean.

Explore your community garden and compost bin to learn about composting.

I will go on an expedition to grow food



Does the image on the previous page remind you of ways you can go on an expedition to grow food

What	activ	/ity	wou	ld tl	nat l	be?	

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on growing food?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on an expedition to grow food!

Below are some sample activities that you could do.

Accompany your parents to a farmers market, and ask them how to identify the ripest and freshest fruits or vegetables.

Go to a farm with your family and observe everything around you.

I will go on an expedition to protect biodiversity



Does the image on the previous page remind you of ways you can go on an expedition to protect biodiversity?

What activity would that be?						.	

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on protecting biodiversity?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on an expedition to protect biodiversity!

Below are some sample activities that you could do.

With your parent or teacher, take trips to a local garden where you can plant flowers or herbs, and watch them grow.

With a responsible adult, go for a walk in a wild area and look for special birds and plants.

I will team up to teach others



Does the image on the previous page remind you of ways you can team up to teach others?

What activity would that be?	

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on teaching others?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on teaming up to teach others!

Below are some sample activities that you could do.

Create a short play with your friends, and enact it for your families (bonus points if you design your own costumes!)

Organise your study table or cabinet with the help of your parent.

I will team up to save water



Does the image on the previous page remind you of ways you can team up to save water?

What activity would that be?							

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on saving water?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on teaming up to save water!

Below are some sample activities that you could do.

Play a game using your toys or dolls about saving water!

With your friends or siblings, dare each other to do tasks that save water (make sure your dares are reasonable and easy to follow.)

I will team up to use clean energy



Does the image on the previous page remind you of ways you can team up to use clean energy?

What activity would that be?							

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on using clean energy?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on teaming up to use clean energy!

Below are some sample activities that you could do.

Fold old newspapers to make paper planes with your friends and take turns to fly it out in the open.

With your parent, name the ways in which your family can use less electricity during the day!

I will team up to remove CO2 from air



Does the image on the previous page remind you of ways you can team up to remove CO2 from air?

What activity would that be?						

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on removing CO2 from air?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on teaming up to remove CO2 from air!

Below are some sample activities that you could do.

With your family, plant 1 mango tree in your home garden or a nearby outdoor space and team up to water it every day.

With your friends, make drawings of forests and the animals and birds living there. Show each other what you draw!

I will team up to manage waste



Does the image on the previous page remind you of ways you can team up to manage waste?

What activity would that be?							

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on managing waste?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on teaming up to manage waste!

Below are some sample activities that you could do.

With your friends, create a story on how the hero of your story reduced waste from your city.

With your parents, ensure a "zero waste lunch" project, such that your lunch box is always waste-free!

I will team up to grow food



Does the image on the previous page remind you of ways you can team up to grow food?

What activity would that be?							

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on growing food?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on teaming up to grow food!

Below are some sample activities that you could do.

Juice a lemon to make lemonade with the help of a grown-up, and serve it to your friends.

With your friends or siblings, try to grow food from a plant. It could even be a herb that is used in cooking.

I will team up to protect biodiversity



Does the image on the previous page remind you of ways you can team up to protect biodiversity?

What activity would that be?							

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on protecting biodiversity?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on teaming up to protect biodiversity!

Below are some sample activities that you could do.

Together with your friends, name animals and birds you know, and then draw the different habitats for each animal and bird you have named.

With your friends, make drawings about why we should protect animals.

I will be entrepreneurial in teaching others



Does the image on the previous page remind you of ways you can be entrepreneurial in teaching others?

What activity would that be?

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on teaching others?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on being entrepreneurial in teaching others!

Below are some sample activities that you could do.

With the help of your parents, identify and gift some of your old books to your younger friends.

Ask your friends what languages they can speak. Teach each other words from new languages!

I will be entrepreneurial towards saving water



Does the image on the previous page remind you of ways you can be entrepreneurial towards saving water?

What activity would that be?						

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on saving water?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on being entrepreneurial towards saving water!

Below are some sample activities that you could do.

Make a sprinkler using your school water bottle to water your lawn.

With help from your family, set up a lemonade stall outside your house. Ask buyers to donate a minimum amount, and once you're done, ask your parents to donate the money to an organisation that saves water.

I will be entrepreneurial towards using clean energy



Does the image on the previous page remind you of ways you can be entrepreneurial towards using clean energy?

What activity would that be?

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on using clean energy?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on being entrepreneurial towards using clean energy!

Below are some sample activities that you could do.

Exchange books or toys that you have already used with your friends.

Create a "clean energy calendar" with 1 tip for each month for using heat from the sun and the power of the wind to replace doing things that machines usually do. Show the calendar to your friends, classmates, and siblings.

I will be entrepreneurial towards removing CO2 from air



Does the image on the previous page remind you of ways you can be entrepreneurial towards removing CO2 from air?

What activity would that be?						

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on removing CO2 from air?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on being entrepreneurial towards removing CO2 from air!

Below are some sample activities that you could do.

Save the seeds from the fruits you eat. Wash them and put them in bags. Distribute the seed bags to your neighbours and ask them to sow the seeds in soil.

Make each family member in charge of 1 plant in your home. Ask them to ensure the plant gets water, sun, and soil appropriately.

I will be entrepreneurial towards managing waste



Does the image on the previous page remind you of ways you can be entrepreneurial towards managing waste?

What activity would that be?						

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on managing waste?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on being entrepreneurial towards managing waste!

Below are some sample activities that you could do.

With assistance from your parents, carry out a "garage sale," where you give away old items like books and toys that you don't use any more to those who come by and want them.

With your parent's assistance, organise a used toy and book sale in your neighbourhood.

I will be entrepreneurial towards growing food



Does the image on the previous page remind you of ways you can be entrepreneurial towards growing food?

What activity would that be?						

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on growing food?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on being entrepreneurial towards growing food!

Below are some sample activities that you could do.

Collect dried leaves from around your home and put them into the soil where any vegetable or fruit plant is growing.

Grow your own veggies, and get your family's help to share them with the neighbours.

I will be entrepreneurial towards protecting biodiversity



Does the image on the previous page remind you of ways you can be entrepreneurial towards protecting biodiversity?

What activity would that be?

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on protecting biodiversity?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on being entrepreneurial towards protecting biodiversity!

Below are some sample activities that you could do.

Make artwork from dried leaves, flowers, and branches, and then gift them to those who visit your home!

Make clay models of animal and birds then gift them to your family members!

I will use creative arts to teach others



Does the image on the previous page remind you of ways you can use creative arts to teach others?

What activity would that be?							

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on teaching others?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

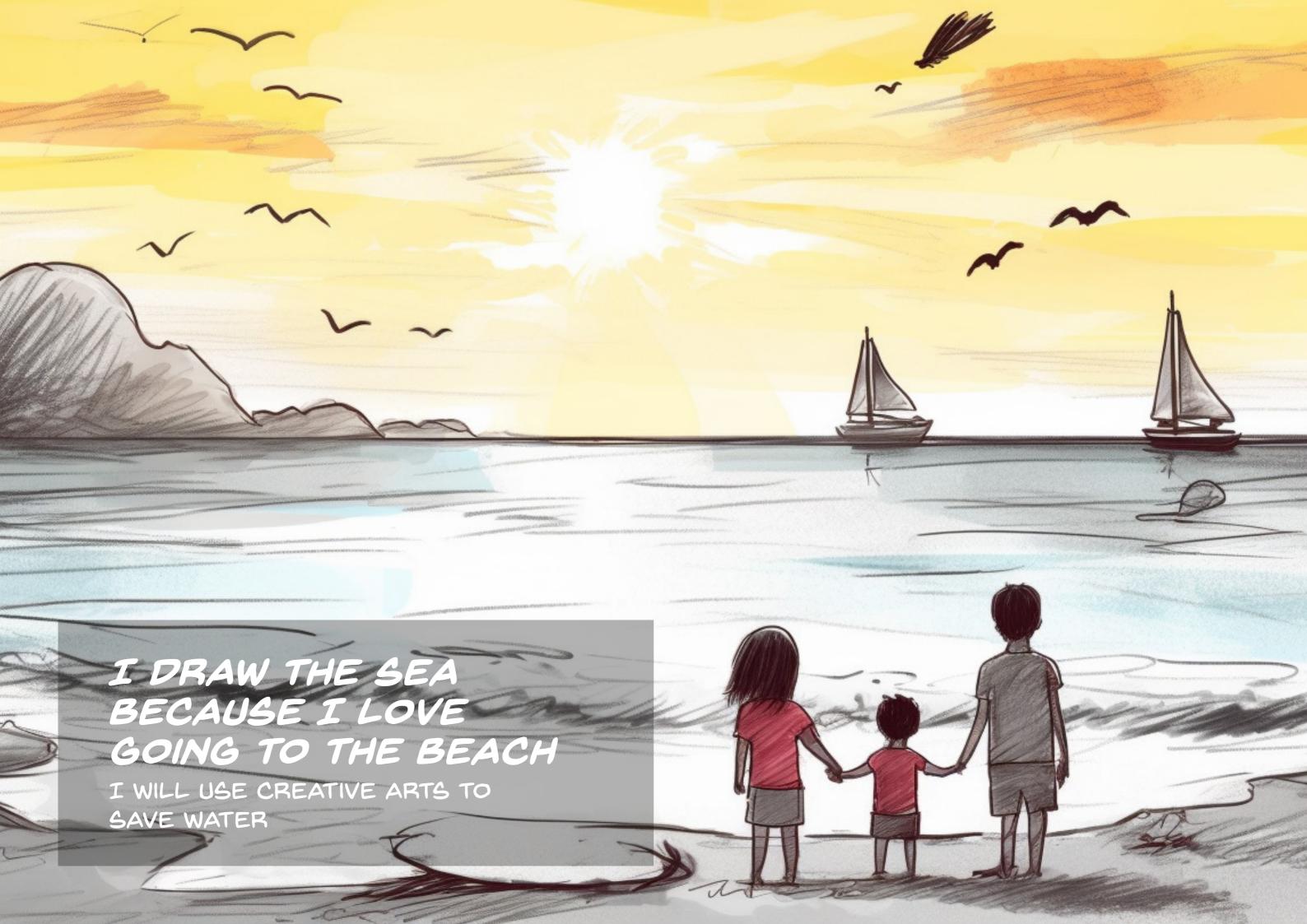
That's it! Get started on using creative arts to teach others!

Below are some sample activities that you could do.

Draw and colour a poster that you can hang up. This can be about a topic that you want to tell everyone about.

Teach an adult how to draw an imaginary (that does not actually exist) animal.

I will use creative arts to save water



Does the image on the previous page remind you of ways you can use creative arts to save water?

What activity would that be?						

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on saving water?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on using creative arts to save water!

Below are some sample activities that you could do.

Make a watering can using recycled materials, and design it using different arts and crafts supplies.

Make a drawing about why we should save water, and colour and decorate it as per your choice.

I will use creative arts to use clean energy



Does the image on the previous page remind you of ways you can use creative arts to use clean energy?

What activity would that be?							

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on using clean energy?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on using creative arts to use clean energy!

Below are some sample activities that you could do.

Ask your parent to help you make a "wind cone" using paper and streamers. Run outside with it to see the effect of wind energy!

Make your favourite toy character with clay and then put it out in the sun to harden.

I will use creative arts to remove CO2 from air



Does the image on the previous page remind you of ways you can use creative arts to remove CO2 from air?

What acti	vity wo	ould that	t be?

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on removing CO2 from air?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on using creative arts to remove CO2 from air!

Below are some sample activities that you could do.

Paint a picture or create a sculpture that represents the beauty of the natural world.

Help your parent take care of your garden at home.

I will use creative arts to manage waste



Does the image on the previous page remind you of ways you can use creative arts to manage waste?

What activity would that be?							

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on managing waste?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on using creative arts to manage waste!

Below are some sample activities that you could do.

Write a poem about reducing and managing waste.

Make a drawing to explain to others that we should not waste food.

I will use creative arts to grow food



Does the image on the previous page remind you of ways you can use creative arts to grow food?

What activity would that be?						

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on growing food?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

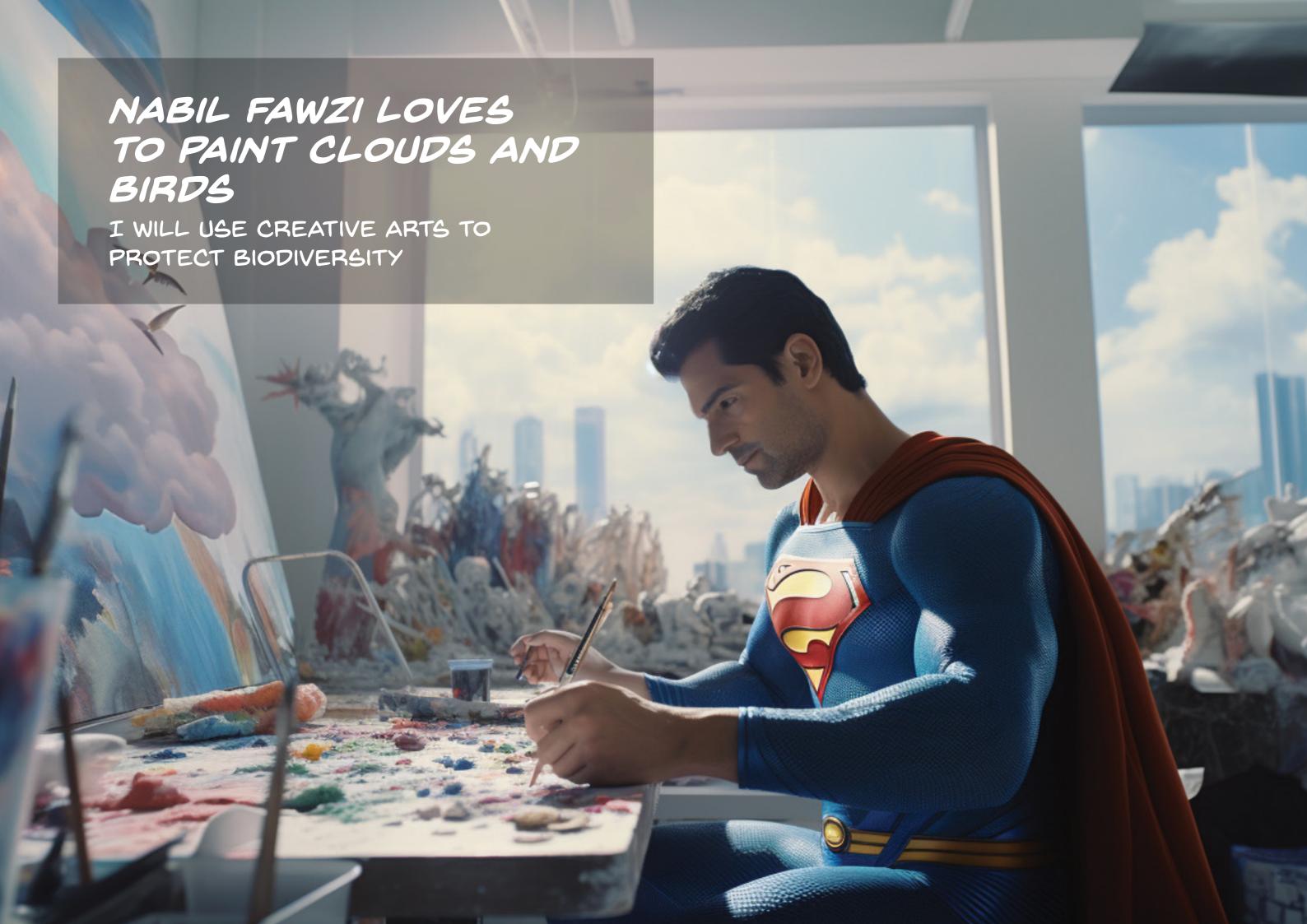
That's it! Get started on using creative arts to grow food!

Below are some sample activities that you could do.

Decorate pots that grow vegetables and fruits at home, and then show them to visitors!

During different seasons of the year, draw what you think farmers do.

I will use creative arts to protect biodiversity



Does the image on the previous page remind you of ways you can use creative arts to protect biodiversity?



If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on protecting biodiversity?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on using creative arts to protect biodiversity!

Below are some sample activities that you could do.

Draw a series of drawings about what you can do to protect different animals from hunters.

Make up a song that conveys why you think protecting animals is important, and sing the song often with your family.

I will experiment to teach others



Does the image on the previous page remind you of ways you can experiment to teach others?

What activity would that be?

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on teaching others?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on experimenting to teach others!

Below are some sample activities that you could do.

Using a mirror, a tub of water and a flashlight, make rainbows, and show your friends!

Teach your younger friends how water becomes ice by putting a bowl of water in the refrigerator, under the supervision of an adult.

I will experiment to save water



Does the image on the previous page remind you of ways you can experiment to save water?

What activity would that be?

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on saving water?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on experimenting to save water!

Below are some sample activities that you could do.

Create a drip irrigation system for your plant, by poking a hole on a plastic bottle and hanging it above the plant.

Pour water mixed with sand into a paper cone. Watch how cleaner water pours out of the paper cone.

I will experiment to use clean energy



Does the image on the previous page remind you of ways you can experiment to use clean energy?

What activity would that be?

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on using clean energy?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

That's it! Get started on experimenting to use clean energy!

Below are some sample activities that you could do.

With the help of your parent, make a toy stand on a freely rotating platform (or set up a weathercock) outside your home and observe how the wind pushes it in different directions on different days.

Hold a balloon with its string on a windy day and observe the direction towards which the wind pushes the balloon.

I will experiment to remove CO2 from air



Does the image on the previous page remind you of ways you can experiment to remove CO2 from air?

What	acti	vity	woul	d the	at be	e?	

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on removing CO2 from air?

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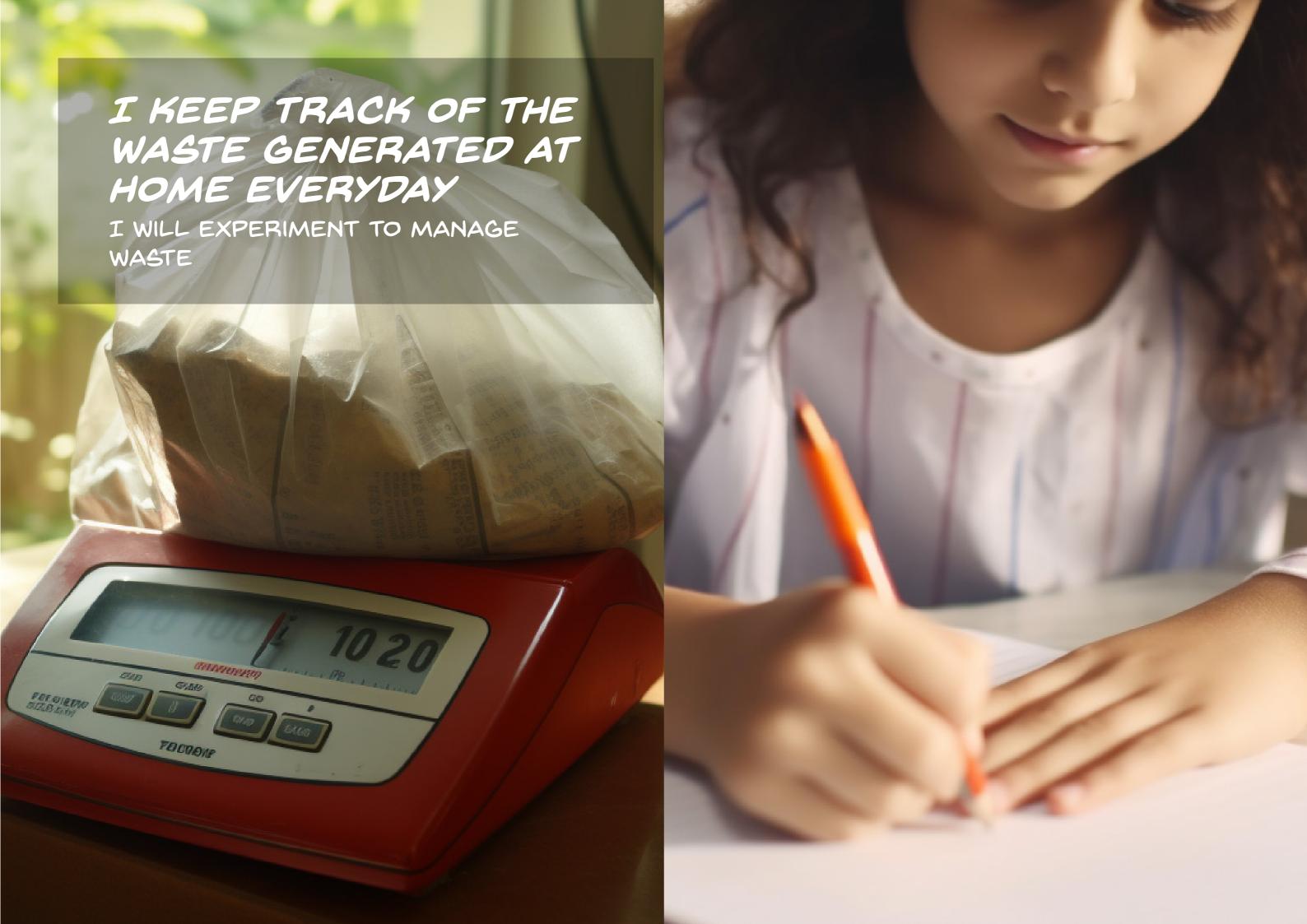
That's it! Get started on experimenting to remove CO2 from air!

Below are some sample activities that you could do.

Grow a snake plant in a pot inside your bedroom. Take deep breaths near it and feel the oxygen you inhale! Snake plants absorb a lot of CO2 from the air and give out oxygen!

If you sleep in a room with all windows shut, then when you wake up in the morning, smell the air in your bedroom. It might feel "stuffy" with the CO2 caused by you breathing out all night. Open the windows and feel the air change!

I will experiment to manage waste



Does the image on the previous page remind you of ways you can experiment to manage waste?

What activity would that be?

If your answer to this question is "Yes" then go to the question on the next page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on managing waste?

If your answer to this question is "Yes" then hurrah! You are all set to start your activity.

If your answer to this question is "No" then go back to the first question. You can also take inspiration from the activity examples on the next page.

That's it! Get started on experimenting to manage waste!

Below are some sample activities that you could do.

Bury 1 plastic toy and 1 fruit peel in soil at an easily accessible location, and check to see how much time each takes to disappear!

Share your findings with your friends and family.

Amongst your toys, identify the toys that are made from plastic. Suggest to your parent another material that each of your plastic toys could have instead been made of.

I will experiment to grow food



Activity checklist

Does the image on the previous page remind you of ways you can experiment to grow food?

What activity would that be?										

Is it an activity you can do repeatedly? Day after day?

If your answer to this question is "Yes" then go to the question on the next page.

If your answer to this question is "No" then go back to the question on the previous page.

Impact is the effect that your activity will have on people, planet and communities. Will the activity have a lasting and deep impact on growing food?

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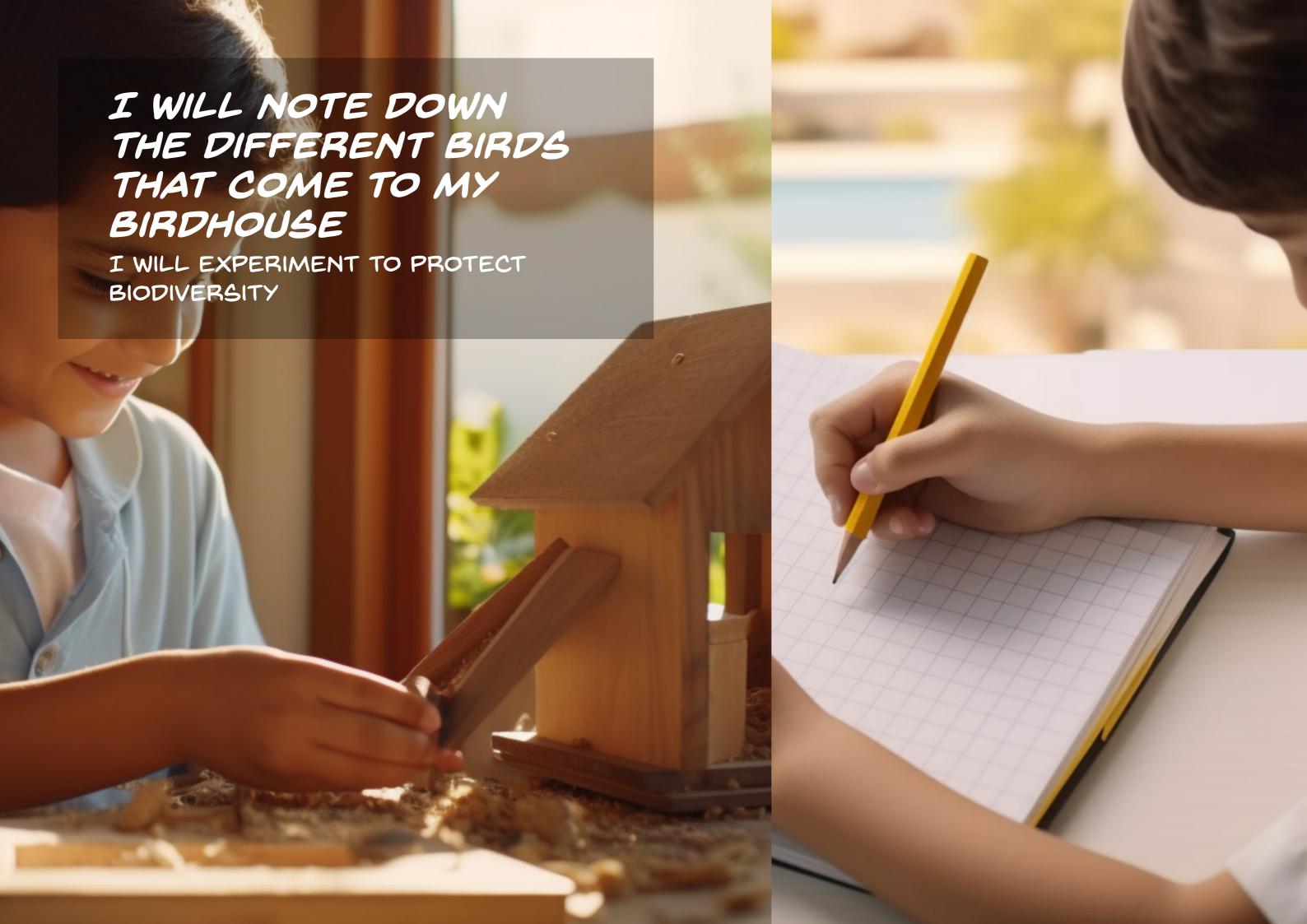
That's it! Get started on experimenting to grow food!

Below are some sample activities that you could do.

Soak green lentils in a moist cloth. Come back after 2 days and see them sprout!

Find out which vegetables can regrow from food scraps (e.g. potato) and use them to grow your own food.

I will experiment to protect biodiversity



Activity checklist

Does the image on the previous page remind you of ways you can experiment to protect biodiversity?

What activity would that be?									

Is it an activity you can do repeatedly? Day after day?

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If your answer to this question is "No" then go back to the first question. You can also take inspiration from the activity examples on the next page.

That's it! Get started on experimenting to protect biodiversity!

Below are some sample activities that you could do.

Make a polar bear using modelling clay, and put the bear in a container filled with ice. See what happens to the polar bear as the ice melts.

Make a map of your garden or yard, marking out features such as trees, water sources etc. You can also mark where you found birds or insects.