



**Sustainable
habits 7x7**

Grade 11

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.



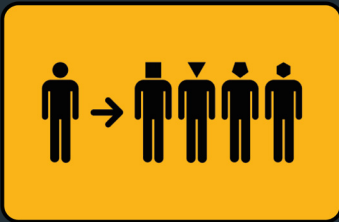
While choosing activities, align your interests and passions to the activities. Select activities that align with the ones you enjoy. If you are passionate about animals, you might choose activities related to wildlife conservation, for example.



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.

A photograph of a woman wearing a black hijab and a young girl wearing a beige hijab. The woman is holding an open book and looking down at it with a smile. The girl is looking up at the woman, also smiling. They are in front of a window with colorful stained glass. A large yellow rectangular box is overlaid on the right side of the image, containing text.

How do I collect points for my sustainable habits?

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

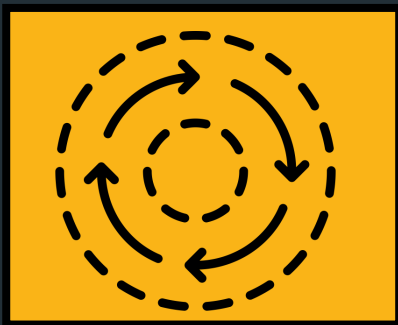


What do points mean?

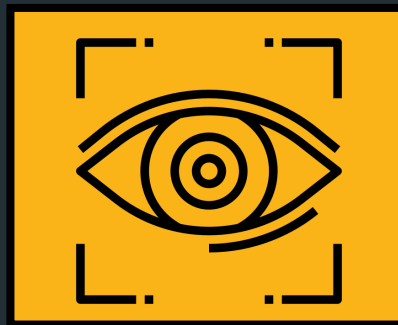
You will see that each activity has a number of points attributed to it based on the impact of the activity.

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



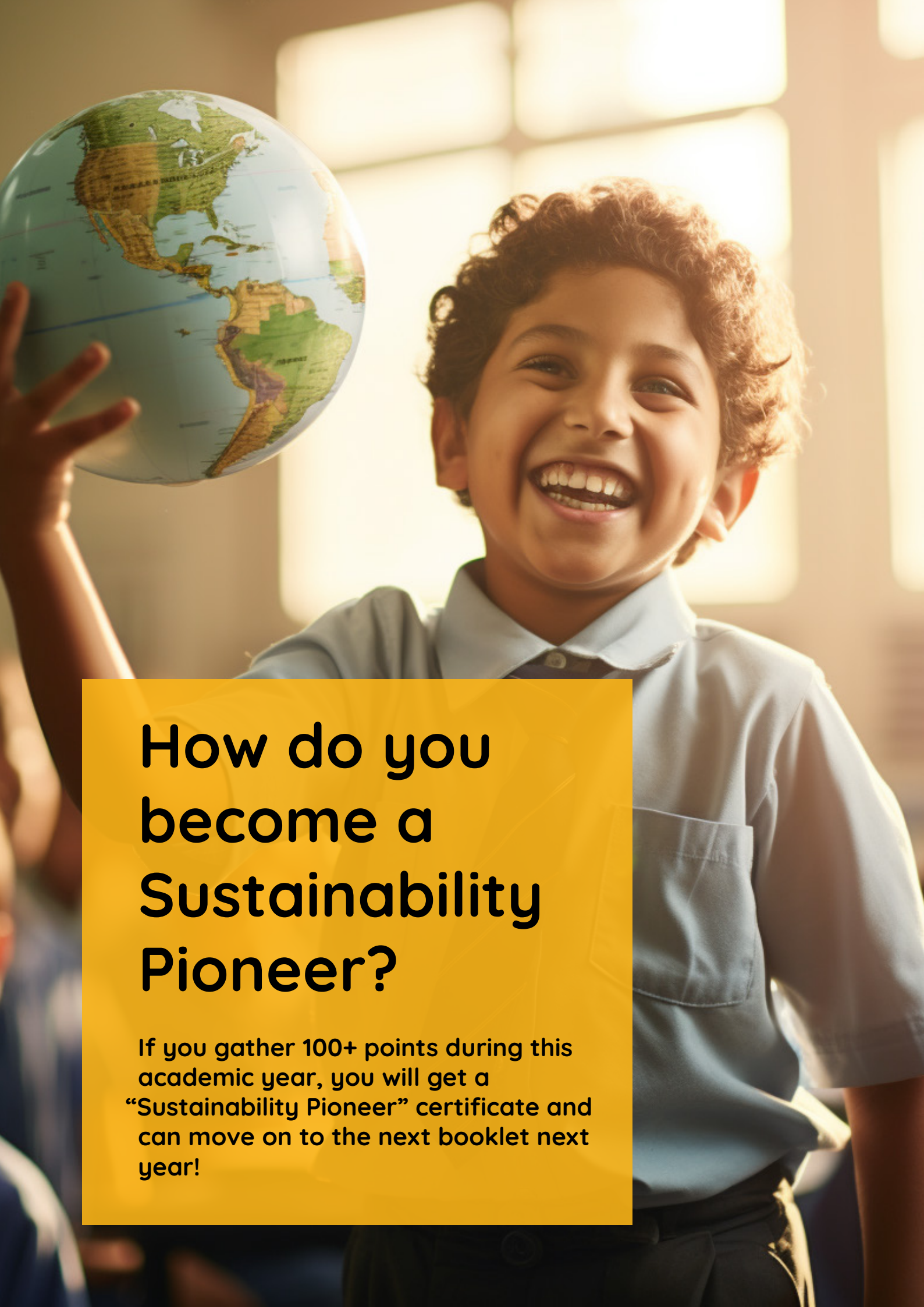
The amount of enjoyment you gained from the activities -
10 points

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	1. Display of rhythm and consistency in the doing the activity - 5 points 2. Depth of observations in journaling - 5 points 3. Enjoyment in doing the activity - 10 points

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



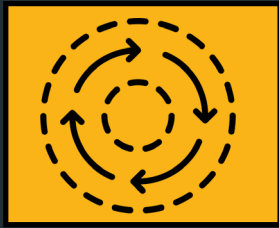
How do you become a Sustainability Pioneer?

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!

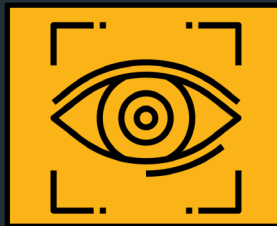
How do you get the Gold, Silver, and Bronze badges?

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 1



Year 2



Year 3

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**



70 Activity Points

***I WILL TEACH AT A
RURAL SCHOOL DURING
MY HOLIDAYS***

I VOLUNTEER TO TEACH OTHERS

Sustainable Development Goals

1
NO
POVERTY



4
QUALITY
EDUCATION



10
REDUCED
INEQUALITIES



11
SUSTAINABLE CITIES
AND COMMUNITIES



17
PARTNERSHIPS
FOR THE 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.

Teach your favourite subject to underprivileged children at a local NGO.

Assist an organisation to raise awareness about health and hygiene.

**I volunteer to
save water**



70 Activity Points

**DON'T WAIT FOR
NABIL FAWZI TO FIX
YOUR LEAKING TAPS**
I VOLUNTEER TO SAVE WATER

Sustainable Development Goals

1 NO
POVERTY



6 CLEAN WATER
AND SANITATION



11 SUSTAINABLE CITIES
AND COMMUNITIES



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.

Conduct water audits in your community as a volunteer for environmental agencies.

Assess water usage in the houses or offices in your neighbourhood and provide measures to improve water efficiency.

**I volunteer to use
clean energy**



50 Activity Points

**WE VISITED A SCHOOL
THAT IS POWERED BY
WINDMILLS**

I VOLUNTEER TO USE CLEAN ENERGY

Sustainable Development Goals



7 AFFORDABLE AND
CLEAN ENERGY



11 SUSTAINABLE CITIES
AND COMMUNITIES

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.

Lead a class on clean energy and its benefits.

Prepare a booklet on clean energy solutions to improve energy efficiency in homes and circulate it in your community.

**I volunteer to
remove CO₂
from air**



50 Activity Points

**WE WILL LEARN HOW
TO KNIT INSTEAD OF
PLAYING VIDEO GAMES**

I VOLUNTEER TO REMOVE CO2 FROM AIR

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 ?

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.

Assist in campaigns, organising events, or providing information on the benefits of renewable energy sources.

Volunteer with organisations involved in initiatives such as tree planting, conservation projects, or renewable energy research.

**I volunteer to
manage waste**

***I VOLUNTEER TO KEEP
MY CLASSROOM 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.

Assist an organisation in spreading awareness of waste segregation in your community.

Organise sessions in your neighbourhood to teach composting.

**I volunteer to
grow food**



60 Activity Points

WHEN SINBAD DOESN'T SAIL, HE FARMS

I VOLUNTEER TO GROW FOOD

Sustainable Development Goals

1 NO
POVERTY



2 ZERO
HUNGER



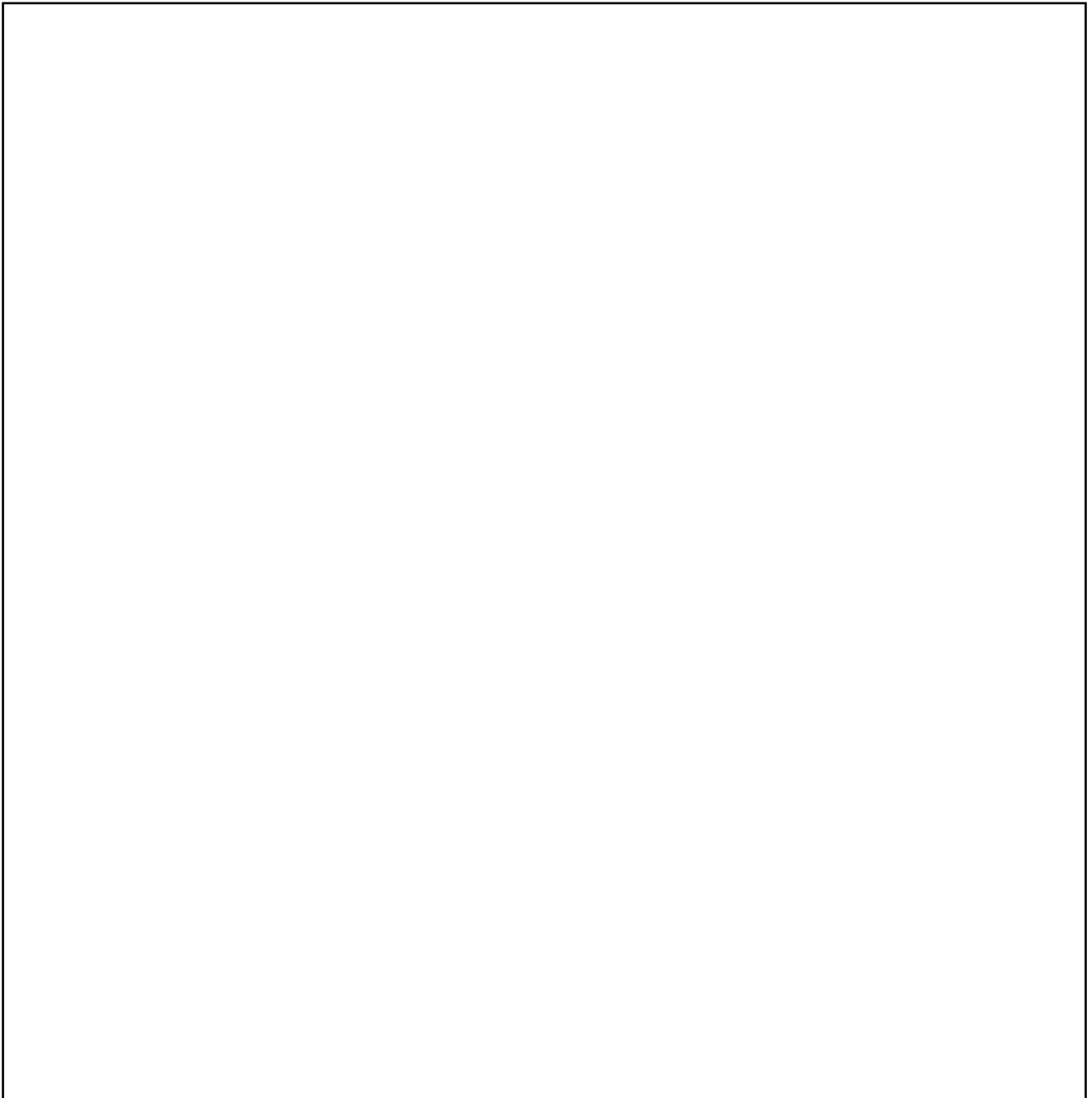
11 SUSTAINABLE CITIES
AND COMMUNITIES



Activity checklist

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

What activity would that be ?

A large, empty rectangular box with a thin black border, intended for the user to write down an activity.

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.

Assist a food bank or a non-profit organisation in distributing food to those who don't have easy access to healthy food.

Volunteer at a community garden and spread awareness about sustainable farming techniques.

**I volunteer to
protect biodiversity**

NABIL LOVES TO BE IN NATURAL ENVIRONMENTS

I VOLUNTEER TO PROTECT BIODIVERSITY



50 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 ?

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 volunteering to protect biodiversity!

Below are some sample activities that you could do.

Join habitat restoration projects such as tree planting, wetland restoration, or building nesting sites for birds.

Assist an organisation working to protect marine life.

**I will move to
teach others**



60 Activity Points

***I TAUGHT MY FRIEND
HOW TO MAKE A LAMP***

I WILL MOVE TO TEACH OTHERS

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.

Play your favourite sport with younger children and spread your passion for the sport.

Conduct a nature yoga session for kids in your neighbourhood and educate them on mindfulness and relaxation techniques.

**I will move to
save water**

***I WASH MY VEGETABLES AND
USE THE SAME WATER FOR
MY PLANTS***

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.

Get involved in building a rainwater harvesting system for your building.

Check for leakages in any visible water pipeline or taps in your building and report it to the authorities.

**I will move to
use clean energy**



70 Activity Points

***IT'S EASIER TO CYCLE
THAN TO WAIT FOR A CAB***

I WILL MOVE USING CLEAN ENERGY

Sustainable Development Goals



7 AFFORDABLE AND
CLEAN ENERGY

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.

Set a daily target of walking a distance of X km, and avoid travel in traditional fuelled vehicles.

Organise a community run to raise awareness for clean energy.

**I will move to
remove CO₂
from air**



50 Activity Points

*THESE MANGO SAPPLINGS
I'M PLANTING WILL ABSORB
PLENTY OF CO₂ ONCE FULLY
GROWN*

I WILL MOVE TO REMOVE CO₂ FROM AIR

Sustainable Development Goals



Activity checklist

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

Visit households in your community and spread awareness on how to reduce carbon emissions.

Organise a tree plantation and adoption drive.

**I will move to
manage waste**



70 Activity Points

***I WILL ORGANISE
REGULAR BEACH
CLEAN-UPS***

I WILL MOVE TO MANAGE WASTE

Sustainable Development Goals

12 RESPONSIBLE
CONSUMPTION
AND PRODUCTION



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.

Participate in a beach clean-up.

Segregate waste at home and encourage family members to do the same.

**I will move to
grow food**



70 Activity Points

***MY WORKOUT HAPPENS
AT A FARM***

I WILL MOVE TO GROW FOOD

Sustainable Development Goals

2 ZERO
HUNGER



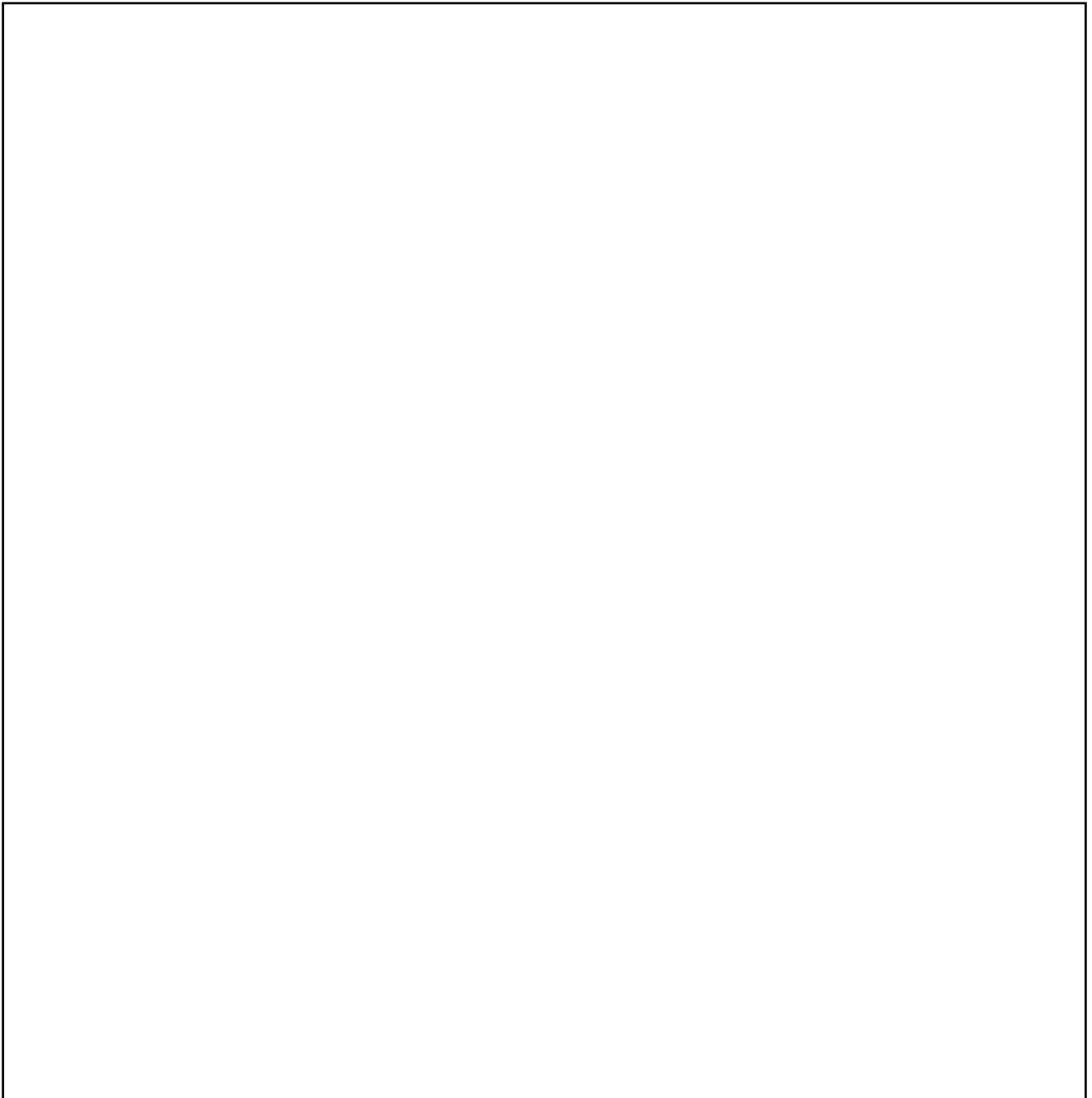
3 GOOD HEALTH
AND WELL-BEING



Activity checklist

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

What activity would that be ?

A large, empty rectangular box with a thin black border, intended for a student to draw or write their answer to the question above.

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 moving to grow food!

Below are some sample activities that you could do.

Plant a crop in a nearby field and tend to it throughout the growing period.

Make a dish with your friends using locally sourced ingredients.

**I will move to
protect biodiversity**



50 Activity Points

**MY FRIENDS AND I RAN
A WILDLIFE AWARENESS
MARATHON IN THE DESERT**
I WILL MOVE TO PROTECT BIODIVERSITY

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 ?

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 moving to protect biodiversity!

Below are some sample activities that you could do.

Go for treks in areas surrounding your home where you can observe biodiversity.

Organise community walks for observation and journaling of local biodiversity.

**I will go on an
expedition to
teach others**



60 Activity Points

***MY FRIENDS AND I
WENT ON A DESERT
EXPEDITION***

**I WILL GO ON AN EXPEDITION TO
TEACH OTHERS**

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.

Assist a local NGO in taking children to different destinations across your city. Teach them the historical and social importance of landmarks.

Organise a bird-watching challenge, and educate others on the efforts to conserve migratory birds and their habitats.

**I will go on an
expedition to
save water**



70 Activity Points

*I WILL HELP PRESERVE THE
NATURAL FRESH WATER
SITES IN MY COUNTRY*

I WILL GO ON AN EXPEDITION TO SAVE WATER

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 ?

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 an expedition to save water!

Below are some sample activities that you could do.

Visit a waterbody conservation site and understand the challenges faced.

Go on a water treatment plant tour, and learn the processes used to treat and conserve water resources in the region.

**I will go on an
expedition to use
clean energy**

THE WIND TEACHES US TO HARNESS ENERGY FROM NATURE

I WILL GO ON AN EXPEDITION TO
USE CLEAN ENERGY



60 Activity Points



Sustainable Development Goals

7 AFFORDABLE AND
CLEAN ENERGY



11 SUSTAINABLE CITIES
AND COMMUNITIES



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?

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 an expedition to use clean energy!

Below are some sample activities that you could do.

Go on an expedition to different locations with renewable sources of energy in your city, and compare the impact and scale of each source.

Organise an eco-friendly trip with your friends, and travel only through clean energy modes of transportation (try to analyse the carbon footprint avoided).

**I will go on an
expedition to remove
CO₂ from air**

*WE VISITED THE
PERIDOTITE ROCKS
IN OMAN. THEY SOAK
UP CO₂.*

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
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the next page.

If your answer to this question is
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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 an expedition to remove CO₂ from air!

Below are some sample activities that you could do.

Go on an expedition to identify the most sustainable locations in your city (eg, a park run completely on solar power).

Go on a green building tour to learn about sustainable building practices and technologies.

**I will go on an
expedition to
manage waste**



70 Activity Points

***I WILL ALWAYS CARRY
A PAIR OF GLOVES AND
A GARBAGE BAG TO
PICK UP LITTER WHEN I
GO OUT***

***I WILL GO ON AN EXPEDITION TO
MANAGE WASTE***

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

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

Below are some sample activities that you could do.

Go on an expedition to clean-up litter in an area of your city, and speak to the residents about waste management and segregation.

Go to a waste management and recycling site to understand the different techniques to segregate, recycle, or dispose of waste and understand the circularity in action.

**I will go on an
expedition to
grow food**

***I WILL BE AWARE OF
THE FOOTPRINT OF THE
FOODS I CONSUME***

I WILL GO ON AN EXPEDITION TO GROW FOOD



60 Activity Points

Sustainable Development Goals

2 ZERO HUNGER



11 SUSTAINABLE CITIES AND COMMUNITIES



Activity checklist

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

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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 multiple rural farmers in your nearest village and speak to them about their crop produce and difficulties over the past year.

Visit the shops in your locality selling food products, and discuss responsible sourcing.

**I will go on an
expedition to
protect biodiversity**



60 Activity Points

***I WILL GO ON NATURE
WALKS WITH MY FRIENDS***

**I WILL GO ON AN EXPEDITION TO
PROTECT BIODIVERSITY**

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 ?

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Day after day?

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

Below are some sample activities that you could do.

Visit high greenery and barren locations, and compare the overall happiness and sense of community in both these distinct locations.

Visit a botanical garden to learn about the different plant species found in the region and their significance to the environment.

**I will team up
to teach others**

MY FRIEND AND I WRITE POEMS TOGETHER

I WILL TEAM UP TO TEACH OTHERS



70 Activity Points

Sustainable Development Goals



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 ?

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

Below are some sample activities that you could do.

Along with your friends, organise weekly sessions where audiences are engaged in debates on current issues.

Open a book donation club with your friends, and donate the collected books to an NGO for underprivileged children.

**I will team up
to save water**



70 Activity Points

**OUR LANDSCAPE DESIGN IS
NOT WATER INTENSIVE**

I WILL TEAM UP TO SAVE WATER

Sustainable Development Goals



Activity checklist

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

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

Below are some sample activities that you could do.

Set SMART water-saving goals among your group of friends.

Organise a water conservation drive with your friends (including posters, door-to-door awareness campaigns and skits).

**I will team up to
use clean energy**



70 Activity Points

**WE LEARNT HOW TO
ASSEMBLE A SOLAR PANEL**

I WILL TEAM UP TO USE CLEAN ENERGY

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.

Build wind-powered crafts like wind turbines with your friends.

Organise an energy scavenger hunt with your friends, and locate solar panels/wind turbines.

**I will team up
to remove CO₂
from air**

***PLANT ENOUGH TODAY,
BREATHE BETTER TOMORROW***

I WILL TEAM UP TO REMOVE CO2 FROM AIR



70 Activity Points

Sustainable Development Goals

10 REDUCED
INEQUALITIES



13 CLIMATE
ACTION



17 PARTNERSHIPS
FOR THE GOALS



Activity checklist

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

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can do repeatedly?
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That's it! Get started on teaming up to remove CO₂ from air!

Below are some sample activities that you could do.

Set weekly carbon footprint goals for you and your classmates, and make sure that they are achieved before the deadline.

Organise a sustainable transportation workshop.

**I will team up to
manage waste**



70 Activity Points

**WE WILL SOURCE
SCRAP WOOD FOR OUR
ART PROJECTS**

I WILL TEAM UP TO MANAGE WASTE

Sustainable Development Goals



Activity checklist

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

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can do repeatedly?
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That's it! Get started on teaming up to manage waste!

Below are some sample activities that you could do.

Make a group and compete amongst yourselves to see who can segregate mixed waste in the most number of garbage cans in the neighbourhood.

Organise a sustainable fashion show with your friends, with clothes and accessories made up of recycled or reused materials.

**I will team up
to grow food**

MY FRIENDS AND I HELP AT A LOCAL FARM

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?

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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 grow food!

Below are some sample activities that you could do.

Visit your nearest local farm and learn the practices they use to grow food.

Conduct a food waste audit during an event in your community, and identify measures to reduce food wastage.

**I will team up to
protect biodiversity**



70 Activity Points

***BEEES HELP US IN MORE
WAYS THAN ONE***

I WILL TEAM UP TO PROTECT BIODIVERSITY

Sustainable Development Goals



Activity checklist

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

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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 protect biodiversity!

Below are some sample activities that you could do.

Through an NGO, speak on different aspects of protecting diversity. Divide different sub-topics among your group of friends.

Build a bee hotel with your friends, in your neighbourhood and maintain it.

**I will be entrepreneurial in
teaching others**



60 Activity Points

***MY YOUNGER BROTHER
INTERINED WITH ME AT
THE SUPERMARKET***

**I WILL BE ENTREPRENEURIAL IN
TEACHING OTHERS**

Sustainable Development Goals



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 ?

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can do repeatedly?
Day after day?

If your answer to this question is
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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 in teaching others!

Below are some sample activities that you could do.

Teach younger children nature photography and talk to them about entrepreneurship.

Help a community connect to e-commerce platforms to sell their products.

**I will be entrepreneurial
towards saving water**



60 Activity Points

**ALL THESE SINGLE-USE
BOTTLES CAN BE
REPLACED BY A SINGLE
WATER DISPENSER**

**I WILL BE ENTREPRENEURIAL
TOWARDS SAVING WATER**

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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can do repeatedly?
Day after day?

If your answer to this question is
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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 saving water!

Below are some sample activities that you could do.

Assist water management authorities, local governments, or nonprofit organisations working on water conservation.

Organise an event in your building to crowd-source ideas to improve water efficiency, and prepare a plan.

**I will be entrepreneurial
towards using clean
energy**

***I'M BUILDING A ROBOT
THAT IS POWERED BY
SOLAR ENERGY***

**I WILL BE ENTREPRENEURIAL
TOWARDS USING CLEAN ENERGY**



60 Activity Points

Sustainable Development Goals



7 AFFORDABLE AND
CLEAN ENERGY



8 DECENT WORK AND
ECONOMIC GROWTH



9 INDUSTRY, INNOVATION
AND INFRASTRUCTURE



12 RESPONSIBLE
CONSUMPTION
AND PRODUCTION

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 ?

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 being entrepreneurial towards using clean energy!

Below are some sample activities that you could do.

Lead a community-funded installation of a renewable energy source, such as solar panels, in your building.

Compare the cost of electricity versus setting up a solar energy system for your house.

**I will be entrepreneurial
towards removing CO2
from air**



60 Activity Points

**WE WILL HAND OUT T-SHIRTS
THAT RAISE AWARENESS
ABOUT PROTECTING TREES**

**I WILL BE ENTREPRENEURIAL
TOWARDS REMOVING CO2 FROM AIR**

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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can do repeatedly?
Day after day?

If your answer to this question is
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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 removing CO2 from air!

Below are some sample activities that you could do.

Start an initiative that educates and raises awareness in your community about climate change and its solutions.

Organise an eco-innovation club with your friends to learn about new carbon capture technologies.

**I will be entrepreneurial
towards managing
waste**



70 Activity Points

***I WILL REFURBISH OLD
TOYS AND GIFT THEM***

**I WILL BE ENTREPRENEURIAL
TOWARDS MANAGING WASTE**

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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Day after day?

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

Below are some sample activities that you could do.

Collect e-waste from households in your building, and partner with an organisation to refurbish them for sale.

Build a sustainable toy using recycled and responsibly sourced materials, and place it in the market to sell, either through an e-commerce platform or tie up with a toy seller.

**I will be entrepreneurial
towards growing food**



70 Activity Points

MY TERRACE GARDEN PRODUCE IS A HIT AT THE SOUQ!

I WILL BE ENTREPRENEURIAL
TOWARDS GROWING FOOD

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 ?

Is it an activity you
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That's it! Get started on being entrepreneurial towards growing food!

Below are some sample activities that you could do.

Spread awareness of hydroponics and aquaponics in urban farming communities.

Read about start-ups that are coming up with innovations to tackle food challenges, and discuss them in your class.

**I will be entrepreneurial
towards protecting
biodiversity**



70 Activity Points

USE ANIMAL FRIENDLY PRODUCTS

*I WILL ADVOCATE FOR
THE PROTECTION OF
ANIMALS*

I WILL BE ENTREPRENEURIAL
TOWARDS PROTECTING BIODIVERSITY

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.

Create a youth club to protect biodiversity.

Learn about biodiversity conservation through discussions with an organisation working on such projects.

**I will use creative
arts to teach others**



40 Activity Points

***I WILL TEACH OTHERS
HOW TO PAINT MURALS***

**I WILL USE CREATIVE ARTS TO
TEACH OTHERS**

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 ?

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

Below are some sample activities that you could do.

Organise classes for any 1 creative skill for your community.

Organise a film festival in your neighbourhood to show films that raise awareness about social issues and solutions.

**I will use creative
arts to save water**



40 Activity Points

ON THE 651ST NIGHT OF THE 1001 NIGHTS, SCHEHERAZADE TOLD STORIES ABOUT THE PRECIOUSNESS OF WATER

I WILL USE CREATIVE ARTS TO SAVE WATER

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 ?

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

If your answer to this question is
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That's it! Get started on using creative arts to save water!

Below are some sample activities that you could do.

Host a podcast where you invite renowned water conservationists to discuss various water conservation topics.

Organise a poster-making contest for children in your neighbourhood on the subject of water conservation.

**I will use creative arts
to use clean energy**



40 Activity Points

WE TURNED FRUIT AND VEGETABLE WASTE INTO NATURAL PIGMENTS

***I WILL USE CREATIVE ARTS TO USE
CLEAN ENERGY***

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 ?

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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.

Start a blog, discussing the importance of transitioning to renewable energy and its advantages.

Create your own solar oven by using materials like cardboard and foil, and cook pizza for your friends and family.

**I will use creative
arts to remove CO₂
from air**



30 Activity Points

***WE VISITED AN ENERGY EFFICIENT
BUILDING MADE FROM SUSTAINABLE
MATERIALS***

I WILL USE CREATIVE ARTS TO REMOVE CO2 FROM AIR

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 ?

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

If your answer to this question is
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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 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 using creative arts to remove CO₂ from air!

Below are some sample activities that you could do.

Paint a mural to depict climate action and display it in your community centre.

Organise a climate-related skit to raise awareness around climate change in your community.

**I will use creative arts
to manage waste**



60 Activity Points

***I MADE A CHOPPING BOARD
OUT OF A DISCARDED PIECE
OF WOOD***

I WILL USE CREATIVE ARTS TO MANAGE WASTE

Sustainable Development Goals



Activity checklist

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

Below are some sample activities that you could do.

Photograph waste whenever not segregated or correctly disposed of, and use it to inspire your community to make changes.

Create your own crafts such as bird feeders or wind chimes using recycled materials like cardboard, paper, and plastic bottles.

**I will use creative
arts to grow food**



70 Activity Points

**GARDENS CAN BECOME
CANVASES FOR WORKS OF
ART**

I WILL USE CREATIVE ARTS TO GROW FOOD

Sustainable Development Goals

2
ZERO
HUNGER



12
RESPONSIBLE
CONSUMPTION
AND PRODUCTION



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 ?

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

If your answer to this question is
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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 grow food!

Below are some sample activities that you could do.

Design and manage a social media channel that promotes farmers, and their modern methods of farming.

Make a zero food waste poster to raise awareness.

**I will use creative arts
to protect biodiversity**

 40 Activity Points

***THIS IS A WORLD
WITHOUT BEES
(THERE'S NO LIFE IN IT)***

**I WILL USE CREATIVE ARTS TO
PROTECT BIODIVERSITY**

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 ?

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 using creative arts to protect biodiversity!

Below are some sample activities that you could do.

Start a blog discussing the importance of forest conservation and reforestation.

Create art pieces inspired by the natural world using natural materials like leaves, rocks, and flowers.

**I will experiment
to teach others**

*THIS IS AN AI-GENERATED IMAGE



70 Activity Points

**FATIMA AL-FIHRIYA
FOUNDED THE WORLD'S
FIRST UNIVERSITY**

I WILL EXPERIMENT TO TEACH OTHERS

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 ?

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 experimenting to teach others!

Below are some sample activities that you could do.

Build a sundial using cardboard and pencils and teach neighbourhood kids to tell the time.

Teach younger children how to conduct empirical studies and analyse data.

**I will experiment
to save water**

***WE ARE SETTING UP
OUR OWN RAINWATER
HARVESTING SYSTEM***
I WILL EXPERIMENT TO SAVE WATER



70 Activity Points

Sustainable Development Goals

6 CLEAN WATER
AND SANITATION



Activity checklist

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

Below are some sample activities that you could do.

Design your own smart water tap by watching a tutorial on the internet. Test the efficacy in your own house and then convince all households in your building to use it.

Build an aquaponics system, and analyse the benefits of using a closed-loop system combining hydroponics and aquaculture, over building separate systems.

**I will experiment to
use clean energy**



70 Activity Points

***I WILL TRY OUT CLEANER
ALTERNATIVES FOR MY
REGULAR ENERGY
CONSUMPTION***

I WILL EXPERIMENT TO USE CLEAN ENERGY

Sustainable Development Goals

7 AFFORDABLE AND
CLEAN ENERGY



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?

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

Below are some sample activities that you could do.

Conduct an experiment on the effect of dust accumulation on solar panels by measuring electricity output with different levels of dust.

Build a prototype of a hydrogen balloon powered car with recycled materials like cardboard and bottle cap wheels, and test its efficiency.

**I will experiment
to remove CO₂
from air**

CO2 CAN BE CAPTURED AND STORED

I WILL EXPERIMENT TO
REMOVE CO2 FROM AIR



70 Activity Points

Sustainable Development Goals

13 CLIMATE
ACTION



Activity checklist

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

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can do repeatedly?
Day after day?

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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.

Conduct a survey in your building to understand people's willingness (or unwillingness) to switch to public transport. Analyse the results of the survey and suggest solutions.

Build a small model rocket powered by a hydrogen fuel cell and launch it outdoors. Learn about the principles of rocket propulsion and explore hydrogen's applications as a clean and efficient fuel source.

**I will experiment
to manage waste**

ENERGY NOT CONSERVED IS ENERGY WASTED

I WILL EXPERIMENT TO MANAGE WASTE



60 Activity Points

Sustainable Development Goals

12 RESPONSIBLE
CONSUMPTION
AND PRODUCTION



Activity checklist

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

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

Below are some sample activities that you could do.

Calculate the amount of recycled waste vs non-recycled waste generated over a period of time in your neighbourhood. See if you can find a pattern and devise strategies to reduce the amount of non-recycled waste.

Develop a waste management application for your neighbourhood that keeps track of garbage collection schedules and provides information to dispose of, recycle, and reuse waste.

**I will experiment
to grow food**

I VISITED THE LARGEST AEROFARM IN ABU DHABI

I WILL EXPERIMENT TO GROW FOOD



70 Activity Points

Sustainable Development Goals

2
ZERO
HUNGER



Activity checklist

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

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

Below are some sample activities that you could do.

Grow 2 sets of crops, 1 with traditional methods and pesticides, and the other with modern greenhouses, and compare the results.

Along with your friends, make a prototype of a vertical farm that uses minimal water. Identify the appropriate soil and temperature, and sow the seeds of a locally grown vegetable. Observe the growth of the plant over a few months.

**I will experiment to
protect biodiversity**



60 Activity Points

***I WILL VISIT SPACES THAT BUILD
CO-DEPENDENT ECO SYSTEMS***

I WILL EXPERIMENT TO PROTECT BIODIVERSITY

Sustainable Development Goals



Activity checklist

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

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

Below are some sample activities that you could do.

Design a plan for your building to plant more trees in optimal orientation and placing.

Design a green roof for your building through the identification of different plant species, irrigation systems, and structural considerations important to creating an environmentally friendly rooftop space that promotes energy efficiency, thermal insulation, and biodiversity.