Sustainable habits 7x7

Grade 10

Sustainable habits 7x7

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How to be a Sustainability Pioneer

Sustainable habits are daily actions and choices that prioritise the wellbeing of our planet for us today and future generations tomorrow. They are crucial to creating a more environmentally friendly and responsible world as well as mitigating climate change, conserving resources, preventing waste and protecting the ecosystems.

Sustainable habits encompass a wide range of practices, actions and habits that are as simple as switching off the lights for saving energy to conserving water by timing showers.

This guide has 49 pictures of actions, each mapped to the SDGs, that will inspire you to think of your new habit that will be good for people and the environment. Your new habit can be completely created by you such that it helps people and the environment.

Every time you complete the action that your new sustainable habit needs you to do, you will journal your observations from your activity and the impact of your activity on people and the environment. You are encouraged to incorporate this action into your routine, such that it is indeed your habit!

How to pick an activity?



Go through the pictures in the Sustainable Ideas 7X7 booklet. Stop and stare at the pictures with an action you wish you could do!



Answer the questions that follow each picture. Your answers to the questions will help you identify 1 or more activities that you would like to do through the year.



While choosing activities, align your interests and passions to the activities. Select activities that align with the ones you enjoy. If you are passionate about animals, you might choose activities related to wildlife conservation, for example.



Consider the social and environmental issues that are close to your heart. If you are concerned about plastic pollution, focus on activities that address this issue, such as participating in a beach clean up or reducing single-use plastic consumption.



Evaluate the resources you have access to. Some activities may require specific materials or tools, so choose activities that are feasible based on what's available to you.



Decide if you prefer working independently or with others. Some activities are suitable for solo efforts, while others can be done as a group or a family project. Choose based on your social preferences.



Consider the level of commitment required for each activity. Some may require less of your time, while others may require more. Choose activities that fit your schedule and availability.



Think about the relevance of activities to your local community or environment.



Prioritise activities that genuinely excite you. Your enthusiasm will make the experience more enjoyable and sustainable habits easier to develop.

How to journal?

Keep your Habits Journal to document your thoughts and experiences regularly as you do the activities. Reflect on the impact of your actions and how they contribute to habit building. Do enter this in your Habits Journal.

You can journal by writing, sketching, or with numbers and icons! Journal your way.

Remember that the goal is to develop sustainable habits that you can repeatedly do and enjoy for the long term.



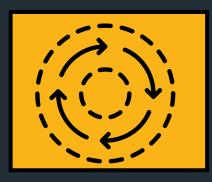
To collect points, you simply need to submit your Habits Journal to your teacher at the end of the year.



You will see that each activity has a number of points attributed to it based on the impact of the activity.

If you complete the activity then you will collect the Activity Points of the activity you do.

These Activity Points will be supplemented by Habit Points assessed by your teacher based on your journal and given to you by your teacher for:



Doing the activity consistently and rhythmically over a long period of time - 10 points



The depth of your observations and journaling -10 points



The amount of enjoyment you gained from the activities -10 points

Calculation of points

At the end of the academic year, the teacher will calculate the total points earned by you. To do so, the teacher adds your Activity Points + the Habit Points that she gives you based on your journal. Here is an example of what your Points Card might look like!

Point category	Points	Teacher's comments
Activity Points for Activity 1	60	Completed activity
Activity Points for Activity 2	0	Incomplete activity
Activity Points for Activity 3	40	Completed activity
Habit Points	20	 Display of rhythm and consistency in the doing the activity - 5 points Depth of observations in journal- ing - 5 points Enjoyment in doing the activity - 10 points

Hurrah! Total points earned by you for the academic year: 120

How do you become a Sustainability Pioneer?

If you gather 100+ points during this academic year, you will get a "Sustainability Pioneer" certificate and can move on to the next booklet next year!

How do you get the Gold, Silver, and Bronze badges?

Your habits get you your badge! So maximise your Habit Points!

As a recap, Habit Points are:



Display of rhythm and consistency in the doing the activity-10 Points



Depth of observations in journaling -10 points



Enjoyment in doing the activity -10 points

At the end of the year, the teacher will assess your journal, calculate your Habit Points and reward you with a badge using the following criteria:



If your teacher gives you 30 Habit Points - you get a Gold badge!



If your teacher gives you 20 Habit Points - you get a Silver badge!



If your teacher gives you 10 Habit Points - you get a Bronze badge!

Focus on building sustainable habits in the future because Gold badges earned by you in 2 consecutive years will replace your earlier Bronze or Silver badge!

For example 2 Gold badges earned in years 2 and 3





Year 1

Year 2

Year 3

Would replace the originally received Silver badge in year 1 with a Gold badge









Year 2

Things to remember

It is important to remember that sustainable habits mean making meaningful adjustments to your daily life. Sustainable habits are also about being consistent.

Focus on developing sustainable habits and the points will automatically follow.

Reflecting in your journal is a great way to understand the impact of your actions and how they contribute to habit building.

Remember that sustainable habits are about growth, so do not be afraid to step out of your comfort zone. Aim to balance activities that are within your comfort zone with those that challenge you to learn something new.

Set goals for yourself. Challenge yourself to complete a certain number of activities within a specific timeframe.

Over time, these habits can collectively lead to a more sustainable and environmentally conscious society.

Remember, the 7x7 Sustainability Habits program is not just a program. It is a way of life. By following this guide, you are taking the first step towards a sustainable and promising future. Embrace the challenges, enjoy the journey, and be a Guardian of the Planet!

I volunteer to teach others



I WILL TEACH OTHERS KINDNESS AND GRATITUDE

I VOLUNTEER TO TEACH OTHERS



1 NO POVERTY

70 Activity Points

Sustainable Development Goals









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.

Speak to younger kids about the importance of sustainability. Share your knowledge and passion with others, and inspire them to make a difference.

Organise peer tutoring sessions to teach younger students.

I volunteer to save water

I WILL USE THE LEFTOVER WATER FROM DRINKING BOTTLES FOR THE PLANTS I VOLUNTEER TO SAVE WATER

70 Activity Points

Sustainable Development Goals







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?

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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.

Conduct workshops on xeriscaping.

Talk to your elders about installing water saving devices in community centres.

I volunteer to use clean energy

THE GREENEST LANTERN IS SOLAR POWERED

I VOLUNTEER TO USE CLEAN ENERGY

50 Activity Points







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 ?

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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.

Identify different types of clouds (cumulus, stratus, cirrus) and discuss how clouds are part of the water cycle. Understand the impact of the water cycle on weather patterns and spread awareness on climate action.

Form a club to raise awareness about solar energy.

I volunteer to remove CO2 from air

MY FRIENDS AND I WILL DISTRIBUTE FREE PLANTS IN OUR NEIGHBOURHOOD

I VOLUNTEER TO REMOVE CO2 FROM AIR

NEIGHBOURHOOD VOLUNTEER GARDENERS

50 Activity Points

Sustainable Development Goals





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 ?

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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.

Volunteer on a conservation project or ecotourism trip that helps to protect forests and other ecosystems that absorb carbon dioxide.

Organise a tree plantation drive in your neighbourhood.

I volunteer to manage waste

TOGETHER, WE CAN KEEP OUR BEACHES CLEAN I VOLUNTEER TO MANAGE WASTE

70 Activity Points

Sustainable Development Goals





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.

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 manage waste!

Below are some sample activities that you could do.

Volunteer at local environmental nonprofits or conservation groups for activities such as habitat restoration or educational programs.

Organise clean-up drives with friends to manage waste in public areas.

I volunteer to grow food



I LOVE HELPING OUT AT THE LOCAL FARM

I VOLUNTEER TO GROW FOOD

60 Activity Points

Sustainable Development Goals







Activity checklist

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

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 grow food!

Below are some sample activities that you could do.

During long breaks or over weekends, volunteer with an NGO that works to solve challenges related to food.

Start a "school gardening" initiative where young students learn how to grow their own food.

I volunteer to protect biodiversity

THE BIRDS AND ANIMALS LOVE A CLEAN DESERT

I VOLUNTEER TO PROTECT BIODIVERSITY



70 Activity Points

Sustainable Development Goals









Activity checklist

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

What activity would that be ?

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

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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 volunteering to protect biodiversity!

Below are some sample activities that you could do.

Volunteer at a local rehabilitation centre, partcipating in the care and release of injured or orphaned animals.

Work with a dune conservation project and spread awareness on the significance of dune ecosystems.

I will move to teach others

I TAUGHT MY SISTER A NEW DANCE STEP

I WILL MOVE TO TEACH OTHERS

60 Activity Points

Sustainable Development Goals



Activity checklist

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

Below are some sample activities that you could do.

Organise a sports day in your neighbourhood with fun games and races that highlight a "recycling" theme, such as a recyling relay race.

Teach your favourite sport to younger children.

I will move to save water

NO LEAKING FAUCETS ON MY WATCH

I WILL MOVE TO SAVE WATER

70 Activity Points

Sustainable Development Goals



Activity checklist

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

Below are some sample activities that you could do.

Wash your pets outdoors in an area of the lawn that needs to be watered.

With the help of a parent, install a waterefficient drip irrigation system for your garden.

I will move to use clean energy

I MADE A LAMP THAT RUNS ON THE ENERGY GENERATED BY MY BIKE I WILL MOVE TO USE CLEAN ENERGY

O 70 Activity Points

Sustainable Development Goals



Activity checklist

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

Below are some sample activities that you could do.

Start a compost bin for collecting vegetable scraps in your community. Go around the neighbourhood and spread awareness about it as well.

Practice circuit workouts using energythemed stations.

I will move to remove CO2 from air

CLAY POTS OVER PLASTIC ONES

I WILL MOVE TO REMOVE CO2 FROM AIR

50 Activity Points

Sustainable Development Goals



Activity checklist

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

Below are some sample activities that you could do.

Learn to weed out, dust, and clean the potted plants in your garden so that the weeds do not take up nutrients from the plant.

Organise a walkathon in your neighborhood to encourage the reduction of vehicle usage - so less CO2 is emitted.

I will move to manage waste

I WILL SEGREGATE THE WASTE IN MY OWN KITCHEN I WILL MOVE TO MANAGE WASTE

70 Activity Points

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can move 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.

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 moving to manage waste!

Below are some sample activities that you could do.

Take part in a hiking trip and practice the "leave no trace" principles. As you hike, pick up trash along the trail and minimise your impact on the environment.

Organise a fun race at school where participants need to pick up as much litter as they can find. Give away prizes based on how much they have collected.

I will move to grow food

I LOVE GROWING MY OWN BASIL

I WILL MOVE TO GROW FOOD



O 70 Activity Points

Sustainable Development Goals





Activity checklist

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

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 "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 moving to grow food!

Below are some sample activities that you could do.

Assist a vegetable seller for a week to understand their daily process of procuring, selling, and storing food items, and gauge the physical labour that goes into it.

Start a garden fitness club in your community combining physical activity with gardening.

I will move to protect biodiversity

I'M HELPING THE FISHERMEN CLEAR OUT THE WASTE FROM THEIR FIGHING NETS

I WILL MOVE TO PROTECT BIODIVERSITY

50 Activity Points

Sustainable Development Goals



Activity checklist

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

What activity would that be ?

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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 moving to protect biodiversity!

Below are some sample activities that you could do.

Plan a hiking expedition for your peers, focusing on exploring and documenting the biodiversity of a nearby forest or nature reserve.

Form teams and go on a "nature scavenger hunt" where teams have to identify local plants/animals.

I will go on an expedition to teach others

I WILL TEACH MY FRIEND HOW TO GET TO AN OASIS IN THE DESERT

I WILL GO ON AN EXPEDITION TO TEACH OTHERS

60 Activity Points

Sustainable Development Goals



Activity checklist

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 ?

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 an expedition to teach others!

Below are some sample activities that you could do.

Organise a camping trip with a focus on sustainable practices.

Lead a fun tour for young kids at a local museum with the support of an adult.

I will go on an expedition to save water



I DISTRIBUTE PAMPHLETS ON WATER CONSERVATION IN MY NEIGHBOURHOOD

I WILL GO ON AN EXPEDITION TO SAVE WATER

70 Activity Points

Sustainable Development Goals



Activity checklist

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

What activity would that be ?

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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 an expedition to save water!

Below are some sample activities that you could do.

Regularly observe the storm drains in your neighbourhood to make a note of the runoff, if any, that comes from the lawns surrounding it.

Explore local water reservoirs/lakes/rivers to understand water sources.

I will go on an expedition to use clean energy

MY FRIENDS AND I VISITED A WIND FARM

I WILL GO ON AN EXPEDITION TO USE CLEAN ENERGY

60 Activity Points

Sustainable Development Goals



Activity checklist

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 ?

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 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 an expedition to use clean energy!

Below are some sample activities that you could do.

Visit a greenhouse to observe how the heat of the sun is utilised to grow plants.

Organise a solar-powered toy car race.

I will go on an expedition to remove CO2 from air

MY FRIEND AND I TRAVEL TO DISCOVER RARE FLORA IN THE WILDERNESS

I WILL GO ON AN EXPEDITION TO REMOVE CO2 FROM AIR

50 Activity Points

Sustainable Development Goals



Activity checklist

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 ?

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 exploring ways to remove CO2 from air!

Below are some sample activities that you could do.

Visit a nearby canal and see how water trenches are made to change the flow of water in the farms and the water requirements for different crops.

Journey to a forest and speak to forest officials about the various species of trees found there.

I will go on an expedition to manage waste

PUBLIC SPACES ARE NOT MEANT FOR TRASH

I WILL GO ON AN EXPEDITION TO MANAGE WASTE

70 Activity Points

Sustainable Development Goals



Activity checklist

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 ?

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.

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 I will go on an expedition to manage waste!

Below are some sample activities that you could do.

Explore your community or region to identify and document the sources of pollution.

Visit recycling centres to learn waste management practices.

I will go on an expedition to grow food

WE LOVE TO VISIT THE FARMS THAT PRODUCE OUR FOOD

I WILL GO ON AN EXPEDITION TO GROW FOOD

60 Activity Points

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can go on an expedition 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.

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

Below are some sample activities that you could do.

Visit a crop cultivation site with your friends and an adult to observe the different steps involved in day-to-day farming activities.

Plan a field trip to an organic farm to learn how organic foods are produced and grown.

I will go on an expedition to protect biodiversity

I EXHIBITED THE PHOTOGRAPHS I TOOK OF THE FLORA IN MY NEIGHBOURHOOD

I WILL GO ON AN EXPEDITION TO PROTECT BIODIVERSITY

60 Activity Points

Sustainable Development Goals







Activity checklist

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 ?

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.

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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 an expedition to protect biodiversity!

Below are some sample activities that you could do.

Under the supervision of an adult, organise an overnight camping expedition to study nocturnal biodiversity, observing and documenting night-time wildlife.

Go with your family on nature walks to explore and learn about your local ecosystems.

I will team up to teach others

MY FRIENDS AND I WILL INTRODUCE OUR REGIONAL HERITAGE TO OTHERS

I WILL TEAM UP TO TEACH OTHERS

y

O 70 Activity Points

Sustainable Development Goals



4 QUALITY EDUCATION

Activity checklist

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

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 teaming up to teach others!

Below are some sample activities that you could do.

Organise a community event focused on sustainability. This could be a farmer's market, a workshop on how to make sustainable crafts, or a panel discussion with experts on environmental issues.

Collaborate on a magazine about Middle Eastern cultures and spread awareness.

I will team up to save water

WE WILL ADVOCATE FOR BETTER WATER USAGE IN OUR SCHOOLS

I WILL TEAM UP TO SAVE WATER

SAVE WATER

S. AMA

70 Activity Points

Sustainable Development Goals







Activity checklist

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

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 teaming up to save water!

Below are some sample activities that you could do.

With the help of your friends and peers, conduct educational campaigns in schools and communities about water pollution, its impact, and prevention strategies.

Along with your classmates, organise a water audit in your school. Post the audit, stick up posters on saving water.

I will team up to use clean energy

WE BURN CALORIES, NOT FUEL!

I WILL TEAM UP TO USE CLEAN ENERGY

70 Activity Points

Sustainable Development Goals









Activity checklist

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

What activity would that be ?

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

Below are some sample activities that you could do.

Plan a nature-themed dance or skit with your friends and perform it in front of your community and friends.

Identify spots in your school or community where you can install solar panels, and encourage the school authorities or community members to install them.

I will team up to remove CO2 from air

MY FRIENDS AND I WILL PROTECT OUR SOIL BY DIVERSIFYING OUR CROPPING SYSTEM

I WILL TEAM UP TO REMOVE CO2 FROM AIR

70 Activity Points

Sustainable Development Goals







Activity checklist

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 ?

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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 teaming up to remove CO2 from air!

Below are some sample activities that you could do.

Team up with your friends and visit the local market or village and talk to villagers about local varieties of crops and vegetables. Tell them what can be sold seasonally for better gains.

Have each classroom plant their own dedicated tree/plant in the school campus which they have to care for.

I will team up to manage waste

WE RECYCLE BECAUSE NO BOOK OR PAPER SHOULD END UP IN THE LANDFILL

I WILL TEAM UP AND MANAGE WASTE

70 Activity Points

Sustainable Development Goals







Activity checklist

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

What activity would that be ?

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

Below are some sample activities that you could do.

With your friends or classmates, design and set up effective recycling stations throughout your school or community.

Team up to set up waste management solutions at school like zero waste lunches.

I will team up to grow food



I HELP IN PREPARING THE SOIL FOR OUR KITCHEN GARDEN

I WILL TEAM UP TO GROW FOOD



70 Activity Points

Sustainable Development Goals









Activity checklist

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

What activity would that be ?

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

Below are some sample activities that you could do.

Start a bee club with your friends that works to raise awareness about the role of bees in pollination and their importance in the food chain.

Start a small organic farm with your family to promote environmental health and ensure the wellbeing of your family.

I will team up to protect biodiversity

WE WILL GIVE OUR VOICE TO THOSE WHO DON'T HAVE ONE

I WILL TEAM UP TO PROTECT BIODIVERSITY

DO NOT HARM BEES



O 70 Activity Points

Sustainable Development Goals







Activity checklist

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

What activity would that be ?

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

Below are some sample activities that you could do.

Collaborate with classmates to create and maintain a school butterfly garden, providing habitat and food sources for local butterfly species.

Create a mini movie or documentary with your friends on local wildlife and their habitats, to raise awareness and encourage wildlife conservation.

I will be entrepreneurial in teaching others

I WILL BUILD A MOBILE LIBRARY

Read any book

-

I WILL BE ENTREPRENEURIAL IN TEACHING OTHERS



60 Activity Points









Activity checklist

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

What activity would that be ?

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

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

Below are some sample activities that you could do.

Encourage people around you to start small sustainable businesses like selling sustainable products or providing sustainable services.

Start nature yoga classes for the children in your neighbourhood.

I will be entrepreneurial towards saving water

I SHALL SET UP A WATER REFILLING STATION FOR THE WORKERS IN MY NEIGHBOURHOOD

I WILL BE ENTREPRENEURIAL TOWARDS SAVING WATER



60 Activity Points

Sustainable Development Goals







Activity checklist

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

What activity would that be ?

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

Below are some sample activities that you could do.

Design a DIY water leak detector with LEDs, wires, a buzzer, and a battery, and circulate it around the neighbourhood.

Design a water-saving mobile app and encourage your family and friends to track their water usage.

I will be entrepreneurial towards using clean energy

I WILL WORK TOWARDS PROVIDING CLEAN ENERGY TO THE ONES IN NEED

I WILL BE ENTREPRENEURIAL TOWARDS USING CLEAN ENERGY



60 Activity Points

Sustainable Development Goals







Activity checklist

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

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

Below are some sample activities that you could do.

Set up a "green ideas" suggestion box for everyone to contribute in the locality or school. Hold discussions and faciliatate the implementation of these ideas.

Make hand-crafted solar lanterns and gift them to your family and friends.

I will be entrepreneurial towards removing CO2 from air



I WILL BE ENTREPRENEURIAL TOWARDS REMOVING CO2 FROM AIR



60 Activity Points

Sustainable Development Goals







Activity checklist

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 ?

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

Below are some sample activities that you could do.

Read about smokeless cookstoves. Make a model of such cookstoves and encourage people to use similar models.

Organise a yard sale in the local community centre and donate the proceeds to an environmental NGO.

I will be entrepreneurial towards managing waste

I WILL SHOW THE EFFECTS OF UNMANAGED WASTE TO MY CLASSMATES

I WILL BE ENTREPRENEURIAL TOWARDS MANAGING WASTE



70 Activity Points

Sustainable Development Goals







Activity checklist

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

What activity would that be ?

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

Below are some sample activities that you could do.

Host workshops on waste management, recycling, and sustainability in local schools, businesses, or community groups. Design the curriculum and deliver the sessions.

Launch a mini business which sells upcycled fashion or décor items for homes.

I will be entrepreneurial towards growing food



WHEN LIFE GIVES YOU LEMONS, TAKE THE SEEDS AND GROW MORE LEMON PLANTS

I WILL BE ENTREPRENEURIAL TOWARDS GROWING FOOD



O 70 Activity Points

Sustainable Development Goals







Activity checklist

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

What activity would that be ?

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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 being entrepreneurial towards growing food!

Below are some sample activities that you could do.

Start your own business that provides the service of taking care of gardens.

Start a subscription service to sell the produce that is grown in your kitchen garden.

I will be entrepreneurial towards protecting biodiversity



I WILL MAKE MY COMMUNITY AWARE OF THE EFFECTS OF PESTICIDES ON OUR ECOSYSTEM

I WILL BE ENTREPRENEURIAL TOWARDS PROTECTING BIODIVERSITY

No Pesticides

8 DECENT WORK AND ECONOMIC GROWTH



70 Activity Points

Sustainable Development Goals







Activity checklist

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

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

Below are some sample activities that you could do.

Organise a green business fair in your neighbourhood, where children can showcase eco-friendly products and services that promote biodiversity conservation.

Develop an app about local wildlife in your region.

I will use creative arts to teach others



I WILL TEACH MY YOUNGER SISTER TO PLAY AN INSTRUMENT

I WILL USE CREATIVE ARTS TO TEACH OTHERS

40 Activity Points

Sustainable Development Goals



Activity checklist

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

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 using creative arts to teach others!

Below are some sample activities that you could do.

Organise a sustainability fair at your school or in your community and use it as a platform to educate people about the importance of sustainability.

Write and perform a play based on local folklore in your neighbourhood for young kids.

I will use creative arts to save water

SAVE WATER, SAVE EARTH

I WILL CREATE COMICS THAT SPEAK ABOUT THE IMPORTANCE OF SAVING WATER I WILL USE CREATIVE ARTS TO SAVE WATER

40 Activity Points

Sustainable Development Goals



Activity checklist

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

What activity would that be ?

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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 using creative arts to save water!

Below are some sample activities that you could do.

Create a skit to teach the younger children in your school about water conservation. Try to incorporate fun elements such as famous characters to help the students relate to the water saving practices.

Craft sculptures that emphasise the importance of water - these can then be displayed at local community centres.

I will use creative arts to use clean energy

EVERYBODY LOVES MY GIFTS, BUT THEY LOVE MY UPCYCLED WRAPPERS

THE R OWNER DESIGNATION.

10.1.6000te

EVEN MORE

I WILL USE CREATIVE ARTS TO USE CLEAN ENERGY



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Distant of the

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A DESCRIPTION OF GALES

IL IL BURG BRAD

40 Activity Points

Sustainable Development Goals



Activity checklist

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 ?

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

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

Below are some sample activities that you could do.

Create colourful suncatchers using translucent paper and place them in a sunny window in your classroom or home to observe how they reflect light and create focus spots across the room.

Along with your friends, put up a climate comedy show and use humour to highlight the benefits of renewable energy.

I will use creative arts to remove CO2 from air



IT IS BETTER TO INVEST IN A SEWING KIT THAN TO INVEST IN NEWER CLOTHES

I WILL USE CREATIVE ARTS TO REMOVE CO2 FROM AIR



O 30 Activity Points

Sustainable Development Goals



Activity checklist

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

What activity would that be ?

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

Below are some sample activities that you could do.

Conduct a workshop on how to make recycled paper and spread awareness about reuse and recycling.

Organise and host a poetry/ songwriting competition contest about the environment in your region.

I will use creative arts to manage waste



NABIL FAWZI MENDS HIS OLD TORN CAPE INSTEAD OF THROWING IT AWAY.

I WILL USE CREATIVE ARTS TO MANAGE WASTE

60 Activity Points

Sustainable Development Goals



Activity checklist

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What activity would that be ?

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

Below are some sample activities that you could do.

Create a comic book or strip for your community that tells a story centred around waste management, recycling, or environmental stewardship in a simple and easy-to-grasp way.

Launch a "trash to teasure" workshop on turning waste like plastic bottles into art.

I will use creative arts to grow food



I WILL USE CREATIVE ARTS TO GROW FOOD

70 Activity Points

Sustainable Development Goals





Activity checklist

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

What activity would that be ?

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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 using creative arts to grow food!

Below are some sample activities that you could do.

Learn traditional cooking techniques from an adult, and prepare simple dishes under supervision.

Create crafts using recycled materials inspired by the growth of plants and food.

I will use creative arts to protect biodiversity

OLD BOX

I WILL USE CREATIVE ARTS TO PROTECT BIODIVERSITY

6 40 Activity Points



Sustainable Development Goals







Activity checklist

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

What activity would that be ?

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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 using creative arts to protect biodiversity!

Below are some sample activities that you could do.

Organise a biodiversity-inspired art competition at school, encouraging students to express their understanding of biodiversity through various art forms.

Organise storytelling sessions revolving around the theme of endangered animals.

I will experiment to teach others

NABIL SHARES HIS EXPERIENCES WITH STUDENTS

I WILL EXPERIMENT AND TEACH OTHERS

70 Activity Points

Sustainable Development Goals



Activity checklist

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

What activity would that be ?

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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 teach others!

Below are some sample activities that you could do.

Set up a soil sample analysis experiment in your neighbourhood using pH meters and nutrient analysis kits and discuss with younger children the importance of soil science for environmental sustainability.

Recreate demos of famous inventions from history such as a parachute and teach younger students the science behind it.

I will experiment to save water

I BUILT A DRIP IRRIGATION SYSTEM AT A FARM

I WILL EXPERIMENT TO SAVE WATER

70 Activity Points

Sustainable Development Goals



Activity checklist

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

What activity would that be ?

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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 experimenting to save water!

Below are some sample activities that you could do.

Investigate the desalination process of water by creating your own model, and explore how different countries have implemented it.

With the help of an adult, design and install a mini rainwater harvesting system for your building.

I will experiment to use clean energy

I WILL TRACK THE ELECRICITY CONSUMPTION AT HOME AND ENSURE THAT WE DO NOT OVER USE IT

I WILL EXPERIMENT TO USE CLEAN ENERGY



O 70 Activity Points

Sustainable Development Goals



Activity checklist

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

Below are some sample activities that you could do.

Create a weather station in the classroom with a simple thermometer, a rain gauge, and a weather chart. Use mathematical tools to predict or identify patterns in the weather after a week or a month.

Conduct an experiment to check if the precipitation in your area contains acid from nearby power plants or vehicular emissions. Place a plastic container outside every day to catch any precipitation that falls. Measure the amount (with a metre stick) and acidity (with a litmus paper) of the precipitation every day at the same time and record on a calendar. Analyse your data after a couple of months.

I will experiment to remove CO2 from air

NATURAL ENVIRONMENTS HAVE CLEANER AIR

I WILL EXPERIMENT TO REMOVE CO2 FROM AIR

O 70 Activity Points

Sustainable Development Goals



Activity checklist

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

Below are some sample activities that you could do.

Cut a graph paper into small squares. Take 3 or 4 greeting cards and glue 1 graph paper square to the middle of 1 card. Apply a layer of petroleum jelly on top of each graph paper square. Attach a string to each of the cards and hang them in different locations in your neighbouthood. With a magnifying glass observe the particles on each graph square. See which area had the best quality air and which had the worst.

Build a model of an energy efficient building using eco-friendly materials and renewable energy sources like small solar panels. Use it to teach the children in your community about sustainable design principles.

I will experiment to manage waste



WE VISITED A WASTE-TO-ENERGY SITE

I WILL EXPERIMENT TO MANAGE WASTE

60 Activity Points

Sustainable Development Goals



Activity checklist

Does the image on the previous page remind you of ways you can experiment 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.

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.

Build water filtration systems using common waste materials like sand, gravel, and activated charcoal, and test their efficiency in purifying water.

Conduct a zero waste experiment for a week in your home and tabulate the results.

I will experiment to grow food

I WANT TO LEARN MORE ABOUT VERTICAL FARMING!

I WILL EXPERIMENT TO GROW FOOD

70 Activity Points

Sustainable Development Goals



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?

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 grow food!

Below are some sample activities that you could do.

Observe the root tips of growing vegetables such as onions under a microscope to understand the process of cell mitosis.

Experiment with different methods of organic farming and see which method gives the best results in terms of produce.

I will experiment to protect biodiversity

I WILL TRACK THE GROWTH OF MY PET PLANTS

I WILL EXPERIMENT TO PROTECT BIODIVERSITY

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MANAR

60 Activity Points

Sustainable Development Goals



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?

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 protecting biodiversity?

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 protect biodiversity!

Below are some sample activities that you could do.

Analyse the impact of climate change on local ecosystems, studying how shifts in temperature and precipitation affect biodiversity.

Study the characteristics of local plants and how they adapt to survive in that environment. Compare your findings with the characteristics of plants in other regions.